

Martha NEWS

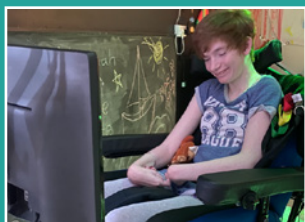


Autumn 2021

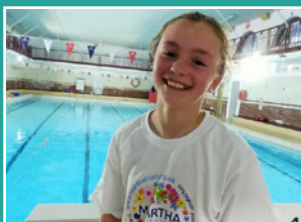


Success for Steven...

one of our fabulous team!



All it takes is a gaze



Help make a difference



Singing in the rain on the Farm!



As I step down from the Chief Executive's role after a decade at the helm of this amazing charity, I recall comments

from the many wonderful individuals, charities and businesses that have helped us on our way. In my time I have been lifted by comments such as one grant giving charity whose boss said to me that she presents many awards each year but out of all the wonderful charities her organisation gave to she felt that Martha was the most deserving case. Others have said that they love helping Martha as they feel it is a charity that does what it says on the tin. A nice way of saying we have always strived to put both offers of volunteer help and funding right at the heart of our work, making sure our residents gain the absolute benefit. We also have a Finance team who are absolutely focused on ensuring we use our money wisely.

In this Autumn newsletter we talk about how technology is transforming the lives of many of our residents. This has been such an exciting part of my journey at Martha. I feel that whilst the technology to improve lives in my time at Martha has been amazing, the next decade could be immense. I am delighted the trustees have appointed an internal candidate Julie Gayler to take over as Chief Executive. A very sound appointment.

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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Working Together to mark our 35th anniversary in 2022

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.

2022 marks Martha's 35th anniversary and we would love your business, school or community group to partner with us. We have lots of great ways for you to get involved.

To find out more about the opportunities we have for you to make a difference in 2022 contact us on **01304 610448** or email fundraising@marthatrust.org.uk



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The Power of Communication

Natalie has headed up the Activities Centre on our Deal site since September 2018.

During that time augmentative and alternative communication (AAC) technology, to give people with profound learning disabilities a voice, has developed rapidly. Natalie has a passion for supporting our residents to develop their cognitive and communication skills and has always been keen to explore and adopt new methods and equipment.

Natalie's main goal is to encourage every single resident to be able to make their own decisions and choices throughout the day, ranging from what they would like to wear that particular morning, what they would like to eat and drink and what activities they would like to do for the day. One important introduction to help achieve this was the Tobii Dynavox eye-gaze unit, an AAC device that



HM playing 'Snake' which she told us she wanted to play via Snap and Core

enables communication and independence for people with disabilities using eye control. Use of the eye-gaze is now more widely available to our residents due to



a successful fundraising campaign to raise funds for two additional, more advanced, mobile devices.

Whilst not everyone who lives at Martha has the ability to benefit from the full capability of the eye-gaze, each is encouraged to use the technology to his or her own level. When Natalie starts the eye-gaze work with our residents for the very first time they start by playing games, then slowly build this up to the Snap and Core First symbol-based communication program.

Once it is evident they are able to engage with the activity, Natalie adds in some work with numbers.

Just recently, Natalie has been working closely with one of our female residents, HM. The progress she has made is truly astounding. HM has flown through the communication program and can now confidently use the eye gaze to communicate about anything. She is able to express her feelings, request what she would like to do and even chose the colour of the paint she wanted to redecorate her bedroom! Natalie recently



introduced the maths program, where they learnt adding, subtracting and multiplying. Over the months she has picked this up very quickly and has become very confident during her sessions.



Natalie explains "During one particular session we went to the test mode for the maths program, where HM expressed she was very excited to be doing this. Much to the amazement of us both, she scored 40/40 and the following week scored 60/60! There is nothing more to say than this is AMAZING progress and I am so proud of her. It gives me a real feeling of achievement. I am so proud to be part of the Martha Trust team, promoting communication and seeing the contribution it makes to improve our residents' quality of life."

Steven's Story

As Claire and David Cordell's daughter approached adulthood, they began to realise that there was a gulf between the opportunities available to their daughter and those offered to her twin brother.

Why? Claire and David's daughter has a learning disability.

In 2013, Claire and David founded Little Gate, with a vision to increase the opportunities available to adults with learning disabilities and autism. Today the Little Gate charity works tirelessly to find fulfilling, supported, paid work for people in this situation.

