

# Martha NEWS



Spring 2020



Keep calm...  
and eat more cookies!



Fancy a challenge?



Relax at our music events



Thanks to all our supporters



In 2013, following a complete re-brand of Martha Trust two years earlier, we decided the time was right to take a fresh look at our organisation's mission and values. This was done in collaboration with various stakeholders, including members of our Employee Consultation Group, residents' families and the Board of Trustees.

That seems a long time ago now, but the values we developed still feel as appropriate now as they did then.

In this edition of the newsletter we explore our value of being supportive and encouraging. Whether we are talking about the accomplishments of one of our new residents, or a member of staff, I am proud that we have created a culture at Martha where we actively promote the development of new skills and support people to achieve their goals. In no environment is this more important than a home for people with profound and multiple learning disabilities.

It is this ethos which makes Martha such a special and sought after place to live and work.

George White  
CEO Martha Trust

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## 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 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!



## New beginnings

One of Martha's values is to be encouraging and supportive of each other. As part of that we pride ourselves on creating a culture of learning and development which benefits staff and ultimately the individuals we support.

It is important to us to identify untapped talent within our staff teams and to give people the confidence to realise their potential by applying for more senior positions within the organisation.

So when we identified a need at Mary House, our home at Hastings, for someone to lead on delivering therapy programmes for the residents and manual handling training to our staff, we looked no further than one of our existing team of Senior Support Workers, Lizzy.

Lizzy joined Martha Trust in August 2015 as a Support Worker. Less than two years later she was promoted to Senior Support Worker and has not looked back. She is now one of our most experienced, and qualified, carers.

Lizzy has always taken a keen interest in working with the physiotherapist and



taking the lead on working with the residents on their passive range of movement exercises and other therapies. Until recently she was doing this alongside her other responsibilities of being a Senior. But her role has recently changed to Therapy Lead. This involves Lizzy being the lead liaison with local health professionals providing Occupational Therapy, Physiotherapy and Speech and Language Therapy for the residents at Mary House. Lizzy also shares responsibility for overseeing hydrotherapy in our state-of-the-art

hydrotherapy pool. The benefits of this new role for the residents at Mary House are already clear to see.

Last year Lizzy completed a four day RoSPA (Royal Society for the Prevention of Accidents) Level 3 Award for Manual Handling Trainers qualification. Having reviewed the training materials to ensure they were compliant with the latest legislation, Lizzy now delivers regular training sessions alongside a colleague who trained with her.

Lizzy says "Since starting at Martha Trust I have developed personally and professionally. I have been supported and encouraged to do more. I



*have learnt new skills and grown as a person. Last year I carried out a manual handling qualification, and have just taken on a new therapy role which I am really enjoying."*

Alongside her work with therapies and training, Lizzy has also been given responsibility for formalising an existing social goal programme for each resident, which forms the foundation of the person-centred culture we promote at Martha. Social

goals are based on a resident's likes and dislikes and are focused on participation in the wider community on an individual basis. This can include anything from joining clubs, groups, societies & organisations to volunteering at a local animal charity.

So, Lizzy definitely has her hands full. But she is an example of someone who has shown real ambition to further her career at Martha and relishes new challenges within a supportive environment. She says "I have learnt so much since working at Martha Trust and am still learning. Working with the amazing residents each day makes all the hard work worthwhile."

# The Boys Are Back in Town

Having new residents move in to their new home at Martha is always exciting. Usually after many weeks or even months of preparation and transition visits, the day finally arrives when the staff are able to properly welcome them into their new community at Martha Trust.

It is unusual for us to have two young gentlemen move into one of our homes within one week of each other, but that is exactly what happened in October last year. And despite the obvious and usual challenges of getting to know their personality, health needs, likes and dislikes to keep them safe and happy, it has been an absolute delight for the team.

One of these gentlemen is called Joe. He is 19 years old and is such a character he quickly had the staff 'eating out of his hand'. His wicked sense of humour is already legendary.

But Joe didn't come to Martha alone. He brought his sidekick Elmo with him, who he takes great pleasure in throwing at unsuspecting staff – and he has a very good aim! At Christmas Elmo was joined by Cookie Monster, so that spells double trouble!

Joe is mainly non-verbal, though he does have a few words in his vocabulary



and understands much of what is being said. One of the stories that stands out from the staff who support Joe is when he was in the activity centre one chilly morning. A fellow resident came to join him, who was wrapped up nice and tight to keep her warm, and Joe's reaction was to chuckle to himself and shout "Ha Snowman!" Laughter filled the room, as it often does when Joe is around.

