

# MARTHA NEWS

SPRING '14 NEWSLETTER



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Committed to quality

Plus

Why not get involved?





As for most charities 2013 was a tough year financially, but from it came some remarkable achievements which give 2014 a really positive outlook for Martha.

The introduction of Active Support has revolutionised how we all work with our residents to give them greater independence and control over all aspects of their lives. You can read more about Active Support in this issue of the newsletter.

As we race through 2014, knowing from government reports that the financial picture is unlikely to ease, I am reminded of the opening quote from Charles Dickens' A Tale of Two Cities, 'It was the best of times, it was the worst of times'. Martha is a wonderful place full of the best people and whatever comes our way we will work together, encouraging and supporting one another for the benefit of all the very special people who use our services.

## Our Commitment to quality

At Martha Trust we strive to deliver the very best level of care, with the welfare of the people we support at the forefront of the services we provide. To reinforce our commitment we are involved in a number of new sector initiatives

### Active Support



In our Autumn 2013 issue we reported on the introduction of Active Support, a new initiative introduced as 'Good Practice' through the 'Department of Health's Creating an Ordinary Life' programme. It aims to empower people with learning disabilities to participate in everyday activities and take greater control over decisions about their lives and care.

Our Head of Care Services, Glenda Roberts, says "As a team we have agreed that we ask our residents to assist us when the door bell rings, they are supported to fold away their laundry, to water plants and to replenish the bathroom with toiletries. Now when staff are completing a task they ask themselves 'why am I doing this alone?'"



Staff have really thought about what is meaningful to each resident and have broken down the long-term goal into achievable short-term goals. We are excited to see the progress that people will make over the next year but currently just seeing their involvement and engagement is wonderful."



We are very excited to report that the Association for Real Change (ARC) have agreed to provide Active Support training at both Martha House and Mary House. We will now be launching a fundraising campaign to cover the costs of the training.

To find out more about Active Support visit [www.marthatrust.org.uk/activesupport](http://www.marthatrust.org.uk/activesupport) or contact **Glenda Roberts** on **01304 626178**

### Driving Up Quality Code

The Driving Up Quality Code is a new public commitment to drive up quality in services for people with Learning Disabilities.



The Code aims to:

- Drive up quality in services for people with learning disabilities that goes beyond minimum standards
- Create and build a passion in the learning disability sector to provide high quality, values-led services
- Provide a clear message to the sector and the wider population about what is and what is not acceptable practice
- Promote a culture of openness and honesty in organisations
- Promote the celebration and sharing of the good work that is already out there

To find out more about the Code and Martha's involvement visit [www.marthatrust.org.uk/drivingupquality](http://www.marthatrust.org.uk/drivingupquality)

### Care Quality Commission

In October 2013 CQC published 'A Fresh Start' in which they set out how they will change the way they regulate adult social care services. In early summer CQC will be testing their new inspection model, the processes and tools they will use.

Martha has been invited to be one of only 264 services to take part in the first phase of this pilot, which will give us an early opportunity to see the proposed changes to the way CQC will inspect and rate services from October 2014. We will also be able to influence the inspection model and systems to help ensure that they are effective and appropriate.

This is an exciting opportunity for Martha to work with CQC and will assist us in maintaining our current fully compliant status across all homes.

## Fancy a challenge in 2014

– with some fun and mayhem along the way?

We're revving up for Monte Carlo for the 2014 Martha Trust car challenge – Monte Carlo Madness.

On the 6th September we'll be setting off for another hare-brained journey from Dover to Monte Carlo. The usual rules apply: cars must cost no more than £200 with full tax and MOT, and we ask that you pledge to raise £1,500 in sponsorship. We'll organise ferry crossings, accommodation and flights home.

So if you'd like to get involved by considering your company becoming a main sponsor for the event or entering a car call **Jess** or **Carol** on **01304 610448** email [fundraising@marthatrust.org.uk](mailto:fundraising@marthatrust.org.uk) or visit [www.marthatrust.org.uk/montecarломadness](http://www.marthatrust.org.uk/montecarломadness)



## Can your business make a difference to Martha?

Is your business looking to give something back or wants to make a difference to it's local community? Then why not consider supporting Martha. We have lots of opportunities available for your company and employees to get involved, which can form part of your Corporate Community Involvement (CCI) or Corporate Social Responsibility (CSR) programmes.

We are very fortunate to have had some long-term support from a number of local businesses, but we are always looking for new opportunities to help us expand our work.

Two local organisations, Sota Solutions and Systems Technology, have chosen to support our Annual Car Challenge for the second year running by becoming a main sponsor of the event. Their support is invaluable to us and ensures as much money raised by the participants as possible goes towards the work we do to support people with profound disabilities.

Local Barclays branches continue to support our fundraising events through their Employee Matched Giving scheme where employees volunteer and Barclays match fund the amount their employee raises, up to £750. Their help makes a huge difference to our events from their involvement on the day to the generous match funding we receive. The money we raised from our wine tasting last year was doubled thanks to the involvement of Barclays employees.



Barclays employees volunteer in support of Martha's winetasting event



Pfizer staff take a well-earned break during a voluntary gardening day at Martha

Pfizer have been loyal supporters of Martha for 18 years. Along the way they've donated grants to help buy equipment and improve our homes and gardens. They've supported their employees to volunteer at Martha, enabling us to achieve work which we just couldn't have done without them. The same volunteers went away inspired and raised over £2,000 from various fundraising activities from Cake Bakes to the Three Peaks Challenge.

If you'd like to get involved, then we'd love to hear from you, call **Julie** on **07876 246198** or email [juliegayler@marthatrust.org.uk](mailto:juliegayler@marthatrust.org.uk)

## Diary dates 2014



To find out more about our events or to book online visit [www.marthatrust.org.uk/events](http://www.marthatrust.org.uk/events) call **01304 610448** or email [fundraising@marthatrust.org.uk](mailto:fundraising@marthatrust.org.uk)

## THANK YOU!

Back in **September** our intrepid teams set off for Rome in our annual car challenge. We are pleased to announce the event raised just over **£17,000** in sponsorship. A huge thank you to all the participants, their supporters and to our main sponsors Sota Solutions, Systems Technology and DFDS Seaways.

In **October** the PGA Pro-Am Golf day at Walmer and Kingsdown Golf Club was held in aid of Martha, raising just under **£5,000**. Despite the strong wind and showers, the course was spectacular, with our 15 teams treated to 18-holes with breath-taking views. Congratulations to all the winning teams and a big thank you to everyone who took part, not least Walmer and Kingsdown Golf Club for the amazing venue and PGA South region for hosting such a great event.

**November** was another great month for Martha, when we found out we had been successful in securing a **£3,000** award through the Lloyds Bank Community Fund. Thank you to everyone who took the time to vote for us and to the Deal branch for nominating us.

The annual charity match between the Probation Service and the Police was also held in **November** at Rye Utd which raised **£410**. Thank you to Rye Utd, all the players who took part and Dean Jinks who organised the match.

**December** saw festive activity, with lots of people supporting our Christmas fundraising. The staff from Mylan, based at Discovery Park, Sandwich also got involved by donating the proceeds of their staff raffle towards our work, raising **£826**.

The Coach and Horses continued their support in 2013 through their monthly quiz nights organised by quiz master Peter; they presented us with another cheque in **December** for **£1,000**, bringing their total raised to a staggering **£5,000** for Martha. We are extremely grateful for their continued support.

## Festive Fun

We were joined at Mary House by both King's Church, Hastings and St George's Church, Deal for some lively carol singing sessions in the run up to Christmas. Peter particularly enjoyed these sessions, getting very excited by being able to participate, including pulling a giant cracker. Peter has a love of classical music, having just had his family piano moved to Mary House, and was actually moved to tears by the singing. It was wonderful to see him and his friends so absolutely captivated by the sights and sounds of the musicians and singers.

As if that wasn't exciting enough we then had a surprise visit on Christmas Day from the Salvation Army Brass Band, who played six wonderful Christmas songs.

There was healthy competition at Deal on the day of the Christmas Cake judging. All cakes were made with the help of the residents, with entries across the homes.

A queue of people volunteered to judge, including CEO George White, and the tension mounted as the cakes were re-tasted several times! Judging was based on presentation and taste, with the winner, a wonderful coconut and lime angel cake, coming from the Therapy Suite.



### Contact Martha Trust

**Julie Gayler** Director of Marketing  
07876 246198 – [juliegayler@marthatrust.org.uk](mailto:juliegayler@marthatrust.org.uk)

**Carol Baalham** Fundraising Assistant  
01304 610448 – [carolbaalham@marthatrust.org.uk](mailto:carolbaalham@marthatrust.org.uk)

**Jessica Messenger** Fundraising & Events Officer  
01304 610448 – [jessicamessenger@marthatrust.org.uk](mailto:jessicamessenger@marthatrust.org.uk)

**Dee Murphy** Fundraising & Events Officer  
01304 610448 – [deemurphy@marthatrust.org.uk](mailto:deemurphy@marthatrust.org.uk)

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](mailto:fundraising@marthatrust.org.uk)



Martha Trust, Homestead Lane, Hacklinge, Deal, Kent CT14 0PG

T 01304 610448 F 01304 615462 E [fundraising@marthatrust.org.uk](mailto:fundraising@marthatrust.org.uk) W [www.marthatrust.org.uk](http://www.marthatrust.org.uk)

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