

Martha NEWS



Spring 2017



Happy Birthday Nathan
and Happy Birthday Martha Trust!



30th
Anniversary



This year, as we celebrate 30 years of delivering wonderful support for people with profound and multiple disabilities, it is easy to think about Martha as buildings with exceptional facilities, but the past 30 years have been all about people.

Martha is a very diverse organisation and we have a wide variety of people here, from staff members and volunteers to our long term residents like Joe, who has been with us for nearly 20 years.

Wherever I go in East Kent or Sussex people mention Martha and the wonderful work that we do. But Martha would not be what it is now without all the individuals who have been part of it over the past 30 years.

George White
CEO Martha Trust

A bit of change management at Mary House

Although change can often be unsettling, there is a real buzz around Mary House since the new management team recently took up their posts of Registered Home Manager and Deputy Home Manager.

This is largely due to the individuals involved, who had already made a huge contribution to implementing the changes which resulted in a 'Good' rating from the CQC inspection last year. We are of course talking about Owen Nolan and Helen Chantler.

They are familiar faces to visitors at Mary House, popular with residents, staff and families, who share a real passion for the work we do at Martha Trust.



Owen Nolan joined Martha as Deputy Home Manager in February 2016, having previously been a manager of a Children and Adolescent Mental Health unit. He is a Registered Learning Disability Nurse (RNLD) with a wealth of management experience in supporting people with profound learning disabilities.

Helen started her career at Martha in April 2014 as an Administrator and it quickly became clear to us that she had the skills and drive to become much more. Over the past 3 years she has been instrumental in helping to make improvements to the care we deliver at Mary House.

Owen and Helen work incredibly hard to keep the home running smoothly, but just as importantly they encourage the residents and staff to have fun, which is why we have so many compliments from visitors about the homely and relaxed atmosphere.



Not only do they encourage the organisation of regular themed events and activities like this year's celebration of Chinese New Year, but they enjoy taking part too! A recent Disney day was a roaring success, with everyone in the home in fancy dress and the Registered Home Manager looking very much at home in his Mad Hatters outfit!

Helen has a well known reputation for being a life long Disney fan, so needed little encouragement to be Minnie Mouse for the day!

The balance of their keen focus on the safety and wellbeing of our residents and their desire for Mary House to be a place of laughter and friendship make Owen and Helen a management team we are very lucky to have found.



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 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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A very special birthday!

There has been much cause for celebration at Martha Trust. Nathan, who came to live with us in April 2014, celebrated his 21st birthday in January.

The fun started with a birthday party in the Activity Centre the weekend before, where Nathan and his friends and family boogied the afternoon away to the sounds of the Krazy Nights Disco.

This was followed by a more relaxed and intimate party in Frances House on Nathan's actual birthday where, joined by his mum and nan, Nathan enjoyed making a wish when his birthday cake candles were

blown out. Whether he enjoyed our enthusiastic rendition of Happy Birthday is another matter!

Nathan communicates mostly through facial expression and body language. When he is happy he will laugh, clap his hands, bang on his tray and make noises, something we have seen frequently during his birthday week. This is no surprise as Nathan has a wonderful sense of

humour and loves being part of a fun atmosphere, especially when there is music involved.

Although Nathan is blind, he enjoys lots of activities with the support of the staff at Frances House, like, for example, creating art. And when assisted with good verbal descriptions he likes to make his own choice of materials and colours.

Nathan has a keen sense of touch and smell and gets great pleasure out of creating a variety of simple dishes through sensory cooking sessions, including making something special for visitors. He is encouraged to touch and smell the different ingredients used and to think about what is happening to them in creating the end result. Although it is well known that one of his personal favourites is actually a mint flavoured Aero mousse!



Nathan loves the outdoors. He has his own area of the garden where he is supported to choose his own plants. Weather permitting, Nathan will tend his patch each week and is talked through what is happening so he is able to learn about nature and the progress of his plants. But it's not all about hard work. He likes to take the opportunity on a nice day just to relax in the garden and enjoy the results!

When not in the garden Nathan also loves going for a walk, especially when it involves a trip to the neighbouring farm where Steven the bull resides. Karen,



When the weather does not tempt Nathan outside, he will often be found in the hydro pool, which he really enjoys. The staff at Frances house will encourage him to move independently with passive movements, which provides Nathan with welcome relief from the confines of his wheelchair.

We are privileged to be able to share in happy occasions with the people we support and their families. Martha aims to provide a real family spirit in all of the homes every day. And sharing the joy of special birthdays like Nathan's really is the icing on the cake for everyone who works here.

