



MARTHA NEWS

AUTUMN '13 NEWSLETTER

Inside

A day's care

Plus

Fantastic fundraisers!





In two years as Martha's CEO I have seen carers show such love and understanding to residents they become inseparable.

I have seen nurses physically and emotionally exhausted after saving the life of a resident with their superb nursing skills.

I have seen fundraisers and their families stand in the pouring rain in a bleak field never giving up the cause.

I have wept with families who have lost a loved one but seen the joy of others when their child makes a tiny but unexpected improvement.

I have seen directors give up a week of their own time to organise and drive hundreds of miles in an old banger, managers so passionate they seem to be here every hour and Trustees who unstintingly give their expertise to Martha.

I have learnt much more from our residents than I have been able to give them – and all this in the most searching financial times care has ever experienced. But still our staff have never wavered from giving all to those who deserve it most.

Martha goes active

We are delighted to announce that we are implementing a groundbreaking new project at Martha Trust – Active Support.

Active Support is being promoted as good practice by ARC (the Association for Real Change) through the Department of Health's 'Creating an ordinary life' programme. Its aim is to empower people with learning disabilities to participate in everyday activities and take greater control over decisions about their lives and their care.

When people have difficulty communicating verbally, assumptions are often made about their needs and their ability to make choices.

Rather than relying on verbal communication, Active Support brings together all forms of communication from gestures and sign language to body language and symbols. It focuses on intense interaction, building meaningful relationships and boosting self-esteem; it gives people the confidence and the opportunity to make their voice heard.



Active Support will make a very real difference to the way we communicate and interact at Martha. It will improve engagement, increase choice and promote independence among the people we support. Above all, it will help us to achieve our aim: to improve the quality of life for people with profound physical and multiple learning disabilities.

The project consists of a pre-project questionnaire, followed by training sessions, 1:1 and group support for a year. A post-project questionnaire will be conducted by ARC to support the introduction of the Active Support framework throughout Martha Trust.

If you would like to know more about Active Support and our plans to implement this exciting project, please contact **Glenda Roberts** on 01304 626178.

Get involved... Get your friends involved... Get fundraising!

No matter how much or how little you raise for Martha, your contribution makes all the difference to the lives of the people we support. If you are a member of a local community group such as a WI, sports club or maybe a group of friends or work colleagues, then why not think about holding a fundraising event in aid of Martha?

There are literally hundreds of ways to fundraise from coffee mornings, cake sales and pub quizzes to sponsored cycles, exercise events and parachute jumps! We think we've seen them all – but you might surprise us!

So if you would like to get involved and help to support people with profound disabilities then visit www.marthatrust.org.uk/fundraisingtoolkit

If you need any help, advice, a few words of encouragement or you simply want to let us know what you've got planned then we'd love to hear from you.

Call Carol or Jessica on 01304 610448 or email fundraising@marthatrust.org.uk

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 receive our newsletter by email. Simply email us at fundraising@marthatrust.org.uk quoting 'Martha News' in the subject line.

A daily dose of care



This provided the perfect opportunity to share flasks of tea in the sunshine.

In the afternoon it's time to relax. Cengiz and Dawn are sleepy so are left in peace to have forty winks. Billie – as usual – has lots of energy left and is playing on the floor with each member of staff in turn. He loves noise and mess, and is at his happiest in the hydrotherapy pool which is right next to the Day Centre. He's also quite adept at hanging from the curtains



that surround the sensory area, and maintenance men Jim and Dave are always popping in to re-hang them.

Dawn lives at Martha, and the Day Centre is the perfect place for her because she loves activity and being occupied. But this afternoon is too hot even to play with any of the handmade musical instruments and activity boxes. Instead Jess gives her a gentle hand massage – which she sleeps right through!

No two days are ever the same in Martha's Day Care Centre. Jan, Jess, Teresa and Sarah know each of the residents incredibly well, and they know when to encourage and challenge them, and when to give them space and a little peace and quiet.

It's a really hot summer's day and everyone has been for a morning walk, stopping off at the local café and then exploring a nearby farm whose owners kindly give access to their land.



The large fan on the floor not only keeps everyone cool, but is perfect for blowing bubbles across the room and moving the wind chimes in the new sensory corner put together by Sarah.

Lisa, who is unable to see, is sitting at the table with another fan facing her. The staff take turns in teaching her how to use a hand switch which turns the fan on and off. She very quickly gets the hang of it and really enjoys the sensation of the breeze blowing on her face.



Cengiz has to be gently woken up as his dad is arriving to take him to an appointment. Meanwhile Billie gets up in his chair to enjoy a nice cold yoghurt and a drink.

Jess has worked at Martha for five years and waited until last year for an opportunity to work in the Day Centre.

"I love it here. It is very rewarding and although I enjoyed working in the homes, I can form a much closer bond with the guys here."

It's easy to see why people feel the way they do about Martha.



A great big “THANK YOU”

Some of you really have gone the extra mile for Martha over the past few months



In **April** five fantastic runners, Sadie Castle, Barney Harrison, Sarah Hogben, Peter Mann and Chris Stringer all successfully completed the Virgin London Marathon on behalf of Martha Trust. And raised over **£5,000** in the process.

Barney Harrison, Teacher, Head of Year 9 at Astor College, Dover, finished the marathon in just 5 hours and 53 minutes:

"The London Marathon was an amazing experience and the atmosphere was so positive. I would never have made it round without the support of the huge crowds and the messages and calls from family and friends. I'm really proud to have made it to the end and have raised money for such a worthwhile cause – it hurt but I loved every minute."

In **May** the Cluster group at St George's Church in Deal held a quiz night in aid of Martha, raising £344.

June saw our Wine Tasting event take place at the Salutation Gardens in Sandwich. It was a wonderful evening generously supported by Hercules Wine Warehouse, Sandwich Concert Band and Barclays Team from Ashford. In total we raised over **£3,200**!

The same weekend an intrepid team from Pfizers took on the Three Peaks Challenge, raising over **£2,000**.



Several teams from Pfizer have been volunteering at the gardens in Deal this year and **July** saw another team helping to clear parts of the garden where we are looking to improve the accessibility for wheelchairs. This will ensure our residents can enjoy the gardens all year round. Volunteers help us achieve things we just wouldn't be able to on our own.



In **September** seven teams headed off to Rome – in cars costing less than £200 – for our annual Car Challenge. The event was a tremendous success and a great time was had by all; to date we have raised over £12,000 in sponsorship from the event with money still coming in.

We'd like to say a huge thank you to the teams that took part, their supporters and all the businesses that sponsored the event.

A Pearson Growers Blean Village Londis Bond Dickinson Burns Waring Caffe Nico Charity Bank Crawford Davis DFDS Seaways Howfield Manor Hotel JR Carpets JM Recruitment Lenham Storage Mercury Financial Solutions Millen Necker & Co Net Pay Ltd Pinocchio's Canterbury PMC – Chartered Surveyors & Building Engineers Rayner Brown Construction Sota Sweep Kuuaskoski Systems Technology Tax Assist Accountants The Accommodation Shop The Lions Club of Tavistock The Mulberry Tree Coffee Shop The Purple Edge The Rock Inn TRP Ltd Wolferstans Solicitors

If you are interested in taking part in next year's car challenge – Monte Carlo Madness – and would like to find out more then call **01304 610448**, email fundraising@marthatrust.org.uk or visit www.marthatrust.org.uk/montecarlolmadness

Contact Martha Trust

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