

Martha NEWS



Autumn 2018



A life on the ocean wave!

Alexandra sets sail with Wetwheels



Teamwork all the way



Fabulous fundraising!



Martha's Sporting Summer



Many of you will have read the sad news about the safeguarding difficulties involving a number of large UK charities. It has mostly affected charities with a world-wide remit, but as a charity that looks after some of the most vulnerable people in the UK, and despite having an excellent reputation on Safeguarding, we at Martha made the decision to review not only our policies but also our training and actions in relation to Safeguarding. From this we have revamped our policies but perhaps the key area is that we have employed an expert safeguarding consultant with an excellent reputation. Together we have developed a three year Safeguarding plan with the simple target of making Martha a lead charity in terms of keeping not only our residents safe, but also our staff, volunteers and families. To date we have trained our Safeguarding Champions who consist of operational staff and also our managers who will have the role of Designated Safeguarding Leads. You can never be complacent with keeping people safe, which is why we at Martha have made it an absolute priority.

George White
CEO Martha Trust

A real team effort

We recently had a CQC inspection at Mary House and are very happy to report that we maintained our 'Good' rating across all of the five CQC Key Lines of Enquiry – Safe, Effective, Caring, Responsive and Well Led.

The inspector was very complimentary about the home and it was particularly heartening to hear her feedback relating to the Caring category. She made reference to the fact that people living at Mary House were "treated with kindness and compassion" and that their "privacy and dignity were respected".



On the face of it we would all expect this if we had a loved one living in a residential care home, but sadly it is all too clear from recent news stories that this is not always the case. In reality, to meet the standards set by CQC in these areas takes a huge commitment from the whole team 24 hours a day, 365 days of the year.



We are a learning organisation who strive to constantly improve the quality of the support we provide and be the best in our field, which requires our teams to be accepting of change and proactive in putting new processes in place.

Whilst safe and effective processes are a fundamental requirement, we are proud that we have a team of individuals whose passion and commitment means that treating our residents with kindness, compassion and respect is second nature.

On behalf of our residents and their families we would like to thank them all.



Martha News online

We keep our production costs to an absolute minimum, but you could help us save even more money by signing up to our newsletter by email.

Simply email us at fundraising@marthatrust.org.uk quoting 'Martha News' in the subject line. You will then receive your newsletter in pdf format, so it won't even clog up your inbox!

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The meaning of life

At Martha our mission is to 'offer friendship and encouragement to the people we support, enabling them to achieve their own goals'.

This mission provides the foundation of life at Martha and all staff, whether they are providing direct care for our residents, managing the finances of the organisation, or maintaining our homes, work towards this goal on a daily basis. This, however, has its challenges.

Each resident who comes to live at Martha has an individual fee agreed with the NHS or Social Services for their care, dependent on their daily needs. Unfortunately, due to budget constraints the limited increases we have received over the years have meant that some residents' fees have not kept pace with rising costs. In addition there are the small matters of the National Living Wage and increased pension contributions to deal with.

In our area of work, costs have risen much faster than general inflation because of greater demands in terms of legislation, good practice and compliance with regulatory bodies. In fact we have found ourselves needing to spend progressively more today and tomorrow to deliver the same as we did yesterday.

The backdrop to this is that expectations of what we deliver are increasing and we have our own desire to strive for the highest quality, provide a meaningful and enjoyable life for the people we support and deliver against our mission.

We all make plans to fill our lives, as far as we are able, with hobbies, trips and fun activities that give us pleasure and build happy memories. This is no different for our residents and, despite any financial challenges we face, it

is our responsibility to support them to do this based on what they enjoy doing.

So, we have to be creative!

We are incredibly lucky to have very generous supporters and partners, who can sometimes step in to offer activities and experiences at no cost to Martha. This year a charity called Wetwheels did just that.

Having spotted them on Facebook, our Fundraising and Events Officer, Kerry Banks, contacted Sally and James Solomon from CIC Wetwheels South East and met with them. They kindly identified some funding to provide trips for our residents and the rest, as they say, is history.

Wetwheels was conceived and founded by disabled yachtsman, Geoff Holt MBE. 'Wetwheels South East' is a purpose built, high speed Cheetah power catamaran designed to get people out enjoying the water who would otherwise be prevented by accessibility issues when boarding a regular boat. And boy did our residents have fun!

Each resident who has been on one of the Wetwheels trips has clearly found it exhilarating, and everyone enjoyed the experience in a way that was very personal to them. Clare, who is registered blind, could not stop laughing as she felt the wind on her face and listened to the array of sounds - the powerful engine of the boat, the seagulls calling and trying to keep up and the splashing of the waves. We can only say a big thank you on behalf of our residents to Sally and James for giving us this opportunity.