HAPPY 21ST BIRTHDAY NATHAN



Supported by

 Redfortress Limited



Join our adventure...

2017 is a double celebration, not only is it our 30th Birthday it is also the tenth year of our annual car challenge! To celebrate a decade of motoring mayhem we aim to make Monte Carlo Madness our biggest and best yet!

We are looking for intrepid teams of two or more to join us on our trip through the French Riviera to the magnificent Monte Carlo.

Our usual rules apply: cars must cost no more than £200 with full tax and MOT, and we ask you to pledge to raise £1,500 in sponsorship per teams of two. In return we'll organise ferry crossings, accommodation and flights home.

We can't promise you helicopter transfers to your hotel or private beaches but we can guarantee a once in a lifetime experience, full of laughter, good memories and new friendships.

Find out more at www.marthatrust.org.uk/montecarlomadness
email fundraising@marthatrust.org.uk or call 01304 610448



Supporting Martha in our 30th Year 30th Anniversary

Thank you for your continued support and generosity over the past three decades. It is thanks to you that we are where we are today.

With the numbers of people with profound disabilities on the increase, the demand for our services is going to continue to grow. Our aim at Martha is to expand our service offering and reach out to support more



families in the years to come. So help us achieve our vision and get involved in our 30th Anniversary.

There are many ways for you to get involved from fundraising to helping us raise awareness of people with profound disabilities and the challenges they face each and every day.

Here are just a few ideas of how you can play your part in our vision.

Wear Blue4Martha



Our anniversary year sees the launch of our 'Wear Blue4Martha' campaign. We want to encourage as many supporters as possible to 'Wear Blue4Martha' in 2017 and help us to raise awareness of people with profound disabilities.



Encourage your colleagues, classmates and members to get involved by holding a **Wear Blue4Martha** day. Get them to donate £1 to Wear Blue4Martha.



Download tools from our online toolkit to help you promote your day. Visit www.marthatrust.org.uk/Blue4Martha

We'd love to hear what you have planned so get in touch with us on **01304 610448** or email fundraising@marthatrust.org.uk



30 ways to show your support

- 1** 3 miles for 30 days – run/swim/cycle/walk 3 miles every day for 30 days and get sponsored
- 2**  30 Friends, 30 likes. Encourage 30 friends to Like and share the Martha Facebook page
- 3** Give it up for Martha – Give something up for 30 days – and make a donation to Martha or get sponsorship for doing it
- 4** Music4Martha – help us reach our target of 30 Music4Martha events in our 30th year – hold a music event in aid of Martha
- 5** Copper Collection – collect your small change for 30 days and donate to Martha
- 6** Tea Party – invite friends round for afternoon tea or a coffee morning in aid of Martha
- 7** Raise it for Martha, £30, £300 or £3,000 in 30 days – pick your target and get fundraising – get your employer, colleagues, friends and family involved
- 8** £30 for 30 Years – make a £30 donation to Martha to mark our 30th Anniversary
- 9** Hold a Wear Blue4Martha day – and aim to raise £30 or £300 – get colleagues, classmates or your members to donate £1 to wear blue
- 10** eBay for Martha – Sell 30 items for Martha on eBay to mark 30 years
- 11** Plant Sale – grow 30 plants and sell to friends and family in aid of Martha
- 12** 30 hours for Martha – donate your time to Martha and volunteer
- 13**  30 tweets 30 days – help us reach our target by tweeting about Martha
- 14** Come along and support one of our organised events in our 30th Year
- 15** Sell 30 Martha wristbands or pin badges to 30 people
- 16** Sign up to a challenge in 2017 in aid of Martha – choose from our annual car challenge – Monte Carlo Madness, Virgin London Marathon, or take on one of your own
- 17** Collect 30 prizes through the year to donate to the Martha Tombola
- 18** Shout about Martha to 30 friends, family or colleagues – help us raise awareness of the work we do
- 19** 30 Cakes for 30 Years – Cake Sale for Martha – bake a batch of cakes and sell at work or school to raise money for Martha
- 20** Hold an 80's themed night – to mark our founding year 1986
- 21** 30th themed Sports Day – hold a Sports day in aid of Martha – based on the number 30! 30 laps of the field, 30 sit ups!, 30 star jumps
- 22** Film night – pick favourite films from 1986 and host a film night
- 23** Become a regular donor to Martha to mark our 30th Birthday
- 24** Grow £30 to £300 – make a donation to Martha of £30 and see how much you can grow that donation in the year by investing and fundraising your initial £30
- 25** Donate £1 to Martha every 30 days through 2017 = £12 donation for the year
- 26** 30 journeys for Martha in 2017 – give up using your car for 30 local trips – walk or cycle instead and donate the fuel saving to Martha
- 27** Wash 30 cars for Martha – hold a charity car wash
- 28** 30th Pledge – do something for Martha whether raising awareness, fundraising or make a donation the 30th day of each month in 2017
- 29** Hold a quiz on 'Things that happened in 1986' with question 30 holding a bonus prize!
- 30** Share our 30th Anniversary – If you have a special birthday, anniversary or celebration in our anniversary year why not ask for donations to Martha instead of gifts



