

Martha NEWS



Spring 2018



A musical adventure

Mayhem takes over at Mary House



The Dream Team



Fun on the Farm



Martha's Sporting Summer



I said in my foreword in our Autumn newsletter that communication is absolutely key for working with people with profound and multiple disabilities, so 2018 has started in a very promising way for Martha and improving the lives of our residents. Alongside communication though, we must always have a clear vision to ensure every day we are thinking about how we can improve the support we provide.

We have introduced a wide range of new technology to Martha including computer systems called Eyegaze and The Magic Carpet. We are now ensuring that we train our

staff not only in this latest technology, but also in refreshing our basic communication skills. We have seen some startling results and the CEO of Rett UK, Becky Jenner has visited us and told us how much she wished there were more homes like Martha Trust with leadership determined, however difficult the financial climate, to get the very best for each of the people we support.

George White
CEO Martha Trust

Martha News online

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Musical Mayhem at Mary House



Mary House staff and residents have embarked on a magical musical adventure this year. 'Musical Mayhem at Mary House' is the result of another lovely Christmas celebration involving residents, staff and family members.

Anneliese originally joined Martha as a support worker in 2014. She has many musical talents and is the driving force and choirmaster for Musical Mayhem.

More often than not on a Monday afternoon Mary House is filled with the sound of many brave staff following Anneliese's expert lead through well known songs such as Dancing Queen, Mr Postman and Do-Re-Mi from The Sound of Music. Much to the amusement of the residents, who join in and provide an enthusiastic audience!

Our resident Peter likes to sit between the choir and the crowd, regularly accompanied by one of the support workers to dance to the

latest rehearsal song. And when he isn't doing that he is happy to provide accompaniment on the piano.

This week's rehearsal was no different. Peter took up his usual position in the middle of the lounge and giggled his way through every song and Amy and Germaine looked as if they had never seen anything so funny in their entire lives! It was a joy to see them having so much fun, even if it was at our expense!

Despite these welcome and sometimes hilarious distractions, those of us taking part took the rehearsal very seriously and tried to hit the right notes and follow Anneliese's directions. We sounded surprisingly good, at one point our version of Beauty and the Beast reducing one of our colleagues in the audience to tears!

At the same time we enjoyed letting our hair down and working together as a team.



Music is a big part of life at each of Martha's homes, which can captivate our residents, so having a choir feels like a natural addition. The choir is made up of staff from all areas of Mary House, from the care, kitchen and management teams and is a wonderful way to spend time together entertaining our guys and girls.

Anneliese said after rehearsals 'It is so rewarding to be involved in a project which brings the whole Mary House family together and puts a smile on everyone's face.'

It has to be said the thought of putting on a professional concert for a bigger audience certainly has the effect of focusing the mind! And there isn't much time for us to



perfect the show. The first performance is scheduled for Friday 6th April. It promises to be an entertaining event full of song and laughter and all are welcome.

Let's hope the audience for our first official performance are just as appreciative of our talents and that we make Anneliese proud!

Martha's Deal Dream Team

We are lucky to have a very diverse team of dedicated staff at Martha. Some have joined us from other care roles but many have taken on the challenge of being a support worker having come from a completely different background.

Andrew is one of our newest recruits, having been a paramedic in a previous life! He was looking for a job that was fulfilling on a long-term basis and attended interviews for various care roles. But it was not until he was given an informal tour around Martha at Deal that he knew which role to choose. He says "The homes felt warm and welcoming with some really nice personal touches in the residents' rooms. I also saw a lot of potential within the homes for helping people with PMLD."

The most challenging part of the role Andrew feels has been establishing communication strategies with each individual, who are

of course unique and require different approaches. He feels this requires patience, observation, listening and a subtle understanding of body language. Although being a support worker is a busy role, Andrew says "There are times when you can sit down with the residents to interact, to help them make choices and help them live their lives. This gives a real sense of achievement that is difficult to beat and is comparable to some of the most rewarding moments I've experienced in a workplace."

Kathryn's first day was 19 December 2016. She had previously worked in administration, cleaning and hairdressing but was

looking at a change in role and wanted to make a difference to people's lives. Having looked at the Martha website she was heartened by the approach and attitude towards the people we support, and the ethos – that our residents deserve to get the best out of life.

Becoming a carer for the first time can be quite daunting and Kathryn admits she was nervous about carrying out personal care, medication and was also quite intimidated by the profound disabilities of our residents. But Kathryn has found that by focusing on the individual and their welfare her confidence to accommodate people's needs has grown.



Kathryn says "It drives me forward as an individual that you can have a direct impact on a person's wellbeing. It is very rewarding. I would say that if you are driven by the desire to make a difference to someone's life and have that nature, then everything else can be learnt."

Kathryn is surprised by how much appreciation people can demonstrate, even if they are non-verbal and how much of a relationship you can develop even if communication and physical abilities are limited.

