

# MAJOR UPDATES TO THE MARTHA TRUST WEB SITE

www.marthatrust.org.uk

We are pleased to announce our much improved web site with a new, easy to navigate menu system.

The Martha Trust web site has expanded dramatically and we have made the site more accessible and easier for everyone to navigate.

The Martha Trust web site receives many thousands of visitors looking for a diverse range of information. It may be a first point of contact for families and carers looking to find a suitable home for a loved one, or nursing staff applicants looking for vacancies, or our funding partners wishing to keep up-to-date with our activities.

The new site will be regularly updated with news articles and a fundraising calendar, as well as a diary of residents events. It is now also easier to make a donation to Martha Trust via the web site.

Key improvements to our web site are:-

- Easier to search and navigate
- Fresh, regularly updated content
- More news stories
- Current events listings
- Fundraising opportunities
- Easier to make a donation



## Worthy Walking

Join us for a Fun Walk along the Ancient Highway linking Deal and Sandwich, provisionally scheduled for Saturday 27th May. Entrance fee £10 adults and £5 for accompanied children – additional sponsorship money encouraged.

This delightful route follows the ancient road traversing the attractive lowlands behind the coast. Many unusual bird and butterfly species may be spotted along the path.

Call 01304 626171 for more details or email [angelapeirson@marthatrust.org.uk](mailto:angelapeirson@marthatrust.org.uk)

## Choral Concert

The Sandwich Choral Society are holding their Summer Concert at St Mary's Church, Eastry and they have kindly offered to donate half the proceeds from the event to Martha Trust. This years concert is 'Feel The Spirit' by John Rutter.

Please make a note in your diary to come along on Tuesday 6th June 2006 at 7.30 pm. Each ticket is £5.00, which includes a glass of wine and nibbles. Tickets can be purchased from Martha Trust by calling 01304 626171 or emailing [angelapeirson@marthatrust.org.uk](mailto:angelapeirson@marthatrust.org.uk)

## Martha Trust Coin Keyring



The brilliant new Martha Trust coin keyring will solve all your supermarket trolley problems! It has a detachable coin token designed to fit the £1.00 slot on shopping trolley or swimming pool/gym lockers.

The keyring and chain is 3 inches long by just 3/4 inch across and displays the Martha Trust name. Keyrings cost £2.30 including postage and packaging.

To order please contact Angela Peirson on 01304 626171 or email: [angelapeirson@marthatrust.org.uk](mailto:angelapeirson@marthatrust.org.uk)

## Mount Etna Challenge



There are just a handful of places available on our Mount Etna fundraising trek, which takes place from 6th-9th October 2006. Registration costs £150, and participants need to raise £1500 which includes the full cost of the trek plus a substantial donation to Martha Trust.

If you are interested in finding out more about this trek, or to find out about our plans for treks and bike rides scheduled for 2007, please call Angela Peirson on 01304 626171 or email her: [angelapeirson@marthatrust.org.uk](mailto:angelapeirson@marthatrust.org.uk)

Spring 2006

# MARTHA NEWS



Sam and carer, Alistair, preparing the Mary House day room for Easter by making and decorating papier-mâché eggs.

## AUTUMN APPEAL '05

### We made it!

We are delighted to announce that we have now raised the final £15,000 of our Autumn appeal for Mary House, our new home in Hastings. This money has been used towards equipping the therapy rooms with IT, music and sensory equipment. Our thanks go to everyone who has responded to this appeal.



Samantha and Training Coordinator, Phil, inspecting an 'AirFX' module designed to allow residents to create sound by interacting with sound beams.

#### STAFF CONTACTS

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<b>Jackie Fynn</b> Fundraising Manager	01304 626170
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Unless the Lord builds the house,  
those who build it labour in vain – Psalm 127

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## THE FIRST SIX MONTHS AT MARTHA TRUST'S MARY HOUSE, HASTINGS

**It's hard to believe that Mary House has been actively running as a home for six months. In that time the staff and residents have bonded very well. They are working to create a caring, loving home for our young residents.**

### Getting to know Hastings

Residents and staff have already explored some of the great local amenities in the Hastings area. Favourites include the Sea Life Centre, the local ten pin bowling centre and Alexandra Park. They have discovered the landscaped gardens of the Conquest Hospital where they take regular walks and feed the ducks. Shopping trips have included Hastings town centre and Tescos in Bexhill!

### Participating in our local community

Staff at Mary House have also started to get involved with the Hastings business community, and the local Chamber of Commerce has been extremely helpful. We are delighted that two teams of volunteers from Barclays Sales Financing Team in Hastings are spending two days planting the courtyard gardens and woodland walk with plants for which they are providing funds.