Joe loves to be occupied and have fun. He especially enjoys Mondays when he

spends a good half an hour playing fetch with Pickles our beautiful 'Pets as Therapy' dog. Cartoons are one of his favourites, including anything Sesame Street related and Despicable Me, but he also enjoys films like Avengers Endgame.

In the activity centre he gets up to all sorts. Eye gaze is a firm favourite and when he uses the Magic Carpet he is always looking on the floor for the spider who appears on the screen then disappears.

It is really important to keep Joe physically active. His regular sessions in the hydropool create lots of splashes and playing with a basketball in the water is a popular pastime. Just recently Joe has started using the physiotherapy walker, which we have decided should really be renamed the Roadrunner because he picks up some speed on it around Martha House. Our support worker Amber was surprised to find herself being chased down the corridor recently! It is safe to say that the staff have to have their wits about them.

As well as the range of activities Joe enjoys at home, he is very sociable and



like most of us enjoys going out. He regularly goes carriage-riding where he is always very vocal, and recently had a great time at the Deal Music Club. But he is just as happy visiting the donkeys next door to the home, going on a shopping trip or visiting one of the many local seaside towns.

Joe's mum Sam commented "Joe moved in to Martha in October 2019 and he is very, very happy there. He is very well taken care of with regard to his health and social needs. He has lots of interaction with the staff and he seems to spend his whole day laughing. He enjoys hydro two or three times a week. He interacts well with the Music Man. The Physiotherapists are extremely good with him having recently got him back into his walker for the first time in 6 months.

*"I am very happy with the overall service at Martha Trust and cannot praise the staff and facilities highly enough."*

There is never a dull moment when Joe is around and we are so pleased that he has settled in to Martha House and is really enjoying his life to the full. This is, after all, what Martha Trust is all about.

# Challenge yourself – have you got what it takes?

There are lots of great ways to get involved in 2020 including a series of exciting organised challenge events you can sign up to! Whether you choose to run, cycle, drive an old banger across Europe, brave a firewalk, or enter a team in the Big Quiz, you will be helping to transform the lives of people with profound disabilities.

## Monte Carlo Madness – join our adventure!



If you are looking for travel and adventure in 2020 then why not join us for our car challenge – Monte Carlo Madness.

Our intrepid teams will be setting off from Dover for Monte Carlo, on Saturday 19th September, for four days of fundraising mayhem! They'll drive over 800 miles in just three days and fly home on day four.

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 to help transform the lives of people with profound disabilities.

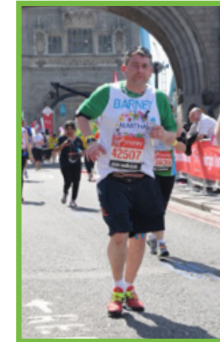
Find out more about joining the adventure at [www.marthatrust.org.uk/montecarломadness](http://www.marthatrust.org.uk/montecarломadness) call us on **01304 610448** or email [fundraising@marthatrust.org.uk](mailto:fundraising@marthatrust.org.uk)

## Virgin Money London Marathon

We have a number of places available for committed runners ready to fly the flag for Martha in the 2021 Virgin Money London Marathon. All runners will be asked to pledge to raise £1,500 to help us transform the lives of people with profound disabilities.

So what are you waiting for? Get your running shoes on! If you are interested in being considered to run on team Martha in 2021 Virgin Money London Marathon you will need to complete our application form.

To find out more visit [www.marthatrust.org.uk/VLM21](http://www.marthatrust.org.uk/VLM21) call **01304 610448** or email [fundraising@marthatrust.org.uk](mailto:fundraising@marthatrust.org.uk)



## KM Charity Events

We are excited to have been chosen as the KM Charity of the Year 2020 for the Deal and Dover area East Kent Mercury.



The KM have a series of charity challenge events you can sign up to and raise money for Martha Trust. And what's more, as their Charity of the Year our supporters will also receive a discount on all bookings by using the discount code of '**MTCOTY**' at the point of booking. Find out more, visit [www.marthatrust.org.uk/KM](http://www.marthatrust.org.uk/KM)



### KM Big Bike Ride

Choose from a gentle 50km route or a more challenging 100km course both heading out from Betteshanger Country Park, Deal on 26th April.

Entry fee £30 but Martha supporters will receive a £5 discount per participant – simply use the code '**MTCOTY**'.



### Colour Run

Takes place on 7th June at Betteshanger Country Park, Deal. The event is less about your 10-minute-mile and more about having fun. The KM Colour Run is a 5K, un-timed run in which participants are doused from head to toe in different colours at points throughout the run. The aim is start white and finish bright!

