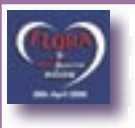


Spring 2009

MARTHA NEWS

Inside – a Spring day at Mary House



London Marathon '09

Please support our two
magnificent runners, Jill and Leigh

Mad for Madrid!

Support our 3 day Banger Rally to Spain!

See back page for all details



'An Inspector Calls' at Martha

Better known as CSCI (pronounced Ceesky), the Commission for Social Care Inspection was set up in 2004 to regulate, inspect, and review the activities of the 24,000-odd providers of adult care services in England. CSCI acts on behalf of both Local Authorities who buy care services, and users of the services.

CSCI inspectors make regular visits to care homes (often unannounced) and all care home managers complete an annual self-assessment form. The person who has to deal with the form-filling at Martha Trust is Gill Burnham.



Meet Gill, our Director of Nursing

Gill is a busy woman with a sparkle in her eyes who trained as a nurse before joining Martha. If you ask her how she came to be managing three homes and 130 care staff she will smile and modestly say she just happened to be in the right place at the right time.

It is not hard to see that Gill really loves her job but she still finds time

to take her turn as a nurse, "I am always happy to go back to the 'shop-floor'", she says. Gill is 100% committed to caring for, educating, and developing the independence of each of our residents. "We respect our residents' right to be treated with dignity", says Gill.

A large part of Gill's work as a manager is making sure that Martha Trust homes maintain high standards, and she welcomes the changes that CSCI has brought about. Before CSCI, care homes for adults and children were inspected by local authorities, and one of the problems was that standards varied greatly from home to home across the country.

Gill says things have improved under CSCI, but she makes the case for care for people with profound disabilities to be looked at separately from care of elderly people. "We need to celebrate their differences" she says.

Health and safety is another subject that Gill has strong views on. "We used to take residents on trips abroad, but these days we wouldn't be able to do that easily".

Gill worries that the increasing cost of care for people with profound disabilities will become an issue in the future. In April 2009 CSCI becomes part of a new organisation, the Care Quality Commission and Gill hopes that the new organisation will recognise the differences between people with profound physical and multiple learning disabilities and less severe forms of disability.

As it turned out Gill had nothing to worry about as CSCI's report gave Martha Trust a good rating.

If you would like to find out more about profound disabilities or Martha Trust please contact 01304 615223 or info@marthatrust.org.uk



Sam and nurse Jill compete for the best 'whites' of the day. Do they belong to Sam or Sam's sparkling teeth, complete with a fresh polish from his morning visit to the dentist?

A morning at Mary House -





Jill's running trainers (read more on back page) to the dentist?

- including a trip to the dentist!

It's a sunny Friday morning in early spring at Mary House in Hastings. The windows are open, and the sound of birdsong drifts in. All the residents of the home are up and ready and there is plenty going on today.

Residents Sam and Michael are off to the music gym. Samantha is waiting to be collected to go home to her family for the weekend and Suzi, Phillipa and Amy are having the newspaper read to them. Robbie and Stephen are going to the dentist for a check-up.

No one looks forward to a visit to the dentist, and for our residents it is a major undertaking. The problem is that very few dental surgeries are wheelchair-adapted and it can be difficult for someone with profound disabilities to keep their mouth open, so the only way for the dentist to help them is by giving a general anaesthetic. Robbie and Stephen are attending a clinic run by dentist Arthur Blackman, who is an expert in treating people with special needs.

Some Martha residents are fed by tube, and you might ask if they need to see a dentist at all. Dental care covers more than just fillings, and hygiene is very important so having the dentist give a deep clean of the teeth and gums is important.

By midday Robbie and Stephen are back home, and the good news is that no fillings are needed, they have both got gleaming smiles, and it's nearly lunchtime!

Carer, Julie, reading the morning newspapers to Amy and Samantha.

NEW-BUILD AND RENOVATION PROJECTS

Frances House

Building work to extend Frances House at Deal is nearly complete and we will soon welcome three young residents to their new home.

The extension was made possible by a generous gift from the Development Trust. The gift kick-started our fundraising appeal but came with the condition that the work be finished within six months – a tall order. Martha's Chief Executive, Graham Simmons, and the Trustees accepted the challenge and in January their vision paid off when the building was completed, on time and on budget.

When work to extend Mary House in Hastings ends in June, we will have added seven new lifetime residential care places at Deal and Hastings, bringing the total number of people we look after to 33.



Residents and staff watch the building progress at Frances House

Hydrotherapy pool news

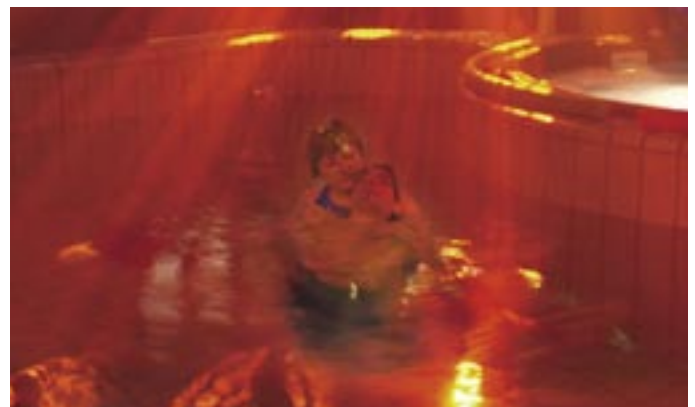
Hydrotherapy has been used by many cultures over the centuries to soothe pain and treat a wide range of conditions.

