

# MARTHA NEWS

SPRING '11 NEWSLETTER



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# A word from the CEO

I'd like to welcome you all to our first newsletter of 2011.

We've had a wonderful Christmas at Martha which has brought to an end a year of immense change politically. We're now seeing the fallout of those changes with cuts to public expenditure announced in the Spending Review that will have far-reaching effects on Martha and our residents.

Included in these cuts is the scrapping of the mobility component of the Disability Living Allowance. The Government is arguing that travel for people in residential care is already

covered in their care package but this is simply not the case. Essentially, the Government is sacrificing the independence of some 80,000 of society's most vulnerable people in return for a punitive financial saving.

Martha is one of 27 organisations behind the report 'Don't limit mobility' which highlights the impact these cuts will have on people's lives. The report has been submitted to MPs and Martha has written separately to those involved urging them to reconsider.



Graham Simmons, CEO at Martha Trust

We'll continue to campaign against these cuts and would ask you to support us by writing to your own MPs. A template letter can be downloaded from our website at [www.marthatrust.org.uk/DLAletter](http://www.marthatrust.org.uk/DLAletter)

Thank you so much for your continued support and in the meantime, on behalf of everyone who lives and works at Martha, Happy New Year.

## A day in the life of... Martha's Therapy Suite



Tracey, Martha's Therapy Support Worker, is busily laying out the brightly coloured paints, brushes and sponges as Anna arrives for the morning therapy session.

Anna suffered a major setback in her health several years ago, but with the help of an incredibly close family, her own determination and the specialist care at Martha, she's astounded everyone with the speed of her recovery.

Hot on her heels is Dale and Support Worker Craig. Dale loves bright colours, and it's not long before he's up to his elbows in paint. Dale's enthusiasm is infectious and he and Craig cover every surface, including chairs, hands, arms and faces with streaks and flashes of colour.

While Dale creates his masterpiece, Charlotte has joined him at the table and is moving paint around with the studied eye of a professional. Her concentration is broken only to offer Support Worker Gabi a reassuring hug, covering the back of her work shirt in pink paint speckled with glitter.

Beneath the chaos, Tracey is closely scrutinising everyone's progress to make sure they get the most out of the session. Anna seems to prefer the crinkling of her apron to painting, and Tracey's quick to encourage her, moving her round to get a better hold of the material. When Dale's enthusiasm wanes, Tracey refreshes his paint and his interest with bright, primary colours. And Charlotte, whose first love is water, is given her own washing bowl in which to slosh her paint-stained hands.

Inevitably, and to great delight, the bowl and its content end up on the floor. But with the calm efficiency of veterans, Tracey and Gabi have mopped up the water, dried Charlotte and whisked her away for a change of clothes before bringing her back to the Vibro bed.

Through the mattress, Charlotte can feel the vibrations of the Glee soundtrack and, as she wriggles



## Monte Carlo Madness

After all your feedback from last year's Trail of 3 Cities car rally, we've decided to make things interesting.

You said you wanted a warmer destination with more time to meet up with your team mates for lunch and some après drive. So get ready for our next big adventure...

### Monte Carlo the South of France!

You'll have 4 days to drive your old banger there and fly back – with plenty of time for one or two challenges and some interesting stops en-route.

Register your interest now by calling Carol on **01304 610448** and if you know anyone else who might be up for the challenge, pass it on.

happily in time to the music, Gabi smooths lotion onto her hands, another of her favourite sensations.

Dale is heading off for an early lunch and an unexpected trip to see Gulliver's Travels at the cinema when Alexandra arrives. Alexandra is a gentle, happy soul who's loved by everyone at Martha. Because she prefers face-to-face contact, Tracey has an easel ready to bring the paper up to eye level but despite some gentle coaxing, Alexandra is just too tired to paint.

Instead, Tracey transports her to the sensory room to enjoy the relaxing calm of the fibre-optics as they dance and swirl on the walls. Alex's eyes grow heavy and her head lowers...

... sometimes sleep is the best therapy of all.

## Fundraising on the fairway

We're hosting the Martha Trust Spring Golf Day 2011 on Friday April 15 at the magnificent Dale Hill Golf Club in Ticehurst, East Sussex.

For £280 for a team of four, or £160 for members, you can enjoy 18 holes on a course designed by Ian Woosnam with breathtaking views across the High Weald. There'll be bacon sandwiches ahead of a shotgun start at 11am, buggies, a two course meal and a charity auction with all the proceeds of the day going towards the work of Martha.