Although we obviously focus on crucial fundraising for Martha, we also encourage people to support other charities, and many of our residents enjoy taking part in charity events.

It has become a tradition at Mary House, our home in Hastings, to support the Race for Life. And this year was no different. Our lovely ladies, residents and staff alike, donned an abundance of pink to take part in the local race! From the aerobic warm up at the start right through to the cheering crowds at the finishing line, everyone had



a fantastic time and thankfully stayed the course. This is not an easy achievement around the steep hills of Hastings' parks!

As well as trips out, our staff are very imaginative and come up with all manner of whacky ideas for activities within the homes. And what better excuse to dress up and have fun than Alexandra's Disney-themed 30th birthday party or indeed a Royal wedding!

But having a good time is not all about exciting trips out and lively parties. Sometimes we all enjoy just chilling out. We have dedicated sensory rooms where residents can enjoy quiet



time or perhaps a reflexology or aromatherapy session. And then there is the pleasure of settling down on the sofa with a good book.

Whatever our residents find pleasure in doing and whatever mood they happen to be in, our staff are always there to support each person to make choices in how they spend their time. They provide friendship and encouragement and help them to lead the fulfilling life they deserve.



Prom on the Farm – Solley’s Kentish Ice Cream raises £14,000!

Thank you to everyone who was involved in making our Prom such a great success. A huge thank you to the team at Solley’s for giving us a new venue for the event and for being so supportive. We simply couldn’t have done it without them.

Thanks to our sponsors Redfortress, Girlings, Marc One Security, to all the musicians, entertainers and the volunteers that gave up their time, and to the vendors who came along to provide food and drink and kindly donated to Martha. The day was a

resounding success, raising over £14,000 towards transforming the lives of our guys at Martha.

Date for 2019 – Sunday 30th June in the fields of Solley’s Kentish Ice Cream

Music4Martha Deal

Thank you to The King’s Head, The Port Arms and Dunkerley’s in Deal for hosting a Music4Martha event on the seafront for the third year running. It was an amazing day with over £5,600 raised for Martha including James Stiles £740 ‘car bar’ fundraiser.

Special thanks to all the musicians, entertainers and volunteers who supported the event and to our sponsors Jenkinson Estates, Walmer Installations and Number One B&B.



Ways to get involved

Support comes in all shapes and sizes

Alan Langley of Dover Design Photography is a long time friend of Martha.

Alan is a professional photographer who gives up his time to come along and capture our fundraising events on camera for PR and promotional purposes and helps us capture the real essence of life at Martha. As well as being a talented photographer, Alan is also extremely professional and caring, and manages to capture some stunning moments at our homes.



Support for Martha comes in all shapes and sizes, if you have a skill or feel you would like to get involved with Martha through volunteering, please contact Carol on **01304 610448** or email fundraising@marthatrust.org.uk

Easyfundraising – feel good shopping this Christmas



Collect donations for Martha when you shop online with easyfundraising this Christmas. With over 3,200 retailers including Amazon, John Lewis and eBay you'll earn commission on your purchases which gets donated to Martha. Easy!

Sign up at www.easyfundraising.org.uk

And why stop at your Christmas shopping? Use easyfundraising to make your holiday bookings, purchase your insurance policies or even use for your business and raise money for Martha all year round.

Encourage friends and family to sign up too!



Working Together

At Martha we are extremely fortunate to partner with a number of local businesses. Their support is invaluable to us and makes a significant difference to what we are able to achieve each year.

Partnering with Martha, whether it is through sponsorship, employee engagement or making us your charity of the year, is a mutually beneficial relationship. For Martha it allows us to secure funding, support and increased visibility of profound disability and our work, and for your business it creates good PR, brand building and most importantly a chance to make a real difference to some of the most vulnerable people in society.



With demands for our services on the increase we are looking for more local organisations with shared values to get involved and help us to make a difference to our guys with profound disabilities, enabling them to live their lives to the full.

We are currently looking for main sponsors for our 2019 events including our annual car challenge - Fleeing to Florence and our flagship event – Martha's Music on the Farm held in the fields of Solley's Ice Cream in Ripple.



