

Martha NEWS

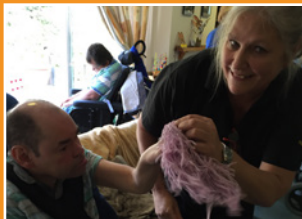


Spring 2016



What a difference a smile makes

Together we can help make that difference



So good to be home



Music4Martha



Thanks for your support



Recently I went with the parents of one of our residents to visit a home run by the RNIB. I went along to better develop my own understanding, of issues around sight loss, and how it affects someone with Profound Physical and Multiple Learning Disabilities (PMLD) and how, as an organisation, to best use this learning for the benefit of those we support. This theme is running right through Martha and this year we are investing in improving how we deliver our services in a number of specialist areas ensuring we continue to be a leading PMLD organisation. All our nurses are being encouraged to develop their specialist skills so that in everything we do we know our care is the best.

My vision is that every member of the team at Martha will constantly question themselves on how they can improve their work and what difference that change will make to the lives of those who deserve it more than any other group of people I can think of.

George White
CEO Martha Trust

Coming home

When I was a newly qualified nurse I spent six months at Martha as an agency nurse. The experience stayed with me and I always remembered the warmth, calmness and the lovely ethos of the home.

As my life moved on I went to New Zealand for ten years and got married. Unfortunately my mum was poorly so I came back on holiday and found that I wanted to stay. Obviously this meant finding myself a job, so remembering my time at Martha so fondly I turned up asking for a job and the rest is history.

Having spent 25 years in the prison service, coming in to work and seeing a smile or helping someone who was unwell was alien to me. But the satisfaction of finding out the reason for a tear, or why someone is in pain or off their food, when they have such barriers to communication, cannot be underestimated. I go home every day smiling.

People visiting Martha feel the warmth. When I came back I was lonely, with my children both away, my daughter at



university and my son in France playing Rugby. But Martha is like another part of my family. For me it was like coming home.

We often have student nurses on placements. I always tell them that what I want them to take away is the confidence and empathy to support people with profound disabilities, whether it is our guys or others. I want them to understand the difficulties faced by people with profound disabilities and how they are often away from their homes in a strange environment with strange people. At Martha we become their extended family. Most of all I want them to say I went there and it was a fantastic place.

Hayley
Nurse, Martha House



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

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 give with confidence



How Martha has secured funding through collaboration

At Martha we pride ourselves on offering the very best level of care with the people we support at the forefront of everything we do.

We already rely heavily on donations from our supporters to enable us to provide the extras that ensure the people we support can live life to the full. These voluntary donations provide physiotherapy, hydrotherapy, day trips, specialist equipment and minibuses. The things that make the difference between giving supportive, holistic care and just minding someone – the very worst cases of which all too regularly make the news.

In the current climate, like our peers in the adult social care sector, we are under increasing financial pressure to deliver our services on less money due to funding cuts. In a bid to ensure we safeguard our high standards of care, Martha have been collaborating with the parents of our residents and care professionals. We have worked hard with the families and our residents' case workers to find ways in which to secure more funding. The in-house physiotherapist at Mary House, Louise Myeni, has seen the benefits of this joint approach.

Michael has lived at Mary House in Hastings for over nine years. For the past year Louise has worked closely with Michael's parents, his case worker and local services to assess and identify what his

continuing health needs are. The hard work and collaboration has paid off. Louise has successfully secured funding of around £8,500 for new equipment and a further £2,250 for aquatic therapy. Michael is now enjoying the benefits of his new equipment. His new lying support ensures a good and safe night's sleep for him and his custom-moulded wheelchair is supporting him well. A new standing aid has also been supplied and the team are working towards safely re-establishing this activity with him. Funding for his aquatic therapy has been provided and it won't be long before Michael can enjoy his time in the pool.

Benefits of securing this additional funding are already making a huge difference to the life Michael

is able to lead. He is now able to get more involved in day to day activities, and have greater mobility and independence.

Standing is something so many of us take for granted, but something those with profound physical disabilities are rarely able to experience. Clinical evidence shows a real health benefit to standing. The physical benefits, like increasing bone density and muscle length, through to psychological benefits from just being at eye level with someone are huge and will enable greater participation in activities like cooking.

It is this approach to a case for support that we at Martha hope will benefit all of our residents.

Louise said 'The drive for me and motivation to succeed is that we are looking at each person as an individual with the aim to meet their individual needs rather than adopting a generic approach. The co-operation of everybody involved has been key to securing the funding for Michael, in particular Michael's parents who know his needs better than anyone. Their support and willingness to make up the shortfall to bring in services like the engineer to move his case for support along has been invaluable. Success has been about working together across all agencies to ensure the best outcome for Michael.'

Michael's Mum said 'Michael's welfare and happiness is of the utmost importance to us. To be happy you need to be

comfortable. Louise has been the driving force behind investigating, watching and studying Michael's positioning, whether it be sitting, lying or standing. She has researched and reported in great detail Michael's needs and requirements.

Her fight, enthusiasm and passion to get things right for Michael has paid off and she has got us the funding long overdue for the much-needed equipment and aquatic therapy for him.'

At Martha we are proud to have colleagues like Louise on our team. Together we are able to make a genuine difference to the lives of the people we support.



