

MARTHA NEWS

SPRING '13 NEWSLETTER

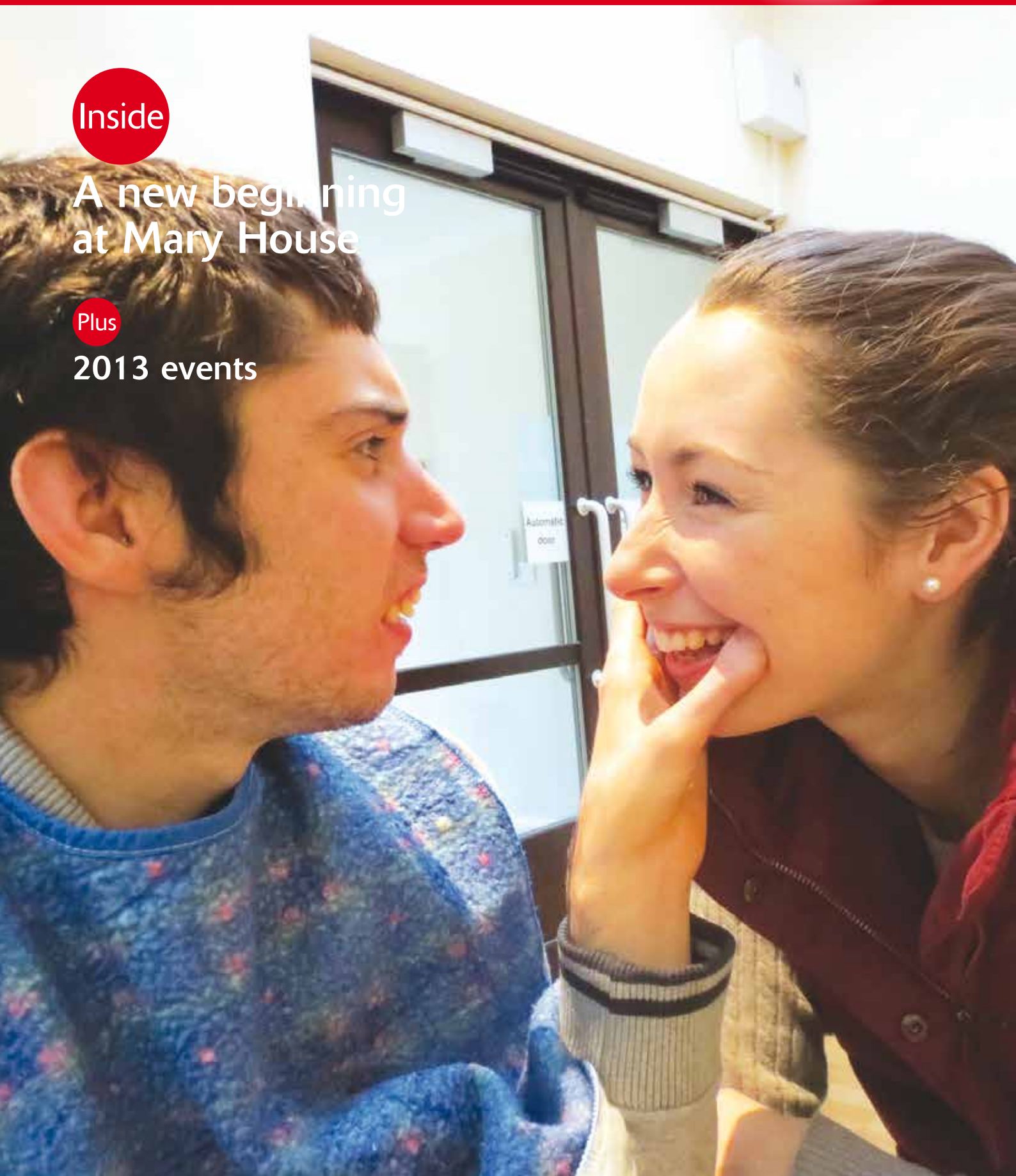


Inside

A new beginning
at Mary House

Plus

2013 events



Welcome to our Spring 2013 newsletter



We've been incredibly busy over the past few months and have two new residents living at Martha

including Steven Barley who you can read more about in this newsletter.

As a testament to our efforts, we received a glowing report from the Care Quality Commission following a standard, unannounced inspection at Deal.

Assessed against the Essential Standards of Quality in Health and Social Care we were found to be fully compliant – which is the very best we can be. But it was the comments in the report that were particularly good to read.

The inspectors found that 'staff members maintained eye contact with the people at the home and bent down to ensure they were at the same level' and that 'staff had noted the person's preferences for

daily activities such as when to get up or go to bed, what to wear and what toiletries to use'. The report also found that 'care plans were compiled with input from the person's family to ensure that relatives were involved in planning and delivering care.'

These things may seem simple but they are vital. By ensuring that our actions reflect our values we are, in the words of the CQC report, respecting the 'privacy, dignity and independence' of the people we care for.

New beginnings

When Melanie and Michael Barley decided to relocate from North Yorkshire to be near their two daughters, their priority was to find a warm and loving home for their son, Steven, with the expertise to cope with his specific medical needs.

Steven has a lovely sense of humour, a wonderful smile and deeply expressive eyes. He's fascinated by everything that goes on around him. And he absolutely loves life.

When the family visited Mary House they knew instantly that it was right for Steven and he moved in just before Christmas. While his parents stay in Yorkshire to sell their house, Steven has made Mary House his home. According to his mum, Melanie: "Steven settled in immediately and clearly loves it there.