She says "I thought I was a good communicator before I came to Martha but I have learnt so much. We tend to use speech as the main form of communication; but there is so much more – noises, facial expression and body language. There are lots of ways to pick up clues as to how someone is feeling and expressing themselves. It's looking at the person as a whole."

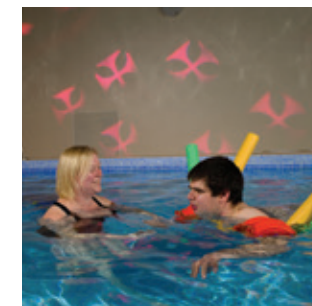
Julie-Ann has been with Martha for almost 15 years. When she joined she was only intending to stay for three months, while she found another position in retail. But then she got the Martha bug!

At first, looking at the people who used our services, Julie-Ann could not see past their disabilities, but that soon changed. She got to know their ways, what they liked, who they liked and how they communicated. She says "I soon saw them as my equal. They are not clients, they are my extended family and friends."

Julie-Ann is now a Senior Support Worker, which involves additional responsibility and accountability. During her shift she has to keep a close eye on seven residents, ensuring their needs are met, including food and fluid intake, daily physio programmes and planned activities. She also assists the nurse with documentation.

There are many stories Julie-Ann can tell of rewarding experiences during her time at Martha. It can be something as simple as a smile. Sometimes though she helps residents reach much greater achievements. She recalls "One day I was working in the hydro pool with a resident who was frightened of the water

and was clinging to me, with his arms wrapped around my neck and legs around my waist. But by continually talking to him and reassuring him gradually the tight grip loosened and I managed to encourage him to float with little support."



One year Julie-Ann accompanied two of our young ladies on a holiday to Euro Disney. As soon as they arrived their smiles filled their faces and their eyes were wide. Everyone went on rides and had cuddles with the characters. Julie-Ann remembers our resident Alexandra meeting princesses and Cinderella and says "she was soooo happy I had to move away and, yes, the ice queen melted and cried...!"

Julie-Ann says "Why would I go anywhere else? I would miss all the clients and staff. Nowhere has the equipment Martha has, the activities we provide or shows the love and care that we do."

Our friends on the farm

We are extremely fortunate to have the continued support and generosity of our local communities without whom we simply couldn't do what we do. Amongst these dedicated supporters is Stephen Solley, long term friend of Martha.

Stephen Solley, of family-run Solley's Ice Cream, had always been aware of Martha Trust as many years ago a dear friend's daughter came to live at one of our homes in Deal. Since that time, Martha has always stayed in his thoughts. So, when five years ago, Stephen took the decision to become more involved in charitable giving, Martha seemed to fit perfectly.

To show his commitment to Martha, in 2014 Stephen teamed up with his son Richard to join our adventure to Monte Carlo. The 'Solley Scooperstars' trusted steed was a second hand Mitsubishi Gallant – a far cry from their classic 1971 Morrison ice cream van. Three long hot but hilarious days later they made it to Monte Carlo having raised a record £4,300!

From that point forward they haven't looked back. Solley's now kindly focus all their charitable activity on Martha. They hold annual plane and classic car BBQ's on their farm, all in aid of Martha, with an open invitation to all the staff

and residents at our homes. And you'll often find the Solley's ice cream van at our Martha events.

2018 looks set to be a landmark year for our great partnership, as they have kindly offered to host our annual Prom in the fields of their Ice Cream Parlour in Ripple.

Stephen said "As the official ice cream vendor at Martha's annual Prom, when we received the phone call to say the event was on hold for 2018 until they found a new venue I said you'd better come and have it here and the rest is history! We're delighted to be able to support the work

of Martha Trust and are excited to be hosting this year's Prom on the Farm."

We can't thank supporters like Stephen and his family and team enough. Their support really does enable us to make a difference to the lives of our guys at Martha, ensuring they are able to live life to the full and get the most out of each and every day.

To find out how you can get involved with Martha, visit www.marthatrust.org.uk call us on 01304 610448 or email fundraising@marthatrust.org.uk



Prom on the Farm

Why not join us for our Prom on the Farm at the new venue – the fields of Solley's Ice Cream Parlour in Ripple?

Enjoy this great day out with family and friends whilst being entertained by a variety of excellent local musicians as well as plenty of activities to keep the children occupied.

Bring your own picnic or enjoy food and drink from one of the on-site vendors and bars as well as Solley's ice cream!

Tickets cost £30 for a family ticket (2 adults, up to 3 children under 16), £12 for an adult and £5 for a child. We also have a limited number of gazebo plots available for an

additional £40, bookable in advance – bring your own gazebo and have a designated spot for the day come rain or shine.