### Our blessing from St Peters, Stonegate

As a Christian based charity Martha Trust was delighted to receive a blessing for all who live and work at Mary House by the Reverend Chris Lawrence from St Peters in Stonegate.

Chief Executive, Graham Simmons said, "Many churches in Hastings and East Sussex have contacted us since we opened to wish us well. We were pleased when the Reverend Chris Lawrence offered to perform this blessing. It was a touching ceremony which was appreciated by residents and staff."



*"There is very little care provision for young adults with profound disabilities in the East Sussex area. Mary House provides the very best care available, and we are delighted to support the home."*

Reverend Chris Lawrence from St Peter's in Stonegate



# Martha Pool Spectacular!



*No, it's not Deal's new nightclub!  
It's our refurbished hydro pool now equipped with the latest high-tech sensory equipment.*

The new equipment allows lights (in the pool and on the walls), sounds, mist effects and even aromatherapy smells to be controlled from within the pool using floating units (pictured above) which are sensitive to slight movements. These allow residents with limited movements to create an environment to suit their mood.

Lesley Critcher, Martha Trust's hydrotherapy support worker, commented about the effect the new system has had on the residents: "For our residents to be able to fill the whole pool complex with sound, colour and other sensory effects is a powerful means of self-expression – and it's fun too! You can see that they immensely enjoy the experience."

### Our newly overhauled hydro pool

The hydro pool was originally built in 1996 and has been used daily for therapeutic benefit by the adults and children with profound disabilities who live at or visit Martha Trust.

After 10 years of continued use, it was in desperate need of an overhaul and in Summer 2005 the plumbing and filtration system was replaced. Staff then thought about how they could make the hydro pool area more stimulating for residents.

### Walkers to the rescue!

After hearing the plea for improved equipment, a group of 25 friends from Paddock Wood Baptist Church organized a 60 mile fundraising sponsored walk raising a staggering £17,000 to pay for the new sensory equipment.

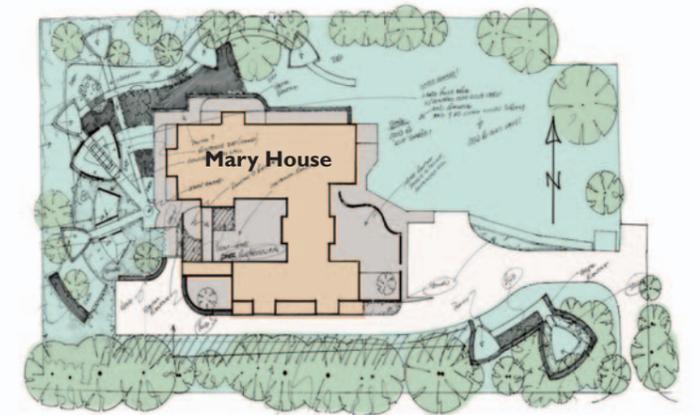


### Thank you to KHoCA

Kent Handicapped Caring Association have also made a generous donation for the second phase of the hydro pool sensory equipment. They have agreed to fund a high-tech IT system which will integrate all the sensory systems at the pool. The IT equipment will allow care staff to work with each resident to personalise a sensory programme for their needs, making the experience truly unique.

## BLUE PRINT FOR A GREEN PLAN!

*We unveil plans for an exciting new sensory garden at Mary House in Hastings.*



At our Martha Trust Deal site, we know that one of our most loved amenities for staff, residents and their families is our purpose built sensory garden. With water features, specially designed paths, play equipment and planting for textures and scents, it is a delight to be in. Building on this success and with the construction work finished, we have the design proposals for a new sensory garden at Mary House (see above).

We've asked back the designers of the garden in Deal and they've given us an exciting plan to appeal to all five senses.

The garden will include many areas which can be used for sensory activities, relaxing, eating and socialising. These areas are interlinked by wheelchair accessible paths which wind over a water feature, through woven willow tunnels and under pergolas planted with sweet smelling climbing plants. The garden will include running water, fountains, windsocks and coloured glass walls, and will be stocked with brightly coloured plants and scented herbs. It will also contain an over-sized wooden table around which residents and care staff can sit and enjoy meals or games and craft activities.



**The Mary House garden would bring pleasure and stimulation for residents and staff for decades to come. The cost to design and landscape the garden to meet our specialist needs is estimated at £70,000. We would welcome your donations towards this essential project.**

Please contact our fundraising team if you would like to donate to this project

**01304 626170**