

Spring 2007

MARTHA NEWS



Whilst Peter (in the background) is quite content with an afternoon doze, Billy and carer, Sarah, share some fun in the Martha House Daycentre in Deal.

New plans unveiled – accommodation and hydropool for Hastings



Just one year after Mary House in Hastings opened, we are delighted to unveil our plans to construct a new wing at the site. Providing further respite and residential care, the new building will also house a state-of-the-art hydrotherapy pool for use by residents and people with disabilities in the local area.

SEE NEXT PAGE FOR FULL STORY

SPONSOR JAMIE
Our 2007 London
Marathon runner
See inside

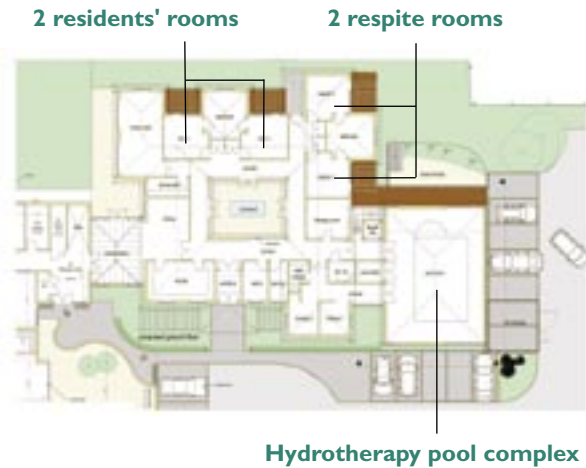


In 2007/08 expanding Mary House and its services to the Sussex community will be a priority for Martha Trust

Responding to very real needs

Over the last few decades there has been an increase in the number of children who are reaching adulthood with profound physical and learning disabilities, and complex health needs. These young people are entirely dependent on their families and carers.

To meet these needs we have launched our campaign to provide further care services from Mary House in Hastings. The new 'home within a home' (below) will include four new bedrooms (two for residential care and two for respite), spacious living and dining rooms, a conservatory and interior courtyard.



Architect's plan of the proposed new wing at Mary House, Hastings.

Respite services to support up to forty families each year



With the provision of two new respite care places, it is hoped that Martha Trust will be able to help around 30-40 families each year with occasional and regular respite breaks. We know from our respite visitors in Kent just how important this service is going to be.

The proposed new hydrotherapy pool will provide an essential service for residents at Mary House and will also help local people with disabilities through regular open sessions.

The project will need to be funded entirely by voluntary donations from trusts, individuals, groups and companies. It will cost around £1.5 m to build and equip and we aim to complete the project by the end of 2008. Further information can be obtained from Development Manager, Barry O'Sullivan on 01424 757960.

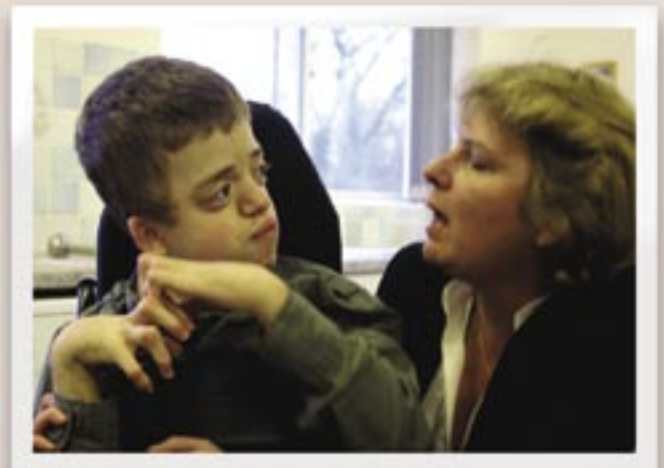
Essential therapies

What do music, art, cooking, gardening, hydrotherapy...

The answer is that they are all activities with huge benefits for people with disabilities. Some provide stimulation and relaxation, others help to develop skills needed when becoming independent, and others help relieve pain, build strength or aid well-being.

At Martha Trust we recognise the benefits of these therapies and activities for people with disabilities. Now, to meet increased demands, we have appointed experienced Martha Trust Nurse, Alison Ainslie, as our Therapy and Activity Coordinator. Alison will develop tailored programmes of activities to meet the unique needs of each resident and respite visitor.

Ready! Steady! Cook!



Above, Alison discusses chocolate with our new resident, Adam, and below, Dean stirs and mixes with carer Vicky.



pies for all

Therapy and aromatherapy have in common?

Alison explained: "There are many therapies and activities which can make a huge difference to the lives of our residents. My job is to introduce some new therapies as well as ensuring that current therapies are delivered with the best possible outcomes for all users."

Alison continued: "We are already seeing some amazing results, but we need more funds to build the skills and resources needed to deliver quality therapy and activity programmes for all our residents and users. We hope that Martha Trust supporters will be able to help us raise essential funds for essential therapies."

! at Frances House

In the kitchen, Alison oversees carers Lara and Vicky on a cooking activity. Adam and Dean are participating as much as possible – it's fun!

There's the discussion of what to cook. Today it's agreed – cornflake and chocolate crunchies.