Adult entry costs £20 and under 16's £12. Martha supporters receive a £5 discount per participant – simply use the code '**MTCOTY**'.



### Ashford Big Quiz

Join us for the KM Big Quiz at Ashford International Hotel on 5th June 7-10.30pm – teams of eight.

Entry fee of £65 per team of eight but Martha supporters will receive £10 discount off this price – simply use the code '**MTCOTY**'.

A donation from the monies raised on the night will be presented to Martha



### Firewalk

Walk over Hot coals for Martha! The KM firewalk takes place on 30th October at The Holiday Inn Ashford North, from 7pm.

Entry costs £25 but Martha supporters will receive a £5 discount per participant – simply use the code '**MTCOTY**'.

# Diary dates 2020

We have a great line up of events throughout 2020, so why not join us?

## Martha Trust Golf Day in association with John Shepherd Walmer and Kingsdown Golf Club Friday 17th 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 4 (£140 members) or £45 per person (£35 members).



## Music4Martha The Square, Deal Sunday 9th August

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



## Music4Martha Sandwich within Sandwich Festival Saturday 29th August

Enjoy live music at The Guildhall Square, Sandwich. 11am – 5pm  
Free to come along.



## Martha Trust Golf Day at Prince's Prince's Golf Club, Sandwich Thursday 15th 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 price is £320 for a team of 4 or £80 per person.



## Martha's Music on the Farm Fields of Solley's Ice Cream Parlour, Ripple Sunday 28th 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!



## Monte Carlo Madness Dover – Monte Carlo Saturday 19th – Tuesday 22nd September



## Martha Trust Christmas Fayre The Guildhall, Sandwich Saturday 28th November

We're holding our Christmas Fayre at the magnificent Guildhall in Sandwich on Saturday 28th November.

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. Free entry



To find out more or book tickets for any of our 2020 events please visit [www.marthatrust.org.uk/events](http://www.marthatrust.org.uk/events) or call 01304 610448

# Our amazing supporters

The support for Martha from the local community and businesses is amazing! We'd like to say a HUGE

*"Thank You"* to everyone

who has supported Martha over the past year. Here's just a small taster of some of the recent activity...

Hastings Old Town  
Carnival Association  
chose Martha as one of  
their beneficiaries giving  
a £200 donation



Barratt David Wilson  
Homes generously  
donated £1,000

The Railway Swing Band  
hosted a Christmas  
Charity Concert.  
Martha was extremely  
honoured to be made  
one of the beneficiaries  
and received £441



Bredenstone Lodge  
donated £1,200 to Martha

Our Christmas raffle  
raised £2,345! Thank  
you to everyone who  
bought a raffle ticket,  
with special thanks  
to The Loch Rannoch  
Highland Club, All  
Green Oven Clean, Town  
and Country Garden  
Services and all the local  
businesses who donated  
a prize

£1,050 was raised  
by the customers  
of John Lewis,  
Ashford through  
their Community  
Matters token  
scheme.



Hardman's Solicitors have chosen Martha as their Charity  
of the Year for 2020! We are excited to have their support  
in the coming year



The Rotary Club of  
St Leonard's kindly  
donated £200

Our residents were invited along to Whitstable Rotary's Christmas Disco where they had a great time and even received a gift from Father Christmas



Roy Smith from Horizons  
Minibus Hire has generously  
supported Martha for three  
years – donating the use of his  
minibus to support our  
Music on the Farm and  
German Music night events



John and Anne Huggins  
hosted a fly in, at the  
grounds of their home in  
Alkham Valley. The day  
raised £1,200!



We are extremely  
honoured to have  
been made 'KM  
Charity of the  
Year 2020' by the  
Editor of the East  
Kent Mercury

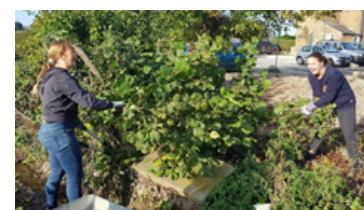


Drink Outside  
the Box have  
made Martha  
their official  
Charity and will  
be donating 5%  
of their sales

The teams from  
Barclays have been  
busy supporting  
our events in 2019  
– volunteering  
and raising  
£9,605 through  
their employee  
matched funding  
scheme!



A team from Civica  
gave up a day to  
come and volunteer  
to help with some  
gardening at our  
Deal Homes



£390 donated by Holy  
Trinity Church

Our collection pots sited  
at local businesses have  
raised £1,690 in 2019!

# Help us to make a difference in 2020



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