

# Martha NEWS



Autumn 2014



## Singing in the rain

It takes more than a downpour to dampen spirits at our Prom



Active support



In the kitchen



A tippie in Canterbury

# The case for Active Support



Recently, two conversations gave me added confidence that Martha is moving in the right direction.

The first was with a long-term contractor who said that in the last few years whilst working at Martha he has been amazed at the kindness, care and love given by our staff, which he compared to very different experiences in other care homes.

The second was a fairly new family to Martha who told me they are so impressed with the openness and honesty of Martha staff.

These and other conversations are why the Trustees, management team and staff are so convinced that the Active Support care framework we introduced last year is the way forward. We are witnessing such a positive change in our residents, particularly the way they are becoming much more aware of others.

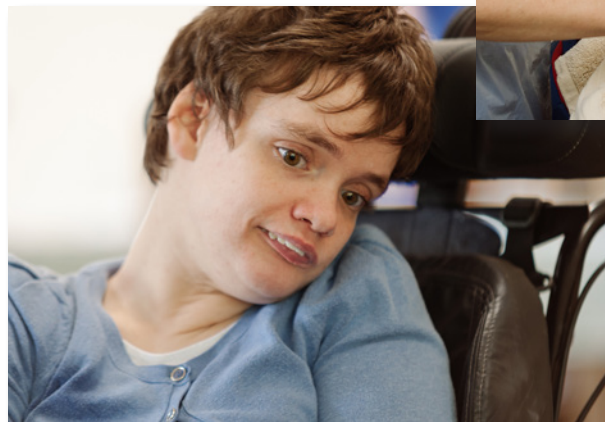
We are absolutely passionate about what we do and determined to give the best lives possible to those who deserve it most.

**George White**  
CEO Martha Trust

It's one of the hottest days of the year and Charlie Smith is up to mischief. That's no surprise to anyone who knows Charlie as he has a wicked sense of humour. And as the staff and residents of Martha and Frances House put the finishing touches to the Summer BBQ, Charlie is in the garden with Nicole aiming a water pistol with pinpoint accuracy at anyone unlucky enough to come within range.

Providing the very best care possible has always been the most important thing to Martha Trust. Sometimes, though, what the people who live with us need isn't care at all – it's the support to achieve things for themselves.

Through the Active Support programme this is exactly what they've been getting. Rather than doing something for someone, that person is shown how to do it for themselves. They're given the choice, the opportunity, the support and the guidance to succeed.



In many ways Anna is a typical thirty-something. She enjoys her own time and space and loves free movement, relaxing and listening to classical music. What Anna really likes though is one-to-one time with her key worker Michelle, something that is fundamental to Active Support. Since making Martha Trust her home some four years ago, Anna has blossomed through the programme and is gaining independence in every aspect of her care and life, from cleaning her own teeth and drying her hair, to washing her scarves and answering the door to visitors.



While Active Support is transforming the lives of our residents, it's having an equally profound effect on their families.

Jenny has been with us since January of this year having struggled to settle in to her previous home. Jenny's family have seen for themselves the difference it can make when people have a say in their lives and in their care.

Jenny loves life at Martha and takes great pleasure in the close physical contact and one-to-one time that is so fundamental to Active Support. Her keyworker, Lauren, was one of the first members of staff at Martha to be trained in Active Support and together, they've been working on ways to involve Jenny in activities that play to her physical strengths.

So far they've had great success using switches so that Jenny can control her hairdryer: the next step will be for Jenny to clean her own teeth. It's a challenging process but the determination in Jenny's eyes as she confronts each new challenge, and the smile on her face when she succeeds, makes it all worthwhile.

Whether it's the joy of being able to do something for yourself, or the freedom to refuse – we're making sure that everyone who lives at Martha Trust has the choice and the opportunity to take an active role in their own lives.

## A day in the kitchen

One of the best things about working at Mary House is the combination of wonderful smells floating down the corridors from the kitchen. The Bisto Kids spring to mind.

For Julie, who is on duty, her normal shift as a support worker starts at 7.30am, helping each resident as they get up to eat their breakfast, usually a choice of eggs, cereal, croissants, or even better a weekend brunch.

Julie eventually gets to the kitchen at 10am, having planned today's meals the day before. Julie has to consider each resident's nutritional needs, their ability to eat solid food, any allergies they may have and, of course, what their favourites are.

On the menu today are homemade meatballs with spaghetti and fish in cheese sauce, all with a selection of fresh vegetables.

It will be a busy day for Julie, but she will probably have some company. As part of Active Support, residents who enjoy spending time in the kitchen are given that opportunity. Germaine, Steven and Amy all respond positively, with Amy so relaxed she is either smiling constantly or dozing off.

Germaine likes to be given a choice of various edible delights that she can eat

whilst observing what is going on. These are usually healthy options and Germaine recently decided she would like to eat lettuce, so that is exactly what she did.

Julie will finish her shift at 3pm, having baked cakes for the residents and staff, left tea prepared for her colleagues on the late shift to serve, planned tomorrow's meals and written a shopping list. It's hard work, but Julie enjoys it "I just want the best for the residents at Mary House".



Active Support has helped Germaine develop her skills enormously and she now loves to help Jade with chopping vegetables and fruit and putting away her clean clothes.



## A rousing display of Dunkirk Spirit at the Prom



Torrential rain could not dampen the spirits of the audience at Martha's Picnic Prom, held at The Salutation in Sandwich – home to Dom and Steph Parker of Channel 4's Gogglebox fame.

Despite the soggy weather, the audience showed great support to a diverse line up of local musicians, including Wayne Bridle, Steve Aiston and the Midnight Crawlers.