The sights, sounds and smells in the kitchen stimulate all the senses, especially when our young cooks have the chance to test their taste buds on the ingredients. Soon, our crunchies are ready to eat and share around the house. A sense of achievement is gained by all.



Alison's new therapy programmes have also increased the activities for the carers!

Complementary therapies in practice



Joanne is one of three of our carers who are trained in complementary therapies. With the help of Christian, (left) she is demonstrating a new therapy – sound healing.

The theory is that the pleasant and soothing sounds/vibrations of the tuning forks relieve stress. Like many therapies, the exact science is open to question, but what Joanne can vouch for are the smiles and calmness it brings to many of our residents.

Martha's therapy and activity wish list

Money raised during 2007 will help fund our activity and therapy programme by providing vital equipment, services and training such as:

- Converting an office into a therapy room
- Purchasing a therapy bed
- Providing external specialist training
- Organising professional art therapy workshops for residents
- Purchasing specialist music therapy equipment



LONDON MARATHON APRIL 22nd 2007

**PLEASE SPONSOR
MARTHA TRUST RUNNER, JAMIE**

Martha Trust has just one place at the London Marathon every five years, with 2007 being one of them!

Long time supporter, Jamie Osborne, has bravely accepted this place to raise money for Martha Trust.

We hope readers will consider sponsoring Jamie, and help us to raise money for therapies and activities at Martha Trust.

How to sponsor Jamie

Jamie can be sponsored by:

- sending a cheque made payable to 'Martha Trust'. Please send cheques to: Jamie Osborne, Martha Trust, Homestead Lane, Hacklinge, Deal, Kent CT14 0PG
- going to his web site www.justgiving.com/jamieosborne
- making a secure credit or debit card telephone payment on 01304 615223



Activities for Martha

As we start the new year we have some exciting fundraising events you might wish to try. These are varied, but all can raise vital funds for Martha. Why not persuade your friends and colleagues to join in too?

FOR THE CYCLING ENTHUSIAST

London to Paris cycle ride

June 29th – July 2nd

This long weekend challenge links two great European cities, London and Paris, covering around 300 km in just three days. Encounter historic towns, sleepy villages and rolling countryside en-route. Cycle along wide Parisian boulevards to the finishing line at the Eiffel Tower.

FOR ALL THE FAMILY

Sponsored windmill walk around Bruges

August 25th – 27th



Covering approximately 25 miles in three days, this walk is suitable for everyone, including children. After walking through the Flanders countryside, you will spend two wonderful evenings in the historic city of Bruges enjoying the 'Pageant of the Golden Tree', an event so special it only happens every four years.

A similar walk last year in Northern France (above), was a great success.

THE EXPLORER'S CHOICE

Trek the Great Wall of China

October 13th – 22nd

Trek along different sections of the Great Wall of China in the hills around Beijing. Head deep into the countryside away from the places where tourists normally visit this majestic structure. Afterwards explore the Forbidden City and Tiananmen Square in Beijing.

FIND OUT MORE

To find out more about any of the above events please contact: Mickle Cordes on 01304 626171 or Julie Brett 01424 757966

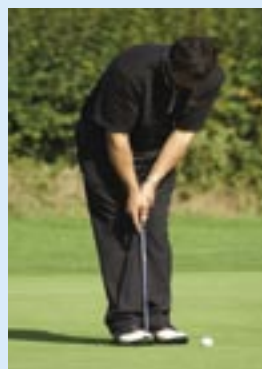
Martha House – 01304 611101
Frances House – 01304 626929
Mary House – 01424 757960
Mickle Cordes – Community Fundraiser, Deal – 01304 626171
Julie Brett – Community Fundraiser, Hastings – 01424 757966
Barry O'Sullivan – Development Manager – 01424 757960

Christmas Pudding Dash



Runners of all ages and abilities from across East Sussex took part in our first Christmas Pudding Dash on December 23rd. The event, which was held in the beautiful grounds of Ashburnham Place near Battle, attracted more than 350 runners and raised over £1,000 for Mary House in Hastings. Thanks to all our runners and to *Nice Work* who organised the event on our behalf. The event will run again next Christmas.

Thank you Golfers!



All Stars v Cricketers raises £7,000 for Martha Trust

Thanks to all the golfers and sponsors of our 2006 All Stars v Cricketers golf day, which took place at Dale Hill Golf Course in Ticehurst and raised over £7,000.

The 2007 event will take place on Friday, October 5th.

A special thanks go to Chris Prier and Derek Underwood for organising these events.

Denne Charitable Trust



We are very grateful to the Denne Charitable Trust who presented us with a Therapy Rocker Chair and Fibre-optic Bean Bag. Above, Martha's Home Manager, Maureen Hutchinson, is pictured with Mario Grech and Nick Biddis from Denne Charitable Trust.

DIARY DATES

Sunday, March 11th – Hastings Half Marathon.

Sunday, March 18th – Adidas Half Marathon, Silverstone.

Thursday, May 10th – Martin Peters Sporting Dinner, Abbots Barton Hotel, Canterbury.

Sunday, May 27th – 10K Charity Run and 3K Fun Run for Martha Trust at Fowlmead Country Park, Betteshanger.

More information for these events can be found on our web site www.marthatrust.org.uk



*Unless the Lord builds the house,
those who build it labour in vain – Psalm 127*

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