This is the story of one of their apprentices, Steven.

Steven left college, having been told he would never achieve higher than a Level 1 in Health and Social Care. His sister, who works for the Careers Hub at East Sussex County Council, believed in him and encouraged him to sign up to the Little Gate Young People's Programme to complete an Apprenticeship Level 2 in Health & Social Care.

To achieve this qualification, Steven worked in a care home with a job coach to give him practical support whilst receiving one-to-one tuition in the workplace. Sadly, the care home had a change in management and he had to move to another care home to continue his apprenticeship. Steven worked very hard throughout the pandemic lockdowns without a job coach, only to find that another change in management meant he needed to find a third placement.

Martha's relationship with Little Gate began when a group of their trainees agreed to volunteer at Mary House to help 'untangle' the sensory garden. Not

a job for the faint hearted at that time, but they worked tirelessly and did an amazing job of making the garden a relaxing and beautiful place for our residents and their families to enjoy once more.

Unfortunately, the arrival of the pandemic and its associated lockdowns meant this activity had to be put on hold. However, our relationship with Little Gate had blossomed and when



they contacted us about Steven's plight we invited him for an interview. It was a great success and we were delighted to be able to offer him a position of Support Worker.

Steven's first day in his new job was 22nd February 2021. The staff and residents welcomed him and soon realised he is a bit of a comedian! He is now an established member of the team who has built a great rapport with the residents and brings absolute joy to any shift he is working.

Steven attended a thank you event for Little Gate, where he went on stage and told the audience that his job meant everything to him. It has changed his life socially too, by giving him an income, but more importantly, he loves caring for people. Steven is totally committed to supporting and engaging with the residents. He is very professional and treats everyone with dignity, but equally he is a larger than life character who lifts the mood of the whole home.

Another job coach, Leah, has supported Steven throughout his shifts at Martha and he has flourished under her guidance. There was much excitement and celebration when Leah announced to the team recently that he had succeeded in obtaining his apprenticeship after passing an end point assessment. To say that Steven and his friends at Mary House were over the moon would be a huge understatement.

Steven has a learning disability and had suffered several setbacks and knocks to his confidence whilst striving to fulfil his dream. The belief that his sister and Little Gate have always had in him has helped him complete this challenging journey. We are so proud to have played a part in his achievement and look forward to continuing to support him in developing his skills. We simply cannot imagine Mary House without him.



How you can make a difference

Christmas raffle



Help make our Christmas raffle the best yet!

It is a great way to support Martha Trust at Christmas. Why not help us boost sales this year by taking some books to sell on to friends, family and colleagues. Tickets cost £1 each and are available to purchase individually or in books of five.

We have some amazing prizes including our top prize of a two night stay at The Clarendon Hotel in Deal Kent including £100 spending

money donated by Town and Country Garden Services. Second and third prizes are £150 kindly donated by All Green Oven Clean and a six month membership of MYPT.

Our Christmas raffles have raised over £14,000 towards our work since we launched in 2013. This is only made possible by your generosity and support.

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

If you would like to purchase extra tickets or take books to sell on please email **fundraising@marthatrust.org.uk** or call us on **01304 610448.**

Light up a Life

When you make a donation to Martha this Christmas you can Light Up a Life with your own Christmas star. You can personalise your star with a message to celebrate the life of someone close to you. We will then hang your star on a Christmas tree in the Martha home of your choice.



Return your completed donation form along with your donation to the address above or donate online at **www.marthatrust.org.uk/lightupalife** or call us on **01304 610448** to make a donation.

Christmas cards

We have NEW twin packs of Christmas cards available this year each costing £3.25 per pack. Each pack consists of ten cards (five cards of two designs). Individual card dimensions are 98mm x 130mm.



Choir around the Tree

Shop online this Christmas and earn donations for Martha!

Shop with Amazon Smile and support Martha Trust at no extra cost to you!

AmazonSmile works in the same way as amazon.co.uk, the only difference being that 0.5% of eligible purchases are automatically donated to Martha!



AmazonSmile is a website operated by Amazon that lets you enjoy the same wide selection of products, low prices, and convenient shopping features as on amazon.co.uk. The difference is that when you shop on **smile.amazon.co.uk**, Amazon will donate 0.5% of the net purchase price (excluding VAT, returns and shipping fees) to Martha Trust. Simply select Martha Trust as your charity!

