

MARTHA NEWS



Nouf and carer, Audrey, collecting herbs in the garden for the Martha kitchen. Find out more on page2 and 3.

Countdown begins for October opening of Agape House

Everybody has hopes, dreams and ambitions and it's with heart-felt appreciation that we would like to say thank you for helping us to realise ours. The support you have given has enabled us to raise £587,000 over the past year for our new Hastings home. It is an outstanding achievement and we are absolutely thrilled at the response and support we have received. Agape House, is almost complete and scheduled to open in early October. We will then be able to offer care to eight young people and provide comprehensive support to their families.

Our next target is to provide essential facilities for our new young residents. See inside for our Autumn fundraising project.



Graham Simmons (centre), pictured with visitors inspecting progress at Agape House, Hastings.

SUMMER FUN FOR EVERYONE

This summer all residents of Martha House travelled to the award winning Crowhurst Holiday Park in East Sussex for a fabulous week of holiday fun and adventure. They had visits to Brighton racecourse, Eastbourne, and Chessington World of Adventure. One of the highlights of the holiday was the Doctor Who exhibition at Brighton Pier (Jennie particularly loved the Daleks), and Danny went on almost all the rides at the nearby fairground including the big



dipper! For those residents who wanted a peaceful holiday they could relax in the magnificent grounds of Crowhurst Park which is set in an area of outstanding natural beauty.

The children of Frances House are looking forward to their holiday in September at the

Queen Elizabeth II Silver Jubilee Activities Centre near Southampton for an action-packed week of outdoor activities which includes canoeing and horse riding.



PAYROLL GIVING

Payroll Giving is a simple tax-effective way to give to charity

Did you know that as a tax payer you are able to give more to your chosen charity rather than the tax man? By making a donation through your payroll, the tax man does not collect the tax on your donation, which in turn means you are giving more to the charity. Does your employer operate Payroll Giving? If not, now is the time to set up a scheme! As of January 2005, a Home Office funded initiative will reward small and medium sized businesses via a Payroll Giving Grant, once the scheme is set up and in operation. The Government are matching donations made by individuals up to £10 per donor for the first six months. Some employers may also wish to match donations made by their employees -benefiting Martha at no extra cost to you. If all our individual donors were able to give £5.00 per month through Payroll Giving, including the Government matching per donor for the first six months, Martha Trust would receive £81,090 per annum.

If you are an employer and would like advice or help to start up a scheme, please call Angela Peirson on 01304 615223.



April enjoys being around the kitchen at any time. Here she is with our Head Cook, Anne, making a lemon cheesecake for tea.



Martha values quality, variety, and simple pleasures.

THE MARTHA

At Martha Trust our kitchen staff are very much aware that a good diet is central to overall good health. They believe that food should stimulate as many senses as possible and with this in mind they use only the finest and freshest of ingredients to create mouth-watering dishes that not only taste delicious, but look and smell great too. We believe that variety and balance using the finest ingredients improves the quality and taste of meals. The extra vitamins and essential minerals found in wholefoods help to boost our immune system making us feel altogether better.



Kitchen asistant Linda, preparing potatoes fresh from our local farm shop

Anne Platt, our Head Cook explains: "I try to use organic food wherever possible and most of our ingredients are from organic wholefood suppliers.

We incorporate as much fresh fruit and vegetables as possible into our residents' diets and use only fresh meat and fish purchased locally. Our menu is varied and changes often according to seasonal availability of ingredients. We love

to try out new recipes and every month we have a theme day, for instance a Mexican Day or Irish Day, and we prepare food using traditional food typical of that particular country. We recently had an Arabian Week where we featured a different Arabic country every day. The cooks excelled themselves and we had meals from Turkey, Morocco, Sudan, Lebanon and Egypt – without leaving Kent!"



MARATHA MENU
 August 2nd

BREAKFAST
 with Apples & Dates
 and Toast

MAIN MEAL
 of Chicken with
 & Pinenuts
 in Bacon
 potatoes
 Broccoli

Rumple with
 Yoghurt

Parcels with
 sauce

and Soup
 ones

There's no better place to find these in than from ...

MARATHA KITCHEN

Anne went on to explain that each resident has their own nutritional careplan which lists individual likes, dislikes and dietary requirements.

Most of our residents need full assistance with eating and require their meals to be mashed or finely chopped, but we always take great care to ensure that meals are presented appealingly on the plate. We use moulds in the shape of vegetables or special shapes to display the food and explain to each resident what's on the menu. An alternative choice is always offered if a resident doesn't like a particular type of food.

We take great care and pride in preparing healthy and nutritious meals and the residents really seem to enjoy them. The appetising smell of fresh baking wafting from the kitchen always attracts April who loves visiting our kitchen staff and checking out what they're preparing! She loves sitting by the kitchen door watching Cook stirring and kneading, tasting and seasoning and she knows there is always the possibility that she will be asked to help out with the tasting!