"Being so far away has been hard for us but we've had a huge amount of support from the staff at Martha and it's taken a weight off our shoulders to know he's so well cared for. We get updates by phone and email and most importantly of all, Steven's two sisters Sarah and Helen are within easy reach and visit him regularly."

Steven's support worker, Jade, can't believe how well he's settled in: "Steven is such a wonderfully happy person he really lights



up a room. He loves one-to-one attention and laughs when you say something funny. He loves trips out in the bus, splashing around in the hydrotherapy pool and making noise with the musical instruments. His favourite time is in the evenings when everyone else has gone to bed and he can stay up with us to watch a film. He's made so many friends at Mary House it feels as though he's always been here."

Steven's mum is looking forward to being near Steven again: "At 24

Steven makes waves with his sister Helen

it's important for Steven to have his own life, to live as independently as he can and to make new friends. At Martha he's able to do all those things and we can't wait to share that with him."

*Cover photo
Steven and his sister Sarah share a smile*

Martha's new website



Martha Trust has a stunning new website at www.marthatrust.org.uk. The site is fully interactive, allowing you to book tickets for one of our events, apply for a job, even make an online donation to support our work.

There's loads of information outlining our day care, respite care and residential services with details of how to apply for a place. There's a fundraising toolkit for anyone interested in running an event, information for companies looking to support a local charity and regular updates on all our latest news and events.

And with a great new search facility you can find whatever you're looking for at the click of a button.

Visit us at www.marthatrust.org.uk and find out more about life at Martha.

Sponsors gearing up for Rome or Bust!



We would like to say a massive thank you to DFDS Seaways, Sota and Systems Technology who will be the main sponsors for this year's Martha Trust car challenge – Rome or Bust!

DFDS Seaways is the World's leading ferry operator, with ferries from the UK to France, Holland and Denmark.

Sota, based in Sittingbourne, offers voice, data and Internet services including network infrastructure, data centre and business continuity.

Systems Technology is an independent supplier of hardware and software solutions based in Rochester.

Their support will give our Rome or Bust teams a huge boost and ensure we raise even more money for Martha.



Martha's 2012 car challenge team

There are plenty of opportunities to become a Rome or Bust sponsor or to register a team of your own. Find out more at www.marthatrust.org.uk/romeorbust

Sense of humour essential!

Martha's marathon

Five remarkable people have signed up to run the 2013 Virgin London Marathon on behalf of Martha Trust. As well as running just over 26 miles each of our runners will be aiming to raise £1,500 --so they'll need all the help they can get.

Team Martha is made up of Sadie Castle, Barnaby Harrison, Sarah Hogben, Peter Mann and Christopher Stringer. Please support their magnificent effort and visit www.marthatrust.org.uk/marathonrunners

Or you can register your interest in running the 2014 London Marathon in aid of Martha at www.marthatrust.org.uk/virginlondonmarathon



Sarah Hogben will run for Team Martha

Not to be missed in 2013!

We're holding an Aerobathon at Castle Community College in Deal on Wednesday 17th April 2013

Abi Reynaert and her instructors from the Fitness Mix in Deal will be running the 2 hour workout and giving up their time on the day for free.

Doors open at 6pm and entry is £7.50 with all proceeds going to Martha – any additional sponsorship will be warmly welcomed!

To register to take part visit
www.marthatrust.org.uk/aerobathon
call **01304 610448**
or email fundraising@marthatrust.org.uk

Our annual Wine Tasting in the stunning Salutation Gardens, Sandwich is on Friday 21st June 2013

Guests can sample a range of magnificent wines and canapés in the beautifully restored gardens of Salutation House. There's also a wine tasting quiz and raffle with some fantastic prizes donated by local Kent companies.

To book tickets visit
www.marthatrust.org.uk/winetasting
call **01304 610448**
or email fundraising@marthatrust.org.uk

Get ready for some fundraising mayhem with our annual car challenge Rome or Bust!

You'll be travelling from Dover to Rome on **14th-17th September** in a car worth no more than £200 that's been taxed, insured and carries a full MOT. As usual, each team of two is asked to pledge to raise £1,500 and in return we'll organise ferry crossings, overnight stays and flights home.

For a taste of what lies ahead watch our Bonkers in Barcelona 2012 DVD at
http://www.youtube.com/watch?v=aWvXr_1x-Bk

To register a team visit
www.marthatrust.org.uk/romeorbust
call **01304 610448**
or email fundraising@marthatrust.org.uk

Our Christmas Fayre is at the magnificent Guildhall in Sandwich on Saturday 23rd November 2013

There'll be seasonal treats, gift ideas, Christmas Carols, arts and crafts and Martha Trust goodies to get you in the mood for Christmas.

To find out more call us on **01304 610448**
or visit www.marthatrust.org.uk/christmas

School report

Martha has a great relationship with local schools. Over Christmas, Northbourne Park Pre-Prep School in Deal once again donated the proceeds from the children's wonderful tree decorations, and Astor College in Dover created the fabulous Santa's Grotto at our Christmas Fayre in November.

Astor College is looking at some exciting ways to support Martha during 2013 and we're incredibly

excited at the prospect of working with such a great school.

We'll update you on progress in our next newsletter. In the meantime, call our fundraising team on **01304 610448** or email fundraising@marthatrust.org.uk to find out how your school could help transform the lives of the people we care for.



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If you'd like to receive future issues of Martha News by email and help us to save money, please email us at fundraising@marthatrust.org.uk



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