How you can support Martha in 2016



Sporting Summer

Although the nursing care we provide is funded by local authorities and Clinical Commissioning Groups through their duty of care, we rely on the support of individuals and organisations to keep Martha Trust operating and maintained. Every year we have to raise over £200,000 to pay for the extras that enable our residents to get the most out of each and every day.

Martha Trust is very proud that 87p in every pound of our income goes to the care of the people we support.

With the numbers of people with profound disabilities on the increase, due to medical advances, the demand for our services is going to continue to grow.

Help us to make 2016 a record year for transforming the lives of people with profound disabilities by supporting Martha in whatever way you can.

2016 sees the launch of Music4Martha



Music is an important therapy at Martha. It crosses boundaries and connects people regardless of language and level of disability.

This year we want to encourage people to come together through music in aid of Martha. Whether it's supporting one of our organised music events such as the Sandwich Prom or holding one of your own – whatever you choose to do, big or small, will make a huge difference to the lives of the people we support.

We have already had a lot of interest with a number of supporters including local pubs and bars, as well as larger corporates wanting to incorporate a Music4Martha event in their Community Programmes this year.

Ian Linstead from The Hop and Huffkin, a Kentish Bar and Dining Room in Sandwich, said "Tom Abrahams, whose sister Charlotte resides at Martha Trust in Deal, has been playing here since we opened. We get asked for lots of charitable donations, however last year we made the decision to support just one local charity. After speaking with Tom about Martha Trust, then visiting the homes, we decided we wanted that charity to be Martha. Our ethos at the Hop and Huffkin is to support local, even with our suppliers, so this lovely local charity fitted the criteria perfectly."

To find out more and how you can get involved visit www.marthatrust.org.uk/Music4Martha



As 2016 promises to be an amazing summer for flagship sporting occasions, why don't you and your friends, family and colleagues support Martha through fun-themed Summer Sports Days.

Celebrate the FA Cup Final, the Rio 2016 Olympics and Paralympics and of course Wimbledon.

Choose one of the following ideas, or run several activities all under the banner of 'Martha's Sporting Summer'.

- ◆ Sweep stakes
- ◆ Dress down days – dress in tennis or cricket wear, or dress down for a day of cricket or Wimbledon
- ◆ Host a cricket tea
- ◆ Strawberries and cream days for Wimbledon
- ◆ Themed lunches
- ◆ Table cricket/Table Football Matches
- ◆ 5-a-side Football, Touch Rugby, relay races or Quick Cricket Matches



We'd be happy to support you and would love to hear what you have planned.

Contact us by email at fundraising@marthatrust.org.uk or call us on **01304 610448**

Support one of our organised events

Virgin London Marathon	24th April
Martha Trust Golf day in association with John Shepherd	29th April
The Rotary Club of Dover Summer Gala Dinner & Concert	2nd June
KM Dragon Boat Race	3rd July
Sandwich Prom	17th July
Rome or Bust	3rd-6th September
Folkestone Rotary Half Marathon	25th September
KM Muddy Assault Course	1st October
Royal Parks Foundation Half Marathon	9th October
Broome Park Golf Day	October
Christmas Fayre	19th November

We have a great line up of events throughout 2016, so why not join us?

2017 Registration for our **2017 Virgin London Marathon** places is now open. If you are interested in applying to run for Martha in this prestigious event please visit www.marthatrust.org.uk/virginlondonmarathon

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



"Thank You"

Heartfelt thanks to each and every one of you for your continued support. You have helped us to transform the lives of people with profound disabilities, here's just a few of the people we would like to thank:

Hastings Direct for providing a helping hand to our gardening project at Mary House. Thanks to all the colleagues who helped – we estimate it has saved us over £7,500.



The Oast Quilters for their £100 donation.

Everyone who supported our Christmas activity from buying our Christmas cards or raffle tickets to making a donation through Light Up A Life – you have helped us to raise over £3,000.

Northbourne Park School for £149 raised through their end of year concert.

Broome Park Golf Club for making Martha their Charity of the Year in 2016

Southern Water for choosing a Martha entry for their Christmas e-card competition and donating £1,000. The winning entry was designed as part of our art therapy.



Sir Roger Manwood's School for raising £3,886. Throughout 2015 they organised non-uniform days, cake sales and a student bike ride.

The Rotary Club of Dover for choosing to support Martha in 2016.

Burgess Hodgson for choosing Martha as their Charity of the Year 2015. Throughout the year their staff participated in a variety of volunteering initiatives and events raising £4,500 towards our work.



The Royal St Georges Golf Club for making a £1,000 donation.

Hastings Round Table for their £500 donation.

Intercrop for donating £637 raised through fundraising in 2015 and in lieu of staff sending Christmas cards.

Our intrepid teams who took part in our 2015 car challenge – Bonkers in Barcelona – and all their supporters. Thanks to their tireless fundraising and the generosity of all the sponsors, including our main sponsors DFDS Seaways, Kent Community Foundation in association with Ward and Partners, Sota, Systems Technology and Unipet, the event raised a record breaking £33,720 in sponsorship.



Hutchings Timber for their £500 donation.

All our regular donors for their continued support and for donating over £8,500 to Martha in 2015.