

WINTER 2005

MARTHA NEWS



Raisa's 'Dream Team'!

Raisa's dream to meet a firefighter came true recently when she received a special invitation to visit Deal Fire Station.

The firefighters of Red Watch were fabulous and provided VIP treatment to a delighted Raisa. They gave her a terrific display, fired a water cannon, and spent so much time with her. Raisa sat in the fire engine, sprayed powerful water jets as she held the water hose, and loved every minute of her tour round the base.

At the end of the visit the firemen presented Raisa with a beautiful bouquet of flowers and a real firemen's helmet, which now has pride of place on her bedroom wall.

A few weeks later Raisa was thrilled when a familiar red fire engine pulled up outside Frances House. It was her firemen friends from Red Watch paying her a visit. Sheila Bamford, a nurse at Frances House, paid tribute to the big-hearted firefighters. She added, "They've made her dream come true."

AUTUMN APPEAL '05
We're nearly there!
See inside for details

MARTHA TRUST WISHES EVERYONE A MERRY CHRISTMAS AND A HAPPY NEW YEAR

2005 has been an incredible year for us. Agape House, our new home in Hastings, now has its first young residents. This has been an amazing achievement for us and all our supporters. East Sussex now proudly has its own purpose built home for eight young people with severe disabilities. However, fresh challenges lie ahead and we still have some important work to complete at Agape House. We hope to keep your involvement and interest in our homes, people and work during 2006.

Agape welcomes its first residents

Agape House welcomed the first residents to their new home in mid November. Thirty new staff are ready to await the arrival of all our young residents in the near future.



Tricia Quieros – Home Manager, Agape House

Tricia Quieros, Agape House's Home Manager said, "The week before the first residents moved in was really hectic as furniture was being delivered and the carpet fitters were still finishing – just like moving into any new house. But it all fell into place and we are enjoying making Agape House a happy home."

During 2006 we hope to build on the success of our sensory garden in Deal and begin to develop the grounds at Agape in a similar style.

After the residents' needs are assessed, interactive sensory equipment will be installed (see funding target, below). Once each resident has moved in, we will be working with them to make Agape a home designed to suit their personal preferences and needs.

AUTUMN APPEAL '05

THANK YOU! WE ARE NEARLY THERE

Our thanks go to everyone who responded to our Autumn appeal – don't worry if you didn't, there's still time left.



We are incredibly close to our target of £739,000 and just need £15,000 to reach the total.


To recap, we are raising funds for hi-tec equipment for the sensory and IT rooms, and for furniture and specialist equipment for our new residents at Agape House in

Hastings. Equipment designed especially to suit the individual needs of our residents vastly improves their quality of life.

If you can make a donation, please contact Jackie Flynn or Angela Peirson on:

01304 615223

JUST £15,000 TO COMPLETE. CAN YOU HELP?

 Christmas is an especially exciting and busy time at Martha Trust. Here's a flavour of Christmas at Martha.

The Food

Our head cook, Anne Platt, has been preparing gourmet Christmas dinners for staff and residents at Martha for 18 years. We often tell visitors about how we strive to use local produce in the kitchen, and Christmas is no exception. In previous years, we have been the lucky recipients of a brace or two of pheasant donated by local gamekeepers. Anne also ensures that we make our Christmas cakes and puddings in time to mature for Christmas and residents help to prepare mincemeat for the mince pies, and for selling at local Christmas fairs (see right).

Parties and pantomimes

The Christmas season starts at Martha with a 'Celebration of Christmas' get-together in the Day Centre. Staff, residents and friends gather around the beautifully adorned Christmas tree, sing Christmas carols and reflect on the good things that have happened at Martha over the year. Could it be that one of the reasons this event is so popular is that we get to sample some delicious homemade mince pies and mulled wine!

In previous years the staff have delighted residents and their families by performing their own pantomimes, but this year we will be leaving it to the professionals with visits to the theatre to see The Wizard of Oz and Cinderella. In addition, The Production Company will be visiting Martha House to perform Snow White and the Seven Dwarfs. However, the best productions every year, without any shadow of a doubt, are the children's school nativity plays, which families and staff are invited to watch.

Christmas crafts

Christmas is a busy time in the Day Centre with arts and crafts a prime activity. This year Tracey, Norma and Debbie have been working hard with the residents making Christmas cards (see right). Early in December the day rooms are decorated and Christmas trees dressed with our home-made decorations.

The true meaning of Christmas

Around 10.30am, every Christmas morning, we take time to share some birthday cake to remind us of the birth of Jesus and the true meaning of Christmas. This tradition goes back to the early days of Martha Trust. It reminds us that the giving and receiving of gifts is always nice, but is symbolic of the greatest gift God gave to us – His son Jesus Christ.

Christmas is for Children!

All children love Christmas and the children of Frances House are no exception. They love to help decorate the Christmas tree and cheer loudly as the twinkling lights are turned on for the first time. On Christmas Eve they hang up their Christmas stockings around the fireplace in the lounge and wait excitedly in anticipation for Christmas morning. Some of the children go home to their families over the festive period but it's 'open house' for families and friends who want to visit Frances House at this special time of year.