Shop with easyfundraising

When you shop online at **easyfundraising.org.uk** Martha Trust will get up to 15% of the purchase price.



This extensive online shopping directory boasts over 2,700 of the biggest names in online retailing including Amazon, M&S, Boots, Next, Argos and John Lewis. It's free to register and you could even save money with the free offers, discounts and evouchers exclusively available through the site.

So next time you need to pick something up online, visit **easyfundraising.org.uk** and support Martha Trust while you shop.

Leaving a gift in your will to Martha

In 2020 Martha were fortunate to be left a legacy gift of £29,950. You cannot underestimate the real difference this gift made to us, in a year where we saw the majority of our fundraising events cancelled.

Leaving a gift in your will, whatever the size, would have a huge impact on our work. Just 1% of your estate can ensure we are transforming the lives of people with profound disabilities well into the future.

To find out more about making a long term difference by leaving a gift in your will visit **www.marthatrust.org.uk/transformlives** or call **01304 610448** or email **fundraising@marthatrust.org.uk**

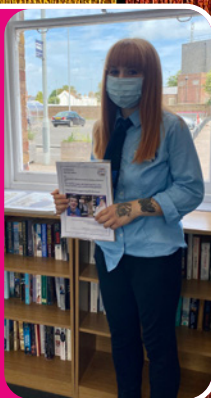
Geese in the Snow



To purchase packs of our Christmas cards please complete the Christmas card order form or order online at **www.marthatrust.org.uk/shop** or call **01304 610448.**

On behalf of our residents and the team at Martha we would like to say a huge **THANK YOU** to all our supporters, with special thanks to...

The wonderful staff at Deal Train Station and everyone who supports them with their fundraising through books! To date they have raised an incredible £1,765! #givingshelf



Worth Village Community particularly those that opened their gardens to the public for the Worth Open Gardens afternoon which raised an incredible £1,008.50!

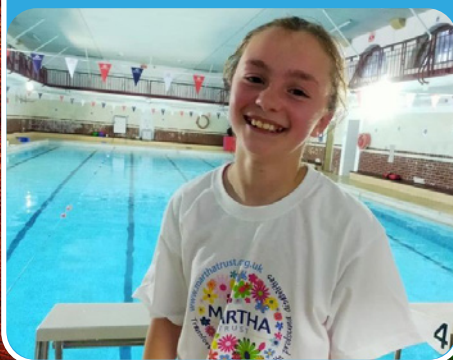


Woolston Manor Golf Club for making Martha their Charity of the Year and raising £500

The team at Herne Bay Barclays who individually undertook a challenge to complete 60 miles each in July raising £610!

Everyone who has supported us through Dover Lotto – you are set to raise £936 in 2021

10 year old Elizabeth who exceeded her 15,000m swimming challenge in July, completing over 17,500m and raising an incredible £850!



The National Lottery Community Fund for their £10,000 grant towards our Person Centred Software (PCS) system which we use across our three homes



Gedney Hill Golf Club for your ongoing support and your recent donation of £452

Big Shot Golf for organising a golf society day raising £205, taking their overall fundraising to £769!

Thank you to everyone involved in Music4Martha Deal and for those of you who braved the weather and came along to support the event. Special thanks to our sponsors The King's Head The Port Arms Dunkerley's, Number One B&B, Solley's Ice Cream Parlour and Walmer Installations. The day raised an incredible £3,400!



Kerry's Bakehouse in Deal for raising £200 as part of the Captain Tom 100 challenge



All our amazing 5kMay! Challengers

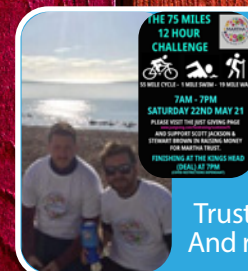


Southern Water Community grants scheme for their £5,000 grant towards our activities programme

The Frank Brake Community Fund and Kent Community Foundation for the generous £5,000 donation towards our Activities programme at Martha Trust



Stewart and Scott who undertook a 75 mile challenge in aid of Martha Trust in just 12 hours! And raised over £1,400



A huge THANK YOU to everyone who supported Martha's Music on the Farm 2021 raising an incredible £24,000!



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