

Martha NEWS



Spring 2022



Something's cooking



Help mark our anniversary



Our amazing supporters



I was delighted to take over from George as CEO of Martha Trust in November of last year, albeit during these continuing strange and challenging times of Covid. To keep everyone at Martha safe our teams have all worked tirelessly and made many personal sacrifices. My gratitude to you is endless.

Due to everyone's efforts we ended 2021 in a positive position and are excited by the plans we have for 2022. As always those plans focus on providing the very best opportunities for both the individuals who live at Martha and those of you who work here, without whom we could not deliver the level of support that we aspire to.

Julie Gayler
CEO Martha Trust

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!

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Help us mark our 35th Anniversary

Thank you for your continued support and generosity over the past 35 years, it is because of you that we are where we are today.

With the numbers of people with profound disabilities on the increase, the demand for our services continues to grow. So help us to continue to transform lives and get involved to mark our 35th Anniversary.

There are many ways for you to show your support from fundraising to helping us raise awareness of people with profound disabilities and the challenges they face each and every day. For ideas on how you can get involved check out our 'How to support Martha@35' online at www.marthatrust.org.uk/@35

Pledge your birthday or special celebration in 2022 to Martha