

Autumn 2009

MARTHA NEWS

Time to celebrate!

Three young residents join Frances House



Fire and Glass Walk

Take a very short walk for charity!

Chart Hills Charity Golf Day

Hosted by Derek Underwood MBE

**See back page
for all details**

Seven new care places at Deal and Hastings

Our newly extended Frances House opened in July creating homes for three young people.

The recent building work means that Frances House can now accommodate eight young people with profound disabilities. As well as the new bedrooms and bathrooms the rest of the house has been given a makeover; inside and out. The paths and patio have been re-laid thanks to a grant from Kent Handicapped Caring Association, and a large sunroom will be added later this year.



The new extension at Frances House, Deal, (shown on the left in the picture above) blends in with the existing building. The former office of our Chief Executive is now a sensory room (pictured below) and features two interactive display boards chosen by staff who put together a selection of sensory materials that are favourites of the residents of Martha House and Frances House.



Mary House, Hastings prepares for arrival of four new residents

The £1.6 million build to provide additional accommodation and a new hydrotherapy pool at Mary House is finished. The new pool will be the biggest of its type in Sussex and as well as helping Martha's residents it will be open to members of the public with special needs.



Charlene and carer Sabrina (above) get ready to welcome Peter (top right) to his new room



Beds and Hoists - safety

The safety and comfort of our residents (and staff) is our first priority, and specially designed beds and hoists are needed for their protection, wellbeing and safe handling.

We use beds made in Germany by Völker which meet stringent UK and EU safety standards. The beds are designed to be stable in all positions and have telescopic jacks to give variable working heights. All our beds are fitted with protective sidebars.

Hoists come in different sizes but all are designed to manoeuvre residents in safety and comfort. In bedrooms and bathrooms

Rockley Holiday Park



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m.



New resident Alexandra (with nurse, Vicky) views her bright and airy en-suite bedroom fitted with the latest aids for her care.



Residents of Martha Trust's homes at Deal and Hastings went to Rockley Park in Dorset for a fabulous summer holiday.

It is not easy for people with profound disabilities to go on holiday. They need one-to-one supervision from their carers, and their food, medication and safety have to be constantly monitored; luckily, there are places that have the necessary facilities.

Gill Burnham, Director of Nursing at Martha Trust, was looking for a holiday where everyone mixes together, so people with disabilities feel included. Fortunately, Rockley Park is fully equipped to welcome disabled and non-disabled guests, and the holiday village which overlooks Poole Harbour with its wooded islands and sailing boats, proved to be ideal.

The wheelchair-adapted swings were popular with our residents and their carers, and outings to the Bovington Tank Museum and fossil hunting on the Jurassic coast made the most of the fine weather.

Donations from the Roger De Haan Charitable Trust and Ward & Partners helped our residents enjoy a change of scene and experience the fun of a seaside holiday.

If you would like to find out more about profound disabilities or Martha Trust telephone or email us on 01304 615223 or contact@marthatrust.org.uk

Safety and comfort first!

(such as Alexandra's bedroom shown above) hoists are mounted on tracks fixed to the ceiling and are electrically operated; other hoists are on wheels and can be used throughout the homes

We are grateful to the Yorkshire Building Society Charitable Foundation, the John Coldman Charitable Trust, the Forbes Charitable Trust, the 29th May 1961 Charitable Trust and the Weens Walker Fund (Kent Community Foundation) for their generous contributions towards the cost of new beds and hoists.

Martha Trust 'Mad for Madrid Rally' raises £20,000

Following our successful Rome or Bust rally in 2008, 24 intrepid motorists spent the May Bank Holiday weekend driving 1,000 miles to Madrid in cars costing less than £100. Drivers and navigators, met at Dover docks for the three-day adventure.



Lesley Chiverton and Judy Heath 'bee'ing silly

The first drama occurred within half an hour of the teams arriving in France when a fan belt had to be replaced on one of the competing cars. The drive through France and Spain was unproblematic until the cars reached Madrid, which is not a city for the faint-hearted driver. However, all of the teams managed to negotiate the city's traffic and, after scrapping the cars, there was time for sightseeing and a celebratory meal before flying home.

Thanks to everyone who took part, and to sponsors Basepoint, Systems Technology, Arjo, Sandwich Rotary Club and Sandwich Toll Bridge Fund.

A DVD of the challenge can be found at www.marthatrust.org.uk

For information about our 2010 rally challenge email fundraising@marthatrust.org.uk or telephone 01304 610448.

Snail mail or email

It is important for Martha Trust to keep the production costs for Martha News to a minimum. You can help by choosing to receive the next issue, plus other news updates and information about Martha Trust, by email.

All you need to do is email fundraising@marthatrust.org.uk quoting 'Martha News' in the subject line. And when you receive your first e-newsletter, why not forward to your family and friends asking if they would like to support or hear more about Martha Trust?



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

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SUPPORT AND GET INVOLVED WITH MARTHA

It's been a great summer of fundraising thanks to our supporters!

Mary House nurse, Jill Leader, and long-time supporter, Leigh Packer, completed the 2009 London Marathon raising over £1,200 (and counting) between them.

Amy Kempshall and her Nan, Cath, cycled from Deal to the New Forest and raised £643.

Dover Grammar School for Boys raised £1,000 for Martha Trust at their Venetian Masked Ball.

Judd School, Tonbridge, raised £2,500 from events including walks, runs and a volleyball match.

The Inner Wheel (Broadstairs) ladies donated £2,000 raised over the past 12 months.

Tasha Madden completed a skydive at Headcorn Airfield and raised £500.

Mary House Summer Fete raised £600.

The Dog and Duck pub raised £1000 to buy musical instruments for the sensory rooms at Martha House, Deal.

Pfizer raised £1000 for specialist computer equipment for residents of Martha House, Deal.

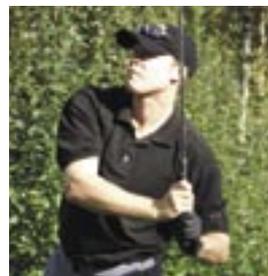
Thanks to all those who organised, took part in, and donated to these and other events.

Fundraising dates

Charity Car Show and family day - Sunday, September 20th

Joint benefit for Martha Trust and Proventus. Live music, helicopter rides, side shows, flyball dog racing and more!

Chart Hills Charity Golf Day - Thursday, October 15th



Hosted by Derek Underwood MBE, joint benefit for Martha Trust and Stars Foundation for Cerebral Palsy. Bacon rolls and coffee at 10.30, shotgun start at 12 noon. 3-course dinner and charity auction hosted by comedian and golfer, Adger Brown.

Fire & Glass Walk - Wednesday, October 28th

The shortest sponsored charity walks in the world! Glass walks at 5.30pm; Fire walks at 8.00pm.

Ladies Lunch & Fashion Show: November 17th

Dinner, fashion show, auction and raffle

Information on forthcoming events can be found on our website www.marthatrust.org.uk or by emailing fundraising@marthatrust.org.uk or by telephoning the numbers below for further details.