If you'd like to register simply download a booking form from our website at [www.marthatrust.org.uk/golfday](http://www.marthatrust.org.uk/golfday) or call Carol Baalham on 01304 610448.

## Fun, fashion and fundraising

Martha has teamed up with Travelling Trends to bring you an evening of fun and fashion at the Guildhall, Sandwich, Kent.

We'll be presenting this season's high street must-haves with an opportunity to purchase the very latest trends at massively discounted rates. The evening will kick off with welcome drinks and canapés, and will finish with an auction and raffle in aid of Martha.  
**Doors open at 6.30pm and show starts at 7.30pm.**

Tickets are just £10 and Martha Trust will receive 10% of everything sold on the evening.

To book your place call Carol on **01304 610448** or visit [www.marthatrust.org.uk/fashionshow](http://www.marthatrust.org.uk/fashionshow)





# Festive footstomping



In the run-up to Christmas, Kent based Bavarian-style oompah band the Bettesteiner Footstompers brought the German Oktoberfest to Deal.

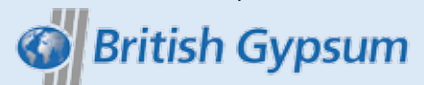
They led an evening of thigh-slapping polkas, waltzes and marches that had our residents, their families and our staff stomping along in time.

**Christmas festivities** at Martha took place around five real trees donated by Little Down Farm, Westfield, East Sussex; Homebase, Dover, Kent; Kingswood Christmas Trees, Maidstone, Kent; and Dormans, Sandwich, Kent.



## And the charity of the year is...

Following a nomination by one of their staff members, Gary Kennard, British Gypsum, Robertsbridge, have chosen Martha as their Charity of the Year.



British Gypsum is a major authority in the UK construction industry and the country's leading manufacturer and supplier of gypsum-based plastering and drylining solutions. We're looking forward to working with staff at the Robertsbridge Plant over the coming year and hope this will be the start of a long-term partnership.

Martha Trust was also chosen by Northbourne Park Pre-Prep School in Deal for its unique Christmas collection. Each child decorated an envelope, enclosing a donation for Martha, and the envelopes were then hung on the school's Christmas tree. In all, we received nearly £190 so thank you to all the staff, pupils and parents at the Northbourne Park Pre-Prep.



# People-centred caring

In November of last year, Martha resident Dawn lost consciousness and was rushed into hospital.

The episode was brought about by a reduction in her medication, which was being closely monitored by Martha's nurses and support workers. This can be a difficult process when the person being treated can't always tell you how they feel or whether something's wrong.

But Dawn's reaction on this particular day was severe and shocking. Her body was limp and lifeless, and she was hardly breathing. Support worker, Laura, immediately raised the alarm and within minutes, nurses were at Dawn's side and the paramedics were en route to administer oxygen.

Dawn was rushed into Queen Elizabeth the Queen Mother Hospital, Margate with Laura and Martha Trust Senior Nurse, Jane at her side. Laura and Jane were able to provide the medical team with detailed information about

Dawn's medical history and current medication. Meanwhile Dawn's parents, Robert and Pam, had been alerted to the emergency and were able to meet Dawn as she arrived.

Incredibly, by 5pm that evening, Dawn was back at home at Martha and in her own bed, enjoying a bowl of soup with a happy smile on her face. Her medication was immediately re-assessed by a specialist and has been working well ever since, and the cooks at Martha have designed a special menu for Dawn that should help to prevent this from happening again.

Robert and Pam are amazed at how quickly their daughter recovered. They attribute it entirely to the care Dawn receives at Martha and the speed and efficiency with which the situation was handled: "What can we say - Martha's staff are the very tops. The skill, love and care they demonstrate is a great credit to the charity and we are extremely grateful!"

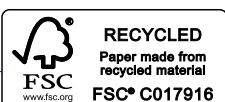


## Contact Martha Trust

**Julie Gayler** Fundraising & Communications Manager  
01304 610446 – juliegayler@marthatrust.org.uk

**Carol Baalham** Fundraising Assistant  
01304 610448 – carolbaalham@marthatrust.org.uk

**Dee Murphy** Fundraising & Events Officer  
01304 610448 – deemurphy@marthatrust.org.uk



Martha Trust, Homestead Lane, Hacklinge, Deal, Kent CT14 0PG

T 01304 610448 F 01304 615462 E fundraising@marthatrust.org.uk W www.marthatrust.org.uk

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