

# Martha NEWS



Spring 2019



The King of Rock meets...

Linda, the Queen of Handbags!



Take on a challenge for Martha



Enjoy our musical events



Could you be a lucky winner?



At the end of 2018 I was lucky enough, along with other staff members, to attend the National Profound and

Multiple Learning Disabilities (PMLD) Conference. Listening to passionate speakers, both professionals and family members, can only be described as a humbling yet amazing experience. The most up to date PMLD specific guidance is called Raising the Bar – Supporting People with PMLD. It was written in recognition of the need to raise standards in PMLD service .

The seven organisational standards are: Leadership, Quality, Staff Development, Physical Environment, Communication, Health and Wellbeing and finally, Social, Community and Family Life.

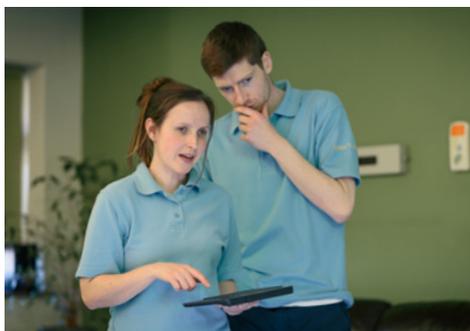
Each standard is broken down and suggested evidence bases provided. At Martha we have met many of them already and are well on the way to meeting all of them. We are also proposing establishing a working group with the families to develop some of the relevant areas with them, namely, the Social, Community and Family life standard.

This document will be the backbone of our strategic development over the next three years and fuses together the passion of our staff and families to constantly improve the lives of people with PMLD.

**George White**  
CEO Martha Trust

## The Wonder of Technology

We are always keen to embrace new technology if it will be of direct benefit to our residents and improve the effectiveness of the care we provide.



In November last year we began to introduce a new online care system provided by Person Centred Software (PCS). This has involved a considerable amount of staff training and gradual transition of information from paper records across to the PCS system. We are delighted that we were able to go fully live on the new system on 18th February 2019.

PCS gives carers, nurses and the management team the tools to provide the best quality of care for our residents and make a real difference to their lives. It meets both the social and medical needs of each individual, with their preferences and important information available at the point of care, when and where it's needed.

Our teams can evidence care in the homes or on outings and appointments quickly and easily using hand held devices. PCS is specifically designed to give our staff more time to spend with everyone who lives at Martha, as daily records are written with a

few taps on the device, so more of the shift can be spent delivering care.

It also allows us to monitor care trend analysis to ensure safe and responsive services, and demonstrate the high-quality, person-centred care we provide to CQC, funders and regulatory bodies.

As you can imagine, this is a costly system to introduce, so we were delighted to receive support from the Hospital Saturday Fund who gave a very generous donation of £10,000 in October last year.



*Martha's George White with Paul Jackson, CEO Hospital Saturday Fund*

The Hospital Saturday Fund is a registered charity founded in 1873 whose aims are to provide assistance through its charitable funds for a range of registered health charities and organisations. We are extremely grateful



for their support, which has enabled us to implement this fundamental change to the way we deliver care in a relatively short space of time.

## Contact Martha Trust

### Julie Gayler

Director of Operations & Marketing  
07876 246198  
juliegayler@marthatrust.org.uk

### Carol Baalham

Fundraising & Marketing Officer  
01304 610448  
carolbaalham@marthatrust.org.uk

### Kerry Banks

Fundraising & Events Officer  
01304 610448  
kerrybanks@marthatrust.org.uk

## Martha News online

We keep our production costs to an absolute minimum, but you could help us save even more money by signing up to our newsletter by email.

Simply email us at [fundraising@marthatrust.org.uk](mailto: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!

## Follow us

on Facebook and Twitter



# Handbags and Elvis



'Raising the Bar – Supporting People with PMLD' is the latest guidance for doing just that. One of the standards included is Communication, something which has always been at the heart of our service, but has now become a key part of our care strategy.

With the majority of our residents unable to communicate verbally, we have sought to find other ways of understanding their needs and wishes. With the help of family members our staff are skilled in recognising different forms of communication such as facial expressions, body language and mood changes, which help us to offer each individual choice in every area of their life. And the introduction of new technology - such as the Eye Gaze - has transformed the way that some of our residents can communicate with us, some holding conversations with their families for the very first time.

But every now and then we have a new addition to the Martha family who presents us with a whole new set of communication challenges.

On 9th October 2018 we welcomed Linda to Martha House. She is a vibrant, flame-haired lady with a wicked sense of humour and a penchant for Elvis and handbag shopping! Most importantly she can communicate with us through speech.