To find out more or to book tickets please call 01304 610448, email fundraising@marthatrust.org.uk or visit www.marthatrust.org.uk/promonthefarm





If you are looking to fundraise for Martha this year why not consider supporting Martha's Sporting Summer?

As 2018 promises to be an amazing summer for flagship sporting occasions, why don't you and your friends, family and colleagues support Martha through fun-themed summer sports events.

Celebrate the World Cup, Rugby Six Nations and of course Wimbledon. Maybe choose one of the following ideas or run several activities all under the banner of 'Martha's Sporting Summer'.

- ★ Sweep stakes
- ★ Match day raffles
- ★ Sport screening – organise a screening of a big sporting event and ask for a donation for entry
- ★ Dress down days – wear your kit to school/work day
- ★ Host a cricket tea
- ★ 'Strawberries and cream' days for Wimbledon – sell cream tea boxes
- ★ Themed lunches
- ★ Table cricket/table football matches
- ★ Hold a race night
- ★ A Question of Sport – become Sue Barker for the evening and host a sporting quiz night
- ★ 5-a-side football, touch rugby or quick cricket matches
- ★ Fancy dress football match
- ★ Keepy uppy challenge
- ★ Sponsored walk



We'd be happy to support you and would love to know what you plan to do, so contact our fundraising team by email at fundraising@marthatrust.org.uk or call us on 01304 610448.

Are you looking for adventure?

We are looking for teams of two or more to join us for our 2018 car challenge – Bonkers in Barcelona.

Our teams depart from Dover on Saturday 15th September for Barcelona in our four day fundraising adventure! The usual rules apply – teams take part in cars worth no more than £200 with full tax and MOT. Each team of two has to pledge to raise £1,500 in sponsorship. In return we will organise your channel crossings, accommodation and flights home.

All monies raised help transform the lives of people with profound disabilities at Martha. And thanks to the generosity of our main sponsors – DFDS Seaways, Redfortress, Sota Solutions, Systems Technology and Ward and Partners, as much of your sponsorship as possible goes towards the work we do.



Do something fantastic in 2018 and join Bonkers in Barcelona for Martha Trust.

Find out more or to register a team visit www.marthatrust.org.uk/bonkersinbarcelona call **01304 610448** or email fundraising@marthatrust.org.uk

On behalf of our residents and the team at Martha we want to say a huge

"Thank You"

We have, once again, been overwhelmed by the generosity of our local communities who have come together to support Martha. Here is just a snapshot of what they've been up to...

Asda in Broadstairs for £200 donation made through Community Life scheme and for hosting a WearBlue4Martha event and raising £90



The Grans on the Run for their continued support and awareness raising of Martha



Bredonstone Masonic Lodge for their kind donation of £500

Helen Reeve Soffer – for completing the boxing day dip and raising £265



To our friends at Discovery Park for their continued support and help in raising awareness of the challenges faced by people with profound disabilities.

Mylan for their £150 donation

Sholden Village Store for raising £238.40 in 2017 through collection pots and a raffle

Walmer Horse and Dog Show for their generous £700 donation

Everyone who donated a raffle prize or bought a Christmas raffle ticket – it raised a record sum of £2,564

Nick Luckhurst's St Leonard's Hall Slimming World Group for raising £368 in the past six months



Fergus Martin from Pharos Insurance for completing the Major Series and raising over £500 for Martha

To the kind supporters who chose to remember Martha in their wills, leaving us over £23,000 between them in 2017

Congratulations to Belinda Holness who undertook Slim4Martha losing 27lbs and raising £218 for Martha in the process

Cin Cin Wine Bar in Deal for hosting a Race night and raising £438



Thank you and good luck to our committed runners – Daniel, Elisa, Emily, Florence, Jo and Ruth for choosing to run on Team Martha in this year's Virgin London Marathon. They are set to raise £9,000!

Vera Edwards for raising over £850 for Mary House through her Christmas raffle

The great team at the Co-op Sandwich for their continued support of Martha



The Royal St George's Permit Holders Golf Club for their support of Martha in our anniversary year – raising £4,570



Hastings Old town Carnival Association for their kind donation of £200

Sandwich Concert Band for raising £144 through their christmas carol singing at the Co-op in Sandwich



Diary dates

German Music Night
Whitfield Village Hall, Dover
Saturday 24th March



Martha Trust Golf Day
Walmer and Kingsdown Golf Club
Friday 27th April



Prom on the Farm
The fields of Solley's Ice Cream Parlour, Ripple
Sunday 1st July



Music4Martha
The Square, Deal
Sunday 5th August



Bonkers in Barcelona
Dover to Barcelona
15th -18th September



Martha Trust Golf Day
Prince's Golf Club, Sandwich.
Thursday 18th October



Christmas Fayre
The Guildhall, Sandwich
Saturday 17th November 2018



Community Carol Service
St George's Church, Deal
Saturday 1st December