Proudly associated with:

- 4D Roofing
- Bakkavor
- Barclays
- Carestaff bureau
- Castle Removals
- Co-op Sandwich
- DFDS Seaways
- Discovery Park
- Dunkerley's
- Energy Innovation Co
- Explosive Marketing
- Girlings Solicitors
- Hutchings Timber
- Jenkinson Estates
- Kreston Reeves
- Marc One Security
- Nick Cunningham plumbing and heating engineers
- NWR Ltd
- OFFP Homes Premier Signs & Graphics
- Postage Supermarket
- Redfortress IT Support & Services
- Roger J Goldfinch & Sons
- Rooks Butchers
- Solley's Kentish Ice Cream Sota
- Systems Technology
- The King's Head
- The Port Arms
- Walmer Installations Ltd
- Ward and Partners
- Woods Builders

To find out more about the opportunities we have for you to get involved in 2019 contact us: call **01304 610448** or email fundraising@marthatrust.org.uk

We have, once again, been overwhelmed by the generosity of our local communities, who have come together to support Martha. On behalf of our residents and the team at Martha we would like to say a huge 'Thank you' to:

Rotary Club of Rye and Winchelsea for inviting us along to speak to their members and for their kind donation of £100

George Sutcliffe for his continued support of Martha through his annual coffee morning - raising £400

Sharon, The Lady Captain of Stonelees Golf Club for making Martha her Charity of the Year



Cornwallis East Kent Freemasons for their kind donation of £500

Roy Smith for running his minibus for events in return for a donation to Martha

Starbucks in Deal for holding a Star Wars charity weekend in aid of Martha and raising £153.46 #maytheforcebewithyou



The team at Waitrose, Kings Hill and their shoppers for their donation of £170 through their Community Matters scheme



Hastings Roundtable for inviting Team Martha to have a stall at this year's Hastings Beer and Music Festival. It was a brilliant atmosphere and was a great opportunity to fundraise plus spread the awareness of Martha too!

Lord Warden Lodge for their kind donation of £700

The friends and family of the late John Preston for their kind donations made in memory of John

Kreston Reeves for making Martha their Charity of the Year and raising £1,000!

Co-op in Sandwich for holding a WearBlue4Martha day raising £325!



Thank you to all our teams who took part in Bonkers in Barcelona and to their supporters and special thanks to our main sponsors 4D Roofing, Carestaff bureau, DFDS Seaways, Nick Cunningham Plumbing and Heating, Redfortress Ltd, Sota Solutions, Systems Technology and Ward and Partners. They have raised over £16,000 in sponsorship with monies still due in.

Marlborough House School in Hawkhurst for allowing us to come along and open their school fete and speak to their pupils.

Energy Innovation Company for choosing to support Martha by donating 1% of all their company's profits in 2018.

Wetwheels South East for taking some of our residents out for the day, they had an amazing time - their smiles really do say it all!



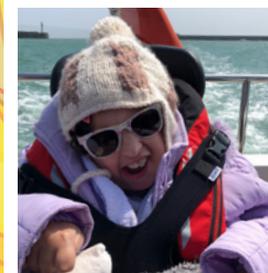
Senlac Rotary for taking the time to come and visit our guys at Mary House and for their kind donations totalling £250



Kent College in Pembury and Pat, one half of Grans on the Run for the opportunity to come along and let us speak about Martha and disability awareness, and for their £100 donation.



The Team from National Grid who gave up their time in the August to come in and paint one of our homes - Frances House.



"Thank you"



Martha's



Sporting



Summer

Fourth year of golf fundraiser is an enormous success

Our annual golf day at Walmer and Kingsdown Golf club in association with John Shepherd was once again a huge success, raising over £6300 for Martha. Despite being a bit chilly it remained mostly dry throughout the day.

Taking first place was 'Team Faye Amos', scoring an impressive 112 points. A close second was 'Team Wards & Gillards' scoring 111 points and in third place with 101 was 'Team David Tilman'.

Nearest the Pin prizes were won by James Stiles, John Shepherd, Richard Phillips and John Bennett.



Thank you to everyone who took on a sporting challenge in 2018 in aid of Martha. We are truly blessed to have such wonderful supporters.

Cricket match raises £700 for Martha

Walmer Cricket Club took on Team Martha in a charity cricket match, with all proceeds kindly donated to Martha.

Team Martha's Liam Allen was the highest scorer with 50 runs and was made Player of the Match! Despite our best efforts Team Martha ended the match second with 111 runs against the winning team of 123.

Over £700 was raised and a rematch has been booked in for 31st May 2019!



If you'd like to take on a sporting challenge in aid of Martha please contact Kerry or Carol on **01304 610448** or email **fundraising@marthatrust.org.uk**

Dedicated runners – keep on running



This year our dedicated runners took on two leading European marathons. Four of our runners, Jo, Ruth, Stephen and Kate took up the challenge to run the Brighton Marathon, the UK's second largest marathon. Our fifth runner, Dan, flew across the world from Australia to run for Martha in the Madrid Marathon. Martha's team of runners have raised over £5,000!