At Martha Trust we care for people who are unable to walk unaided, however swimming and other forms of exercise in water is possible. Without exercise muscle tone, strength, and joint flexibility decline, affecting the nervous system and tissue, and this general weakening cannot be halted by physiotherapy alone.

Our hydrotherapy pool at Deal has provided sterling service for over 15 years serving Martha House, Frances House and Mary House (due to have its own pool later this year). But because of the high temperature of the water and the chemicals used the pool has reached the end of its useful life and will need replacement.

Later this year we will be launching a special appeal to refurbish the hydrotherapy pool at Deal.

The cost is likely to be in the region of £75-85,000 and we aim to complete the appeal and the work early in 2010.



Deal's hydrotherapy pool, complete with sound and light system

Good luck to Jill and Leigh, our runners in the 2009 London Marathon



Jill Leader with Sam at Mary House.

Mary House nurse, Jill Leader, will be running in the London Marathon on 26th April with Leigh Packer, who also ran for us last year. Jill, who is a regular competitor in the Hastings Half Marathon, is aiming to run the 26 miles in under 4.5 hours.

Jill combines her love of running with hill walking and rock climbing and will join other runners from Hastings taking part in the event. She has applied for a place in the London Marathon for the past six years, and since hearing the good news she has been building up her stamina on the hills around Battle and Hastings. Jill trains three or four times a week – depending on her shifts at Mary House – and until recently she was always accompanied by her dog, Rowan. She says, "It was fine while I just ran for fun but I'm putting in a lot more hours now and Rowan is getting old and she can't keep up"

Leigh Packer was originally inspired to run for Martha Trust after hearing about the very special care that his friend's son, Michael, receives at Mary House, our home in Hastings.

Both runners have a dedicated page on the Justgiving website where you can make a donation to support them and help Martha Trust. Jill hopes to raise £500 but she admits "I hate to bother people – but I do want to make the most of this opportunity to help the wonderful young people I work with, who because they are profoundly disabled, will never be able to run".



Leigh will be running for Martha Trust for the second time.



You can sponsor Jill and Leigh by visiting their web pages:

www.justgiving.com/jillleader
www.justgiving.com/leighpacker



Martha House – 01304 611101
 Frances House – 01304 626929
 Mary House – 01424 757960
 Serita Boxall – Community Fundraiser; Deal – 01304 610 448
 Julie Brett – Community Fundraiser; Hastings – 01424 757966
 Barry O'Sullivan – Development Manager – 01424 757967

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Go Mad for Madrid!

Following the success of our first Banger Rally, Rome or Bust, community fundraiser at Hastings, Julie Brett, has been busy organising another rally – this time to Madrid. Over three days from Saturday, 2nd May, eleven teams will drive 1,000 miles through France and Spain in cars that cost less than £100 each to buy.

In 2008 Martha's Chief Executive, Graham Simmons, shared the drive to Rome in a Honda Civic. This year, two long-time staff members, Judy Heath and Gill Burnham, are taking part.

They say they will definitely be driving to Madrid – but as yet they haven't found a suitable car. The girls have set themselves the target of raising more



money than Graham, and organiser Julie hopes to beat last years' fundraising total of £20,000.

You can help Judy and Gill meet their fundraising goal either before, during, or after the rally by donating online at:

www.justgiving.com/judyandgill

Watch 'Rome or Bust' - our hilarious video of the '08 Rally www.marthatrust.org.uk/news2.html

You can find out more about the Banger Rally at: www.marthatrust.org.uk/news.html or phone Julie Brett on 01424 757966 for a leaflet.

Fundraising dates

Mad for Madrid Banger Rally - Bank holiday weekend May 2nd - 5th

Eleven teams driving 1,000 miles in a car worth £100 or less - what can go wrong? Last year we raised £20,000; this year we are aiming higher. To make a donation call Julie Brett on 01424 757966 or email: juliebrett@marthatrust.org.uk

Shocking Tie and Odd Shoe Day - Friday, May 15th

Schools across the South East will be taking part in this fundraiser for Martha! If you would like to enter your school, please call Serita Boxall on 01304 610448 email: seritaboxall@marthatrust.org.uk or Julie Brett on 01424 757966 email: juliebrett@marthatrust.org.uk

Fire and Glass Walk - Wednesday, October 28th

Walk across hot coals and broken glass for Martha. After last years' fire walk, our first, we were overwhelmed by demands to do it again. So this year we have added a broken glass walk to really test you. There will be entertainment on the night and a barbeque (not the same hot coals as the fire walk!).

For more information call Serita Boxall on 01304 610448 or email seritaboxall@marthatrust.org.uk

Chart Hills Charity Golf Day - Thursday, October 15th

Details still to come. For more information, or to reserve a team place, please call Serita Boxall on 01304 610448 or email seritaboxall@marthatrust.org.uk

Information about these events can be found on our website www.marthatrust.org.uk or email contact@marthatrust.org.uk or call the numbers below for further details.