Cook, Sandy, has introduced many exciting recipes to Martha. Here she is serving vegetable goulash and dumplings (also pictured above)

NEWS FROM AGAPE HOUSE

Respite and Day Care plans unveiled



The next phase for Agape House, our new home at Hastings, is to provide day care facilities for up to six people and two dedicated respite places.

A new day centre will include a hydrotherapy pool (similar to our facility at Deal, left) and a specially designed interactive sensory rooms which we plan to build in the grounds of Agape House.

These specialist amenities are not readily available in the Hastings area and are very much needed to help young profoundly disabled adults and their families.

It's another huge challenge in terms of fundraising, but if the support we have received so far is anything to go by, we know we can achieve it.

AUTUMN APPEAL '05



**£142,000 STILL TO RAISE
 – CAN YOU HELP?**

- ◆ Specialist Equipment
- ◆ IT Rooms
- ◆ Sensory Room

Carers and residents at Martha Trust in Deal are already witness to the benefits of the new generation of interactive tools and technologies. Our young residents in Hastings have similar profound disabilities and we have planned high-tech equipment for the sensory room and IT rooms which will help to encourage them to reach their full potential. Of the £142,000 still to raise £80,000 will be for furnishings and specialist equipment much of which is designed to suit each of our eight young adults' individual needs.

If you can make a donation or perhaps have a fundraising idea, please contact us and ask for Jackie Flynn or Angela Peirson on:

01304 615223



Radiant Raisa at school prom

Raisa's final year at Valence School has come to an end and it's time for her to move on to a further education college.

To celebrate in style, the class of 2005 had a grand leavers ball, held at the school. All the girls positively sparkled in their jewellery and finery. The boys' were smartly dressed in suits and their smiles gleamed brighter than white shirts. However, the star of the evening was our very own Raisa looking stunning in her black satin ball gown. Raisa didn't stop smiling all night, chatting and dancing and having a fabulous time with her friends. It was a really special evening for them all.

Graham and friends put their best feet forward

In our last newsletter we told you about Graham Simmons, our Chief Executive, and a group of friends from Paddock Wood Baptist Church preparing for a 60 mile walk from Paddock Wood to Deal in support of Martha, and we are delighted to say that not only did they complete it, but raised the fantastic sum of £13,000 which will be used to purchase sensory equipment for our hydrotherapy unit.

A celebratory barbeque was laid on as a thank you to the walkers for their dedication, commitment and sheer hard work. Said Graham, "The welcome we received at Martha when we turned the last corner and saw the crowd waiting to greet us was overwhelming and made it all worthwhile".

Thank You For The Music

A big thank you goes to Eastry Theatrical Company who raised over £800 in aid of Martha Trust with their production of 'Thank You For The Music'.

The compere of the show was our very own Angela Peirson, who works for Martha in our fundraising team, and is also a member of the theatrical company. The songs dated from the 1940s and members of the audience joined in, not just with the singing, but getting up and dancing with the performers on stage!

The show was devised by Ros and Cecil Galvin and their hard work and enthusiasm resulted in a great musical treat for the audience and a very worthwhile donation for Martha Trust.

Wheels in motion from Pfizer

Brett Martin set the 'wheels in motion' when he nominated Martha Trust to receive a charitable award of three wheelchairs from his employer, Pfizer, a large pharmaceutical company. Brett, whose daughter Charlotte attends Martha for respite, has helped us tirelessly over the years and is one of our favourite supporters.

Pfizer is a great advocate of local charities, including Martha Trust, and we are very grateful to all those in the Pfizer community who continue to promote and support us in the work we do.

Marathon Man

A big thank you goes to Vic Clapson for running the London Marathon on behalf of Martha Trust in a time of 4 hours 41 minutes. Well done Vic, and thank you for your support.

Our tribute to World War II service men

The staff and residents of Martha Trust recently paid tribute to all those who saw active service in World War II by holding a street party to celebrate their victory. Martha was joined by guests Councillor Kath Blackburn, the Mayoress of Deal, and Derek Murray, the Deputy Mayor, for a wartime singalong led by local entertainer and musician, Mike Scurfield. To get into the spirit of 1945 staff and residents dressed up for the occasion and dined on traditional wartime foods (from our own kitchen). Residents and staff all joined in with much singing, dancing and flag-waving and a good time was had by all.



DIARY DATES

CRAFT SALE

We shall be holding a craft sale with lots of homemade food and gifts on Saturday, 24th September at the Undercroft in High Street, Deal.

WINE AND WISDOM

Eastry Theatrical Company is organising a fun quiz evening in Eastry Village Hall on 8th October in aid of Martha Trust. Why not book a table for this 'American Supper' and bring along your friends? For further details contact Angela on 01304 615223.

CHRISTMAS BAZAAR

On Saturday, 26th November, we'll have a super collection of Christmas cards on sale at our Bazaar which will be held in St. George's Hall, High Street, Deal. Doors open at 9.00am

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

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