

Martha NEWS



Autumn 2016



Just a country boy at heart

Pete's love of music and the outdoors



Martha's summer of music



It's all thanks to you



Support us this Christmas



In the last few years we have had to adapt and manage in an age of great austerity with severe restrictions to our funding. Thankfully through these years

we have worked hard to control a very tight budget and, however difficult, Martha Trust has continued to give not only good care but also provided a family atmosphere and an openness which welcomes all in line with our Christian principles.

2016 has seen a number of changes across the organisation. The Senior Management Team has been reduced from four to three Directors with Julie Gayler and Judy Heath taking on additional responsibility for managing our care services. Judy has been with us for 18 years and Julie for 7 years

and I am grateful to them both for their exceptional dedication to Martha. They endorse this each year by committing themselves to raise considerable funds for Martha by undertaking and leading our annual car challenge.

We have recently had CQC inspections on both sites, with the Deal site achieving a 'Good' rating across all areas. We await the Mary House report, but had excellent verbal feedback from the inspector. In addition, at Mary House, we have had two independent quality inspections from the East Sussex Adult Social Care Quality Monitoring Team and Healthwatch East Sussex. Both gave very positive ratings for the service, with Healthwatch East Sussex requesting permission to use Mary House as an example of good practice to show what can be achieved in supporting people

with profound disabilities to make choices and be independent.

I would like to close by thanking everyone who works for Martha for their hard work, all of which is essential to making Martha what it is. The superstars of the organisation are our care team, who look after our residents 24/7 with love and compassion and do everything within their power to give them the lives they deserve. Whether this means campaigning for better services from our local hospitals, or dealing sympathetically with family members, they never shy away from the task.

They are ably supported by our head office teams, who show the same passion that has become an expectation of working at Martha. It is difficult in words to really express my gratitude to them.

George White
CEO Martha Trust

Martha News online

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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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A hive of activity

It is no surprise that the arrival of Roz Chapman as Registered Home Manager at our Deal site has led to many positive changes being made for the benefit of the people we support. Indeed, in her first 10 months she has already implemented improvements that have resulted in a CQC inspection with five 'Good' ratings.

Now she has her sights set on revolutionising how we deliver activities for our residents. We explore a whole range of opportunities in the community that different individuals enjoy, from sailing and carriage riding to local discos and church groups.

At home we have historically had separate buildings providing a therapy suite, hydro pool, sensory room and day centre. But Roz has questioned why some activities are delivered away from the living areas and gardens of the homes.

The plan now is to integrate the dedicated activity centre staff into the home staff teams, so that activities such as music therapy, computer and switch communication work, gardening and sensory cooking can take place in a home environment. Residents from both Martha and Frances House, and our Day Care clients, can then move between the two homes and other facilities to take part.



Each resident will have their own tailored activity plan, including hydrotherapy and group activities, which will utilise the current day centre space. In addition, the sensory room will be refurbished, with new Magic Carpet and Eye Gaze technology. The Magic Carpet is a fantastic sensory learning tool which projects interactive games and images onto the floor that users can play with and control simply by moving on or over the projected image.

We are confident this new way of engaging in activities across the whole site will create a much more varied and enjoyable social experience for everyone at Martha.



Down on the farm



Peter has lived at Mary House since 2010 and his is usually the first face that greets you in the morning when you enter the home.

His energy is boundless and he likes nothing better than to sit in the middle of the corridor where he can see and hear everything that is going on, waiting for an unsuspecting person to walk past so that he can give them one of his trademark bear hugs.

When he lived at home, Peter's mum Helen worked hard to keep him from being too disruptive, and this is where music played a big part in his early years. His grandmother was a music teacher and she would play songs to him which always made him happy. He still loves the staff to sing along to Baa Baa Black Sheep and a piano arriving at Mary House was a dream come true.

Helen says "It must have reminded him of his early years when he was allowed to sit at the piano and 'play' to his heart's content. As he became older and stronger the piano began to suffer!

Peter grew up on a farm and as a child he would love to watch the animals.

His favourites are definitely sheep, and even now he calls out "Baa" when he sees one. His love of the outdoors and animals is still clear to see, an inspiration for the design of the mural in the Mary House Courtyard.

Recalling Peter's childhood at home, Helen says "The memories are firmly imprinted in my mind. As well as music, Peter has always loved the outside and would come round the farm in the car every day to look at the sheep and cattle. Having to stay parked at the gate whilst I went round the field was not ideal, and as the years went by he was obviously becoming frustrated at just sitting and watching as opposed to being actively involved.



Sitting in his wheelchair he would happily feed hay to the sheep at lambing time, but was never too keen to have a lamb on his lap and help with bottle feeding. The farm environment is one in which he feels very much at home. The sounds, sights and smells are a real delight to him."

The staff team at Mary House are working with several organisations to identify an appropriate opportunity for

Peter to be involved with general farming duties. We hope that he will be able to find a particular area of interest that we can support him to develop and enjoy.