And finally ... the presents!

Carers and off-duty staff make surprise visits on Christmas morning to the delight of residents, still in their dressing gowns. Bacon sandwiches are shared, and presents are opened. Another great Christmas day has begun at Martha!

Getting the message right: Emma and her carer, Debbie, check the Christmas greeting in a card they have just made (right).



It's all in the mix! Nigel plays his part in stirring the mincemeat for the mince pies (below).



MARTHA'S ORGANIC MINCEMEAT

A subtle blend of sweet and savoury with a hint of alcohol which echoes the ancient practice of adding spice and fruit to meat dishes.

INGREDIENTS

2 cups shredded suet	2 cups currants
2 cups chopped raisins	2 cups chopped sultanas
1 cup mixed peel	2½ cups brown sugar
4 tablespoons blanched, chopped almonds	
4 grated raw cooking apples	
¼ pint brandy or whisky	
Grated rind and juice of 1 lemon	

METHOD

Mix all the dry ingredients.
Stir in the lemon rind and juice and alcohol.
Put into sterilised jars and cover as for jam or marmalade, i.e. with a circle of grease proof paper and a screw or cloth top.
The mincemeat will keep for about one year.
If, over time, it becomes a little dry, simply add more alcohol!



Tanya Philpott, Sam Bushall, Ed Mussett, Lesley Critcher, Jenny Bushell and Tracey Lancaster (above) at the ceremony, and Sam (right) receiving her Perfect Attendance Award.

AN EVENING OF GLITZ AND GLAMOUR AS STAFF RECEIVE LONG SERVICE AWARDS

Employees of Martha Trust were invited to an evening of glitz and glamour as they held their annual staff ball recently at Pfizer's Social Club in Sandwich. Ball gowns and black ties made this an evening of sophisticated elegance and refined style – as well as a great night out!

Graham Simmons, Chief Executive, took the opportunity to present staff with Long Service Awards in recognition of their commitment and loyalty to Martha Trust. Jenny Bushell, Sam Bushell and Lesley Critcher each received an award for five years long service, and Tracey Lancaster received her award for 15 years service. Said Tracey, "I came to Martha on an 8-week temporary

contract back in 1990 and I'm still here!". She added, "I've seen many changes in that time. It's amazing how much Martha has grown. But what keeps me here is the residents - they're really special and I love them to bits."

A special award went to Sam Bushell for five years perfect attendance. Said Graham, as he presented the award, "In over five years with Martha Trust, Sam has never once been off sick or absent from work for any reason. I can only presume it's because she loves her job so much!" But he added, "Joking aside, it's a remarkable achievement and it's only right that she should be commended for such dedication."

Photographs courtesy of Mr C Knight, C&E Photography, tel: 01304 332137

Raise funds through recycling

Recycling mobile phones and printer cartridges can benefit Martha Trust.

Martha Trust is asking businesses, schools, groups and individuals to help raise funds by recycling old mobile phones and used printer cartridges.

Old mobile phones are worth between £1 and £65, and printer cartridges can be worth as much as £4 each.

Emily Shepherd, Operations and Development Manager at Martha Trust, commented, "This recycling scheme is fantastic, as it benefits our residents at Martha Trust and helps the environment".

Recycling for groups is easy; once registered, organisations receive collection boxes suitable for

mobiles and cartridges. These boxes are collected free, and the value of the equipment is donated directly to Martha Trust. To register your company or school, please e-mail: contact@marthatrust.org.uk or phone Emily Shepherd on 01304 615223.

Individuals can donate their mobile phones and small inkjet cartridges using a freepost address. Wrap phones with tissue paper to protect them, and wrap inkjets with plastic to protect other post from leaking ink and seal in a strong envelope then send to: Martha Trust, Freepost LON11452, Barking, IG11 0TW.

Mount Etna Charity Trek

Trek over Europe's largest and most active volcano whilst raising money for Martha!

Our four day Mount Etna Challenge takes place from 6th to 9th October 2006. Registration costs £150, and participants need to raise £1500, which includes the full costs of the trek, plus a substantial donation to Martha. Suitable for beginners, trekking with other Martha supporters on the beautiful island of Sicily will be a worthwhile and rewarding experience. Book soon to avoid disappointment!

Please call Angela Peirson for an information pack on 01304 626171 or e-mail her: angela@marthatrust.org.uk

Charity Golf Day

Golfers raise £7,500 for Agape

In October, Martha hosted a successful golf day at the Kent National Golf and Country Club. Eighty players joined famous cricketers including Derek Underwood and Mike Dennes from past and present Kent and England cricket teams, to compete against an 'All Star' team.

Around £7,500 was raised on the day, and this money will be used to purchase a state of the art home cinema system for the new residents at Agape House. Our thanks go to everyone who took part in the day, particularly to our supporter Chris Prier, who put in a tremendous amount of work organising and running the event.

STAFF CONTACTS

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

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