

Spring 2008

# MARTHA NEWS

Putting the  
icing on  
Easter!



**Martha receives £637,500 boost** for our Hastings hydropool development - see inside

**A monthly donation** Can you help support people with profound disabilities? See back page.

# UNSUNG HEROES – THE MARTHA VOLUNTEERS

In 2007 over 1,000 volunteer hours were donated to Martha Trust! Projects during the year included restoring and painting all the sheds and summer houses, creating sensory garden sections at Frances House and Mary House, and transforming the garden behind the cottage which houses our offices. Volunteers also helped at our fetes, collections, Christmas fayres, runs, dinners and golf days, including baking cakes, manning stalls, providing training, shaking buckets and acting as stewards.

Volunteers make all the difference to the services we can offer to people with profound disabilities and we are deeply grateful for all the help we receive.

## How about joining our 'Friends of Martha'?



Becoming a 'Friend of Martha' is a great opportunity to get involved and participate in the Trust. You'll see at first hand, real progress in the lives of people with profound and physical disabilities, and meet like-minded people who'll share your sense of care and kindness. Our 'friends' offer anything from helping at one event a year through to a weekly or monthly commitment.

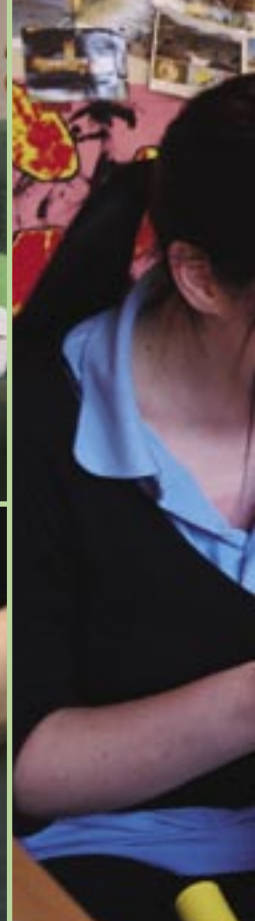
We will send you updates about our work and projects which require help, and our 'Friends of Martha' let us know if and when they can help.

### **MORE INFORMATION FOR KENT**

For more information about helping in Kent please e-mail [larryfordham@marthatrust.org.uk](mailto:larryfordham@marthatrust.org.uk) or call 01304 615223.

### **MORE INFORMATION FOR EAST SUSSEX**

To hear about opportunities in East Sussex please e-mail [juliebrett@marthatrust.org.uk](mailto:juliebrett@marthatrust.org.uk) or call 01424 757960.







## ACTIVITIES AND THERAPIES

# THE ICING'S ON THE EGGS!

Preparing for Easter, residents Suzy, Amy and Robbie and their carers at Mary House, Hastings are busy decorating chocolate eggs. Everybody gets to participate and have as much fun (and chocolate) as they can! With help, our chefs for the day have a go at piping and tasting the icing. The activity is welcomed; there's a lovely communal atmosphere, big smiles and laughter fills the kitchen.

Thanks to supporters' donations gathered in 2007 (including sponsorship from Jamie Osborne's marathon run), Alison Ainslie, our Therapy and Activity Co-ordinator is now able to offer activity programmes for all our residents. These programmes (Amy's is shown below) take into account the individual interests and abilities of each resident. The benefits are enormous as residents develop varied and interesting lives through a range of therapies and activities from reflexology to music.

| Activities                                      |                        |  |                            |  |                          |                                   |
|---|------------------------|--|----------------------------|--|--------------------------|-----------------------------------|
| Amy   |                        |  |                            |  |                          |                                   |
| Monday  | Tuesday                | Wednesday  | Thursday                   | Friday   | Saturday                 | Sunday                            |
| Morning<br>Swimming<br>Hydrotherapy -<br>Pool   | Morning<br>Reflexology | Morning<br>Frogging<br>Sensory cooking                     | Morning<br>Art & Craft     | Morning<br>Music -<br>Singing in<br>Flute/pipe | Morning<br>Reading       | Morning<br>Quizzes                |
| Afternoon<br>Swimming<br>Hydrotherapy -<br>Pool | Afternoon<br>Walk      | Afternoon<br>TV  | Afternoon<br>Music Therapy | Afternoon<br>Walk                              | Afternoon<br>Flowers art | Afternoon<br>Massage &<br>Pilates |
| Evening<br>DVD                                  | Evening<br>Music       | Evening<br>Competition time<br>with staff and<br>residents | Evening<br>Theme cinema    | Evening<br>Music                               | Evening<br>Recreation    | Evening<br>TV                     |

## MARY HOUSE HYDROPOOL AND NEW SERVICES

# FUNDING NEARLY THERE!



Fundraising for the hydrotherapy pool and 4 bed annexe extension to Mary House has progressed well, with over 85% having been received. In February we received wonderful news that Futurebuilders, the government-backed fund which provides loan and grant investments for charitable projects, will provide £637,500 towards the project.