This is just one of many examples where Martha promotes independence and choice. Everyone who lives at Martha is encouraged and supported to explore their personal interests and hobbies, both within the homes

and the local community. Helen says "If Peter gets the chance to visit a farm on a weekly basis it will certainly make him very happy."



Diary Dates 2017



To find out more about our events or to book online visit www.marthatrust.org.uk/events or call 01304 610448 or email fundraising@marthatrust.org.uk

Martha's summer of music hits all the right notes!



Following our launch of Music4Martha earlier this year, we have received a huge response from local businesses and community groups wanting to support us through this campaign.

The Hop and Huffkin in Sandwich kicked off a series of Music4Martha events with an evening of Kentish Tapas, music and dance. Thanks to the hard work of the team at the Hop and Huffkin and all their suppliers and customers who supported the event it raised £1,842.

The Rotary Club of Dover then hosted a Summer Gala dinner and concert at Dover Military School. The evening was a great success with entertainment from 60's legends The Bachelors. The Club presented us with a cheque for £10,681!

Other events have taken place throughout the Summer including Music4Martha at the square on Deal seafront. The afternoon

of family fun saw The Port Arms, The Kings Head and Dunkerley's come together to raise over £4,000! Jenkinson Estate Agents kindly sponsored the event.

Music4Martha has been such a hit that we are going to keep the theme in 2017. To mark our 30th anniversary and build on the success of the launch year we have set ourselves a target of 30 Music4Martha events to raise £30,000 in 2017. We want friends, family and colleagues to come together through music in aid of Martha. Whether you come along to one of our organised music events in 2017 or hold one of your own, from a Music evening in your local pub or restaurant to a carol service, your support really will make a difference to the lives of the wonderful people we support.

In total the Music4Martha events have raised almost £20,000 in the past six months.

Glorious sunshine greeted guests joining in the fun at the Sandwich Prom, held at the magnificent Salutation Gardens – home to Steph and Dom Parker of Channel 4's Gogglebox.

The audience basked in the sunshine whilst enjoying a diverse line up of local musicians, including Folkestone band Rudy Warman and the Heavyweathers, Sarah and Ian Banks, Hiway, solo singer Paul Messenger, professional guitarist Tom Abrahams, Covers singer CJ Jones, 4 piece band Lofty Harris and the P&O Ferries workplace choir, stars of the BBC's 'Sing While You Work'.

When it came to the charity auction, run with great skill and humour by Steph and Dom, the crowd showed remarkable generosity.

After the event, Dom said *"We are delighted to be able to support Martha Trust for a sixth year. We are thrilled that so many people have really got behind this fabulous fundraising event for a very deserving local cause."*

Crucial to the success of the event was sponsorship from Discovery Park, A Pearson Growers, Puma Generators and Trevor Cartner.

Everyone's efforts proved to be very worthwhile, as we have raised over £18,000 towards our work, double that of 2016!



How to support Martha this Christmas and New Year

Christmas Cards

We have two types of Christmas card packs available this year, each costing £3.25

NEW for 2016 – Snowy Scenes

Pack of 10 (five of each design)

They come in two designs, Choirboys and Geese in the Snow.

Individual Card dimensions 125mm x 125mm



Christmas Designs

Packs of 16 (four cards of each design)

They come in four designs based on popular Christmas icons – Holly Berry, Wreath, Figgy Pudding, Little Tree and Robins Perch.

Individual Card dimensions 100mm x 100mm

To purchase Christmas cards please complete the Christmas Card order form, order online at www.marthatrust.org.uk/shop or call 01304 610448



Christmas raffle

We have some fantastic prizes this year including a week's self-catering holiday for six at Kingsdown Holiday park in 2017, as well as many other prizes. Tickets cost £1 each and are available individually or in a book of five. It is a great way to support Martha this Christmas. Please encourage your friends, family and colleagues to buy tickets too.

Since we first started our Christmas raffle three years ago it has raised just under £3,000 towards our work.

To purchase tickets please complete the stubs of the ones enclosed and send them along with your payment to **Martha Trust, Homestead Lane, Hacklinge, Deal, Kent, CT14 0PG**



Light Up a Life

When you make a donation to Martha this Christmas you can Light Up A Life with your own Christmas star. The star can be personalised with a message to celebrate the life of someone close to you. We'll then hang the star on a Christmas tree in the Martha Trust home of your choice.

Return your Light Up a Life form along with your donation to the address on the form or donate online at www.marthatrust.org.uk/lightupalife

Martha @ 30

Help us celebrate our 30th Anniversary

2017 will mark Martha's 30th anniversary. And its thanks to your continued support and generosity, that we are where we are today. You have helped us through the hard times and enabled us to develop and grow into a leading provider of services for people with profound disabilities.

With the numbers of people with profound disabilities on the increase, the demand for our services is going to continue to grow. So to celebrate our anniversary we are planning to launch a fundraising and awareness drive to take us into the next 30 years and beyond.

We would like to raise awareness of Martha Trust and the needs of people with profound disabilities and we would be extremely honoured if you could help us to do this. Whether it's introducing friends and family to our work by supporting one of our organised fundraising activities in 2017, holding an event of your own or taking on a challenge for Martha; there has never been a better time to show your support of people with profound disabilities. Any support you can give whatever the size will make a difference to what we are able to achieve.