You may ask why this is a challenge. Surely it makes supporting Linda so much easier? Well, the challenge has been for the team to adapt to caring for someone who is able to tell us exactly what she would like or wants to do. This sounds very simple, but managing



It is very easy for all of us to assume people with PMLD do not understand what is being said around them just because they may not be able to actively take part in a conversation. We make it a priority that our staff are trained in all aspects of the Mental Capacity Act and therefore do not make this assumption.

Linda is an absolute delight to have living with us and she provides a very good reminder of the importance of including all our residents in our conversations, regardless of their communication abilities.

Linda's expectations is paramount, as we strive to support people to make their own choices and have as varied and normal a life as possible. But in reality it is not always practical or safe for Linda to follow her wishes at any given moment. And there are only so many shopping trips that can be made in one week!

The staff have had to get to know Linda and gain her trust so that they are able to explain why something she wants to do may have to wait until another day. Usually this is fine, as long as one of the alternatives is for Linda to listen to her beloved

Elvis in her room! Linda's keyworker Michelle says 'Linda is always making us laugh and keeping us in check! We love having her here at Martha.'



# How to get involved in 2019

Help us to make 2019 a record year for transforming the lives of people with profound disabilities by supporting Martha in whatever way you can.

## Special occasion fundraiser

Birthdays and special anniversaries are a wonderful celebration, and a chance for friends and family to all come together. Why not use this opportunity as a chance to change lives, by getting your loved ones to donate to Martha. In recent years we've noticed more and more of you choosing to support Martha in this way. We've even had some supporters choosing to ask for donations in lieu of wedding gifts.

You can choose to set up an online Fundraising Page on Just Giving or Virgin Money Giving or if you are on Social Media then why not set up a birthday fundraiser on Facebook with a simple donate button.

If you are having a party, or would like to collect donations for Martha at your wedding then get in contact with us and we can arrange collection pots for you.

Feel good that you have helped change lives with all the money you raise!

Call **Carol** or **Kerry** on **01304 610448** or email [fundraising@marthatrust.org.uk](mailto:fundraising@marthatrust.org.uk)

## Get down and dirty in aid of Martha!

We are looking for teams of six to take on this epic challenge at Betteshanger Park, Deal on Saturday 7th September. You will tackle our assault course which includes tunnels, balance beams, water jumps, rope walk and the tyre pit! Great event for friends and family or to use as a team builder with colleagues.

Participants must be over 16 years of age.

Get down and dirty and raise money for Martha. Who will you get to face the challenge with you?

Registration costs £60 per team, sponsorship is optional but it would be great if teams would look to fundraise.

Find out more at [www.marthatrust.org.uk/assaultcourse](http://www.marthatrust.org.uk/assaultcourse)



## Sporting Summer

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

Take on a sporting challenge in 2019 in aid of Martha or host a sporting fundraiser. For lots of great ideas visit [www.marthatrust.org.uk/sportingsummer](http://www.marthatrust.org.uk/sportingsummer)

## Become a regular supporter

Regular donations are a vital source of income at Martha. We offer a home for life to some of the most vulnerable people in society and we want to be transforming the lives of people with profound disabilities not just today but well into the future. But we can only do this with your help.

Giving by direct debit is a quick and easy way to support Martha. Spreading your donation across the year in small monthly amounts is convenient for you and allows us to plan for the future. You can cancel, pause or change your monthly gift at any time, simply get in contact with us.

You can find out more about becoming a regular donor by visiting [www.marthatrust.org.uk/regulardonor](http://www.marthatrust.org.uk/regulardonor) or call **01304 610448** or email [fundraising@marthatrust.org.uk](mailto:fundraising@marthatrust.org.uk) and start your monthly donation today.

## Lotto

Martha are excited to be part of the new Dover District Lotto which has been set up to support good causes.

Tickets to the weekly draw cost £1 with 50% of your ticket going to Martha! Players must be 16 or over and physically located in the UK.

Odds of winning a prize are 1 in 50! With a top prize of £25,000.

To find out more or sign up today visit [www.marthatrust.org.uk/lotto](http://www.marthatrust.org.uk/lotto) or if you aren't online call the dedicated Dover District Lotto number to play on **01304 776123**. Don't forget to mention you want to support **Martha Trust**.



## Join our adventure!

On 14th September, our intrepid teams will be setting off from Dover for Florence in our 2019 car challenge – Fleeing to Florence!

All the usual rules apply, you'll need a car costing no more than £200 with tax, insurance and an MOT. We'll organise your channel crossing, accommodation and flight home and, in return, we ask you to pledge to raise £1,500 per team of two, to help us support our residents to have the most fulfilling life possible.