Everyone here at Martha would like to say a huge thank you to all those who have supported us in recent months. It's thanks to you that we are where we are today, providing the best possible care for people with profound disabilities. Here are just a few highlights of our supporters in action...

The Plough at Ripple provided a great day out at their Music4Martha event raising over £700 in the process



To Mr and Mrs Dumenil for asking for donations to Martha as an alternative to their wedding list. Their friends and family were extremely generous donating over £4,000

Heli Charter for offering Helicopter rides in aid of Martha raising £1,100



The Guilty Pleasures boys – Stewart Brown, Adrian Herron and Scott Jackson for raising almost £2,000 through a host of fundraising events including a 110 mile walk from Bognor to Deal

£1,000 donation from Marley

Harris and Sheldon Group for their £400 donation

Fred Marsh for his continued support and fundraising, raising a further £312.50 from his latest coffee morning

Walmer Horse and Dog Show for £900 donation



Trinity Church for £1,000 donation raised through their Festival of Trees

Co-op in Sandwich for supplying the refreshments at our Christmas Fayre and to their team who lent a hand throughout the day



Broome Park Golf Club and their Captain Mark Broadhurst for hosting a golf day in aid of Martha. The event raised over £3,300

The Crown at Eythorne for raising over £1,500 by hosting a Music4Martha event



Thank you to everyone who supported our Christmas Raffle from the generous prizes donated by Kingsdown Holiday Park, OFP Timber Frame, The Cyber Shed – Deal, and Town and Country Garden Services, to all those that bought raffle tickets. It raised over £1,000

St George's Church in Deal for their £1,000 donation and for hosting our Community Carol Service



Starbucks in Deal for making Martha their Charity of the Year – and hosting a Christmas Quiz raising £203



Hastings Bonfire Society for allowing Martha to collect at the 1066 Hastings Battle 950th anniversary celebration

Rotary Club of Folkestone for choosing Martha to be the beneficiary of their 2016 Folkestone Half Marathon, and presenting Martha with a cheque for £2,700

Redfortress for their £500 donation and for becoming a main sponsor for Monte Carlo Madness

Pharos Insurance Brokers Ltd for undertaking a 12k Commando Series Challenge in aid of Martha and raising just under £1,000



"Thank You"

Diary Dates 2017

Golf day – Friday 28th April



Walmer and Kingsdown Golf Club

18 holes of golf, a two course meal, competitions, charity auction and winners prizes. £180 for a team of 4 (£140 for members).

Golf Day – Thursday 5th October



Princes Golf Club, Sandwich

18 holes of golf, a two course meal, competitions, charity auction and winners prizes. £280 for a team of 4 (£150 for members).

Sandwich Prom – Sunday 16th July



Held in the stunning gardens of **The Salutation**, with celebrity guests Steph and Dom from Channel 4's Gogglebox. Tickets cost £30 for a Family ticket (2 adults and up to 3 children), £12 for an adult and £5 for a child.

Christmas Fayre – Saturday 18th November

The Guildhall Sandwich

Stalls cost £15 for a standard 6ft stall or £20 for a corner stall.



Music4Martha Deal – Sunday 6th August



The Square, Deal

Enjoy live music at The Square in Deal outside Dunkerley's, The King's Head and Port Arms. It's free to come along to this family event.

Christmas Fayre – Friday 1st December 5-9pm



The Ocean Rooms, Deal – New for 2017

Stalls cost £15 for standard 6ft stall or £20 for a corner stall.

Monte Carlo Madness – 16th-19th September



This year we're setting off on another hare-brained journey from Dover to Monte Carlo in cars worth no more than £200.

Virgin London Marathon – 22nd April 2018

We have five places available for committed runners ready to fly the flag for Martha. All runners are asked to pledge to raise £1,500. If you are interested in running for Team Martha, details can be found on our website.



To find out more about our events or to book online visit www.marthatrust.org.uk/events call 01304 610448 or email fundraising@marthatrust.org.uk

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