Top 10 ideas to support Martha@30

- 1  30 Friends, 30 likes. Encourage 30 friends to Like and share the Martha Facebook page
- 2 Sign up to one of our challenges in aid of Martha – our annual car challenge Monte Carlo Madness; Virgin London Marathon; or KM Muddy Assault Course
- 3 Music4Martha – help us reach our target of 30 Music4Martha events in our 30th year – hold a music event in aid of Martha Trust
- 4 Collect 30 prizes through the year to donate to the Martha Tombola
- 5 Give it up for Martha – Give something up for 30 days and make a donation to Martha or get sponsorship for doing it
- 6 Come along and support one of our organised events in our 30th Year
- 7  30 tweets every 30 days – help us reach our target by tweeting about Martha
- 8 Tea Party – invite friends round for afternoon tea or a coffee morning in aid of Martha
- 9 Shout about Martha to 30 friends, family or colleagues – help us raise awareness of the work we do
- 10 30th Pledge – do something for Martha whether raising awareness, fundraising or make a donation the 30th day of each month in 2017

Find out more visit www.marthatrust.org.uk/martha@30 call 01304 610448 email fundraising@marthatrust.org.uk



From everyone at Martha we would like to say a huge

"Thank you"

to each and every one of you who has supported us this year. Here are just a few of the highlights of the things you have been up to in aid of Martha:

The Rotary Club of Dover for the generous donation of £10,681 raised through their Summer Gala



Aylesham Primary School for their £55 donation

Jerry, Liam and Gareth for embarking on an epic ride from John O' Groats to Land's End and raising over £2,500 for Martha



Nathan, for completing a Wing Walk

Solley's Farm for their continued support and for inviting us all along to their afternoon of planes and vintage cars on their farm and raising over £1,000



Everyone who took the time to vote for Martha in the Dover Express Heart of the Community Awards – thanks to you Martha was awarded £1,000 for coming third in the vote

Hop and Huffkin in Sandwich for hosting a Music4Martha event which raised £1,842



Chris Salmon and his son Greg for getting muddy for money in the Yorkshire Tough Mudder

Corin and Donna for running the Brighton Marathon and raising £918.34

Waitrose Allington and their shoppers for their £217 donation raised through their Community Matters Scheme



Our followers on Facebook and Twitter for helping us spread the word about the exciting things we are up to



Charlene Stanley for completing the Skyline 3 cities cycle ride – riding from London to Amsterdam

Deal PathFinders for their generous £1,000 donation

Our 2016 Virgin London Marathon runners – Helen, Lauren, David, Jeff and Dan who trained and fundraised tirelessly and managed to collectively raise £9,579.97



Slimming World Broadstairs and Deal have raised £1,086.77 since the beginning of 2014

Nick Parsons completed Three Peaks in 23 hours and 26 minutes raising over a £1,000



Maidstone based multi award-winning manufacturer, MEP for choosing Martha as one of their charities to support to mark their 40th anniversary.

The Rotary Club of the Isle of Thanet Sunrise for a £1,500 donation raised through their Big Knit!



Everyone who has come along and supported one of our events from buying a raffle ticket to local businesses who have given us goods in kind

Dover Fire Station for their £500 donation



Our Golf Day...



...in association with John Shepherd, which took place at Walmer & Kingsdown Golf Club, was a fantastic success raising £5,000 for Martha



It attracted 18 teams and despite being a bit chilly and blowing a gale they remained dry throughout the day.

A huge thank you to everyone who took part, Walmer & Kingsdown Golf Club for the amazing venue, John Shepherd for hosting

such a great event and lastly to the following sponsors:

Bradfield Residential Home, Bumper2Bumper, Clive Emson Auctioneers, Diva's Boutique, Dunkerley's Restaurant and Hotel, Frames for You, Hutchings Timber, J&R Carpets, Keith and Sue Rawlings Charitable

Trust, KCB Property Rentals, Keystone Group, Kreston Reeves, OFP Timberframe, Positive Solutions, Sainly Suppers, Stitch n Print, The King's Head, The Town Kitchen, Walmer & Kingsdown Golf Club, Walmer & Kingsdown Golf Pro shop and Woods Builders.

Rome or Bust

Our nine intrepid teams set off on their adventure to Rome on 3rd September, all arriving safely after a fun and eventful journey.



The event wouldn't be possible without the support of our generous main sponsors *Systems Technology, Sota Solutions, Ward and Partners & Kent Community Foundation* and *Eurotunnel Le Shuttle*. Thanks to their support and the friends, family and colleagues of the teams

We have already had lots of interest in our 2017 car challenge to Monte Carlo taking place Saturday 16th – Tuesday 19th September 2017. We have limited spaces for 10 cars so if you are interested in joining our adventure ensure you register your interest with us.

taking part, and all the local businesses who sponsored the individual cars, this year is set to be another record fundraiser.

Find out more at www.marthatrust.org.uk/montecarlomadness or call **01304 610448**