When it came to the charity auction, run with great skill and humour by Dom and Steph, the crowd showed remarkable generosity, bidding on lots which included a stay at The Salutation, a Magical Mystery Tour of London in a black cab donated by Paul Benzekan and a portrait by talented local artist Joseph Sevier.

After the event, Dom said "We are delighted to be able to support Martha Trust for a fourth year. We have been amazed by the determination of everyone who attended to ignore the conditions and really get behind this fabulous fundraising event for a very deserving local cause."

Crucial to the success of the event was sponsorship from local organisations Discovery Park and A Pearson Growers, plus an additional donation through the Barclays Matched Fundraising programme. Not to be forgotten was the help from a band of dedicated volunteers who worked tirelessly behind the scenes to ensure the event ran smoothly.

Everyone's efforts proved to be very worthwhile, as the event raised an amazing £6,000 towards the work of Martha.

# A tipple or two in Canterbury helped raise vital funds for Martha



A Martha wine tasting afternoon was held at the historic Canterbury Cathedral Lodge Campanile Gardens on Sunday 13th July.

The event had all the ingredients for a taste of summer – a crisp glass of wine and spectacular scenery. The only thing our precision planning could not control was the English summer weather. But, despite a last minute change of venue to avoid the heavy downpour, our guests thoroughly enjoyed the occasion.

Hercules Wine Warehouse supplied a magnificent selection of wines from around

the world, ran a very competitive wine tasting competition and were on hand with advice and expertise. Delicious canapés were served, all accompanied by the Segno Clarinet Ensemble from the Sandwich Concert Band, led by Kate Robinson.

The event was supported not just by Hercules Wine Warehouse, but also sponsors Igloo Period Property Specialists and Barclays Bank. The Barclays Canterbury team ran the silent auction and raffle and generously match funded the event by £3,250.



Barclays Canterbury Branch team – from left to right: Meg Jenkins, Maria Smith, Karen Plumb and Rachel Flower

A great big

# “Thank you”

Each year we are amazed by your generosity – giving up your time and money in order to help Martha continue its work. The first half of 2014 has been no exception and here are just a few of the people we would like to thank:

Colin Creedy, Tressa Thomas, David Goulding, Guy Smith and Jason Down collectively raised over £9,000 through their Virgin London Marathon sponsorship.

Our great friends at the Coach & Horses pub continue to support Martha through their quiz nights, donating a further £1,010 this year.

St George’s Church, Deal give invaluable volunteer support to Martha, as well as holding their own fundraising events for us. In July they kindly presented us with a cheque for £1,250.

Martha were nominated to be a beneficiary of the Royal Marines Club Pantomime Fund who generously donated £500.

We would also like to thank Alan Langley of Dover Design Photography who supplies us with such stunning photographs of our residents and fundraising events.

The Sandwich Rotary Club and Sandwich Freemasons have both chosen to donate to Martha, giving £600 and £1,000 respectively.

The Betteshanger Bowling Club held a fun day in aid of Martha and raised £550.

Diary dates 2015

Virgin London Marathon	26th April
KM Big Bike Ride, Whitstable	26th April
Wine Tasting, Canterbury	June
KM Abseil, Folkestone	June
KM Dragon Boat Race, Maidstone	5th July
Martha Prom, Sandwich	19th July
Car Challenge, Bonkers in Barcelona	12-15th September
KM Assault Course, Deal	3rd October
Christmas Market, Sandwich	21st November

To find out more about our events or to book online visit [www.marthatrust.org.uk/events](http://www.marthatrust.org.uk/events) call 01304 610448 or email [fundraising@marthatrust.org.uk](mailto:fundraising@marthatrust.org.uk)

## Martha News online

We keep our production costs to an absolute minimum, but you could help us save even more money by signing up to our newsletter by email.

Simply email us at [fundraising@marthatrust.org.uk](mailto:fundraising@marthatrust.org.uk) quoting ‘Martha News’ in the subject line.

You will then receive your newsletter in pdf format, so it won’t even clog up your inbox!

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# Monte Carlo Madness

Our nine intrepid teams set off from Dover with some of their cars barely firing on all cylinders, it was a miracle they made it to Monte Carlo...

With sabotage, pranks and laughter all the way it proved to be a memorable trip especially for team 8, who struck lucky in Monte Carlo. Winning 800 Euros on the spin of a roulette wheel – placed on the number of their faithful car – lucky 8!



Magic Mike from car 6 had this to say about the trip:

*"I had a blast! I spent four days with a complete mix of people that had one thing in common...they were all there to have a great time and raise money for Martha Trust.*

*"Judy and Julie, the team leaders from Martha Trust, are perfect for the job and all the staff in the office helped us all the way.*

*"Lots of people that found out I was doing the trip wanted to come with me. It's not hard to do and doesn't take up a lot of time to arrange, so don't think about it – just sign up and have the best fun ever. I cried with laughter and giggled like a school girl so many times!*

*"Hope to do it again."*

We'd like to say a big thank you to all the participants, to their families, friends and colleagues for supporting their fundraising and to our main sponsors, MyFerryLink, Sota, Systems Technology, Unipet International Ltd, Ward and Partners and Kent Community Foundation.

The event wouldn't have been such a great success without them all.

If you'd like to take part in our 2015 Car Challenge – Bonkers in Barcelona visit [www.marthatrust.org.uk/bonkersinbarcelona](http://www.marthatrust.org.uk/bonkersinbarcelona) call **01304 610 448** or email [fundraising@marthatrust.org.uk](mailto:fundraising@marthatrust.org.uk)



## #GIVING TUESDAY

Support Martha Trust on Giving Tuesday – 2nd December  
To find out more visit [www.marthatrust.org.uk/givingtuesday](http://www.marthatrust.org.uk/givingtuesday)