We are now in the final drive to raise the balance with the aim of breaking ground this Summer. The new service will open in 2009 and provide two lifecare beds, two respite places which will help many families each year, and a spacious hi-tech hydrotherapy pool.

Residents at Mary House will each enjoy the benefits of the hydrotherapy pool several times a week. The pool will also be open for several sessions each week to people with disabilities in the local community.



## Could you consider making a monthly donation to Martha Trust?

Our regular supporters are very important to us. A donation every month will help us care for people with profound and multiple disabilities both now and in the future. Knowing that you'll be supporting us on a regular basis helps us to plan for the future with greater confidence. This means we can offer more services and help more people.

### TO MAKE A DONATION

Please complete and return the enclosed donation form and help people with profound and multiple disabilities. On behalf of everyone at Martha Trust, thank you.



## MARTHA TRUST RUNNER 08 LEIGH PACKER

**We are delighted to announce that Martha Trust is being represented again in the London Marathon.**

Leigh Packer was lucky enough to secure his own place through the central ballot and has chosen to run for us!

Leigh was inspired to run for the Trust after hearing about the very special care that his friend's son, Michael, receives at Mary House, our home in Hastings.

To sponsor Leigh, please follow the link on his web site [www.justgiving.com/leighpacker](http://www.justgiving.com/leighpacker).

Alternatively, send cheques payable to Martha Trust to Leigh Packer, c/o Mary House, 490 The Ridge, Hastings, TN34 2RY



## DIARY DATES

### Rome or Bust Banger Rally

Saturday May 3rd to Monday May 5th. Rome or Bust Banger Rally, from Kent to Italy in 3 days.

### Betteshanger Brass Band in Concert

Saturday May 10th 7.30pm. St George's Church, Deal.

### Summer Fete at Fowlmead Country Park

Saturday May 17th. Fete with refreshments, music, Kent Circus School and lots of stalls and games.

### Sporting Dinner at the Ramada Hotel, Dover

Thursday June 19th. Sporting Dinner at the Ramada Hotel, Dover with our celebrity guest speaker ex-England Cricketer Graham Gooch and comedian Adger Brown.

### Trek Iceland

Thursday July 3rd to Tuesday July 8th. Places still available for this challenging trek through lava fields, geysers and glaciers.

### Sponsored Stroll, Boulogne to Le Touquet

Saturday August 23rd to Monday August 25th. A fantastic sponsored walk suitable for all ages and abilities along the French coastline. No experience necessary!

### 4th Martha Trust Celebrity Golf Challenge

Friday October 24th. Dale Hill Golf Club, Ticehurst. Chance to play a round of golf with a well known Sports or TV Star at the excellent Dale Hill Golf Club.

More information for these events can be found on our website [www.marthatrust.org.uk](http://www.marthatrust.org.uk), email [contact@marthatrust.org.uk](mailto:contact@marthatrust.org.uk) or call the numbers below for further details.

**A huge thank you from Martha to everyone who took part in fundraising events for Martha Trust over the last year – we really value your support.**

### GIANT STEPS ACROSS CHINA

Michaela Madden completed the Great Wall of China Trek last Autumn and raised over £5,000. Well done Michaela!

### A WELL DESERVED TOAST TO JO!

Jo Oliver, a fundraising volunteer, has helped over the last few months to raise money for Mary House in Hastings. Jo organised an evening collection around the pubs, clubs and bars and raised over £1,000. Thanks for all your help!

### END2END CHALLENGE

Werner Baumker successfully completed his End2End Challenge cycling from Land's End to John O'Groats and raised £24,000 for Martha House. Congratulations!

Martha House – 01304 611101

Frances House – 01304 626929

Mary House – 01424 757960

Rose Osborne and Larry Fordham –  
Community Fundraisers, Deal – 01304 626171

Julie Brett – Community Fundraiser, Hastings – 01424 757966

Barry O'Sullivan – Development Manager – 01424 757960



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

Homestead Lane, Hacklinge,

Deal, Kent CT14 0PG

Tel: 01304 615223

Fax: 01304 615462

[www.marthatrust.org.uk](http://www.marthatrust.org.uk)

e-mail: [contact@marthatrust.org.uk](mailto:contact@marthatrust.org.uk)

Charity No. 1067885 Company No. 3467406