

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

Thank you for a wonderful year

2003 is already starting to draw to a close and everywhere I turn I'm reminded that there are 'only so many days left till Christmas'.

Rather than inducing a sense of mild panic I am filled with a sense of gratitude for the way God has guided Martha through yet another eventful year.

Undoubtedly the highlight of the year has been the completion of the extensive building and refurbishment programme in Martha House which has brought about a transformation in the home.

Now, as we approach the coming year, there are a number of exciting opportunities which may allow us to expand the

help we provide and we hope to be able to report more details in our next newsletter.

For now though, I just want to say thank you again to our very many wonderful supporters – you have all played an important part in another successful year for Martha and we are truly grateful. May God's peace, rather than a sense of mild panic, fill your hearts this Christmas time.

Graham Simmons

Soundbeam sets the right note



ONE of the latest additions to the variety of sensory equipment purchased for residents of both Martha and Frances Houses has been a soundbeam system.

It incorporates a musical synthesiser with a pair of highly sensitive sensors and footpads which are all triggered by a resident's slightest movement. The sensors' beams can be adjusted to play a range of musical sounds when broken by an eyelid movement at close quarters or a hand movement from a couple of metres away.

The soundbeam is popular with the residents and helps them build up a level of concentration to build a tune. In fact one resident has turned that concentration into following a conversation and repeating a word from it.

Many organisations gave money towards the soundbeam's £2,500 cost including the Rothschild Trust and the Rochester Bridge Trust.

Pictured, respite resident Vicky enjoys the soundbeam while set up in the Clover lounge.

Leaving a legacy – giving with a bequest

IT is greatly appreciated when we receive a legacy from the estate of one of our supporters as these gifts make a tremendous difference to what we can achieve.

If you are considering making or revising your will, we very much hope you will consider including Martha Trust in your plans. Your gift will help us to continue to offer our services.

We would appreciate it if you could tell us of your intentions, if you feel you are happy to do so, so that we can plan better for the future. Any information you give us will be strictly confidential and a stated intention to help us is not binding in any way.

To help you, Martha Trust has produced a free booklet, which explains how to go about making your Will. This step by step guide contains essential information on how to make or amend your Will together with suggested wording for leaving a gift to Martha Trust. Please contact us if you would like more information or to request your free copy of Lasting Legacy.

For charitable donations, corporate sponsorships or fundraising initiatives, you can contact us by telephone at 01304 615223, or mail us at info@marthatrust.org.uk or via our website www.marthatrust.org.uk

Get set for Cinders panto fun!

TROWELLING on the make up and wearing some fetching dresses will be Frances House nurses Norman and Phil as they transform themselves into the ugly sisters for December's panto production of Cinderella.

The show, to which families and friends are warmly invited, takes place on 22 December and promises to be a memorable occasion.

The lead part is played by nurse Emma Marshall ably supported by a cast of er, quite a few, filling the remaining roles and is directed by Lyn Noden.

But it's Norman and Phil who might yet steal the show from poor Cinders. They've been busy learning their lines and deciding what to wear for the occasion. They have had several offers of slinky Nicole Kidman style black dresses but their other option is something full length with long football socks underneath just to keep their hairy legs well and truly hidden!

Insiders tells us that Trust Director Graham Simmons is waiting quietly in the wings as understudy ready to emerge in full regalia – a third ugly sister perhaps? Oh, no he isn't!

Martha Trust, Sandwich Road,
Hacklinge, nr Deal,
Kent CT14 0AT
Tel 01304 615223 or
email info@marthatrust.org.uk
www.marthatrust.org.uk
Registered charity no. 1067885.

Party goes with a bang!

SOME of the recent fun things held for Martha House residents have included a firework display and barbecue in the gardens at the beginning of November.

Later on in the month, staff and residents marked American Thanksgiving with a dinner.

In the run up to Christmas the Production Crew makes a return visit to perform Christmas Cracker on 22 December. The company will also perform Beauty and The Beast at Frances House on 27 December.

Also during the festive period a disco is being arranged which will see Clover lounge transformed into a night club for the hot and happening sounds.



Great Disney fun



GEORGIA, one of the children in Frances House, made her fourth visit to EuroDisney near Paris a few weeks back with her mother, sister and grandparents.

Here, Georgia is pictured meeting Donald Duck and gets a great deal of enjoyment meeting all the characters from her large video collection in real life.

Cathedral's splendour is high point of outing

THE splendour of Canterbury Cathedral was greatly enjoyed by staff and residents of the Day Centre during a recent outing to the city. The tour of the 12th century building was followed by a picnic in pleasant weather on the riverbank.

Since then the team have been working flat out to make Christmas decorations which will soon adorn all of the Trust's buildings.

The day centre team recently bade farewell to Syanne who had been a fantastic supporter as she took charge of sessions in the hydrotherapy pool. Syanne is spending the next six months or so travelling around Australia.

News in brief



Full breakfasts get busy holidays off to a flying start.

RESIDENTS of Martha House have enjoyed a number of holidays and outings over the past couple of months. Among them have been Tony and April who spent their annual holiday in Battle near Hastings and were able to enjoy many of the activities the area has to offer.

Sue and Anna had a wonderful time at the Calvert Trust in Kielder Forest, enjoying the outdoor activities it has to offer.

OUR thoughts and prayers go to the families of Carrie Richardson and Leanne Moore. Both young ladies were regular respite care visitors at Martha House. Carrie passed away in July and Leanne in November.

In the time we knew Carrie and Leanne they brought love and joy into our hearts and will be sadly missed by us all.

BETTESHANGER Band will be visiting Frances House on 20 December to play during the children's Christmas party. This has been arranged by Phil, one of the children's nurses, who plays tuba with the band.

Try our mulled wine recipe this season

1 bottle red wine, 4 ozs sugar, 2 sliced oranges, half pint earl grey tea, 1 sachet Schwartz mulled wine spices.

Put all ingredients, except wine, into a saucepan or slow cooker. Leave to infuse for at least an hour or more. When required, add wine, and heat gently being careful not to allow it to boil, as this will evaporate the alcohol content. Keep warm and ladle into glasses or mugs as required, and enjoy!

For a non-alcoholic version just replace wine with red grape juice.

Flavour can be varied by adding a little, (or lots) of rum, brandy, or vodka. Instead of using a sachet of prepared spices experiment with cinnamon sticks, cloves, mixed spice, ground

ginger, ground coriander, or star anise, in any combination, until you find it to your taste.

A similar punch can be made using cider with sliced apples and perhaps a dash of Calvados. Use apple juice for the non-alcoholic version. Lemons can also be added to the punches, and sugar can be adjusted to taste. Try a brown sugar for a different twist, especially with dark rum added.

Why not try a change from Bucks Fizz with Christmas brunch, try Bellini, just substitute fresh peach juice for orange juice. One third juice, two thirds champagne, for the genuine thing, but a suitable sparkling white wine makes a very pleasant substitute. **HAPPY DRINKING!**