If you are interested in joining our adventure or supporting the event through sponsorship call us on **01304 610448** or email [fundraising@marthatrust.org.uk](mailto:fundraising@marthatrust.org.uk) or apply online at [www.marthatrust.org.uk/F2F](http://www.marthatrust.org.uk/F2F)



# Diary dates 2019

We have a great line up of events throughout 2019, so why not join us?

## Martha Trust Golf Day in association with John Shepherd Walmer and Kingsdown Golf Club Friday 26th April

Join us for 18 holes of golf. The price includes coffee and bacon rolls on arrival, 18 holes of golf, a two-course meal, competitions, charity auction and winners' prizes. Entry is £180 for a team of four (£140 members) or £45 per person (£35 members).



## Martha Assault Course in association with MY/PT Betteshanger Park, Deal Saturday 7th September 10-4pm



## Fleeing to Florence Dover - Florence Saturday 14th - Tuesday 17th September



## Martha Trust Golf Day at Prince's Golf Club, Sandwich Thursday 17th October

Join us for 18 holes of golf at the magnificent Prince's Golf Club. You'll be treated to coffee and a bacon roll at 8.30am, ahead of 18 holes of championship Links at one of the country's top clubs, followed by a two course meal and charity auction. The cost is £280 for a team of four or £70 per person.



## Martha's Music on the Farm Fields of Solley's Ice Cream, Ripple Sunday 30th June

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 entertained.

Bring a 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!



## Music4Martha The Square, Deal Sunday 4th August

Enjoy live music at The Square, Deal outside Dunkerley's, The King's Head and the Port Arms. Free to come along!



## Martha Trust Christmas Fayre The Guildhall, Sandwich Saturday 23rd November

Our Christmas Fayre is free entry. There'll be a huge array of seasonal treats, gift ideas, arts and crafts and Martha Trust goodies plus a chance to meet the man himself, Father Christmas.



To find out more or book tickets for any of our 2019 events please visit [www.marthatrust.org.uk/events](http://www.marthatrust.org.uk/events) or call 01304 610448

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

*"Thank You"*

to each and every one of you who have supported Martha over the past six months.

White Cliffs Christmas ICE-travaganza for opening specially for our guys to enjoy the festive fun of the ice rink – they had an amazing time



The teams from local branches of Barclays for volunteering at a number of our events and through their employee matched funding scheme donating £8,000!

Saracens Head for raising £374 through a quiz night

The local businesses who kindly display one of our collection pots – in 2018 we received donations of £1,000

All of you who made an 'In Memory' donation, in memory of a loved one. In 2018 we received £8,132.50 in 'In Memory' donations

National Grid for volunteering at our homes in Deal and for their generous grant of £18,000 towards the renovation of Martha House



Our Facebook and Twitter followers – we reached the milestone of 2,000 Facebook followers in January!



St George's Church for their continued support, from their dedicated band of volunteers, to hosting our annual community carol service



Tunbridge Wells branch of A Plan insurance who have committed to support Martha by donating £25 for every new car, home, van or landlord insurance taken out with them. £50 has been received to date

Vera for organising her amazing raffle at Mary House and raising £966!



Walmer and Kingsdown Golf Club and their 2017/18 Captain Steve Vickers for making Martha their Charity of the Year and raising £3,675!

The ladies from Seasonal Singers Group for their kind donation to Martha



Sainsbury's in Deal for kindly supplying the items for our Christingle Service

Ground Control Ltd for their £300 donation

The Loch Rannoch Highland Club, All Green Oven Clean and Town & Country Garden Service and to all the local businesses that have donated a prize for our Christmas raffle and to everyone who bought a ticket. Our raffle raised almost £3,000!

Tesco for their £4,000 donation made through their Tesco Bags of Help Grant Scheme which went towards the Martha House garden and pond appeal

Our regular donors who donated £10,000 between them in 2018

Hannah from Twinkle Hair – who brought a bit of sparkle to our residents' hair



# Martha's Music on the Farm



on Sunday 30th June  
from 12noon – 8pm in the  
fields of Solley's Ice Cream, Ripple

supported by



Join us for Martha's Music on the Farm – kindly hosted by Solley's Ice Cream, on their family farm 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 entertained.

Bring a picnic or enjoy food and drink from one of our on-site vendors and bars, as well as Solley's Ice Cream!



Tickets cost £30 for a family, £12 for an adult and £5 for a child, in advance, from Martha Trust on 01304 610448, or online at [www.marthatrust.org.uk/musiconthefarm](http://www.marthatrust.org.uk/musiconthefarm)

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!

Free parking for 150 vehicles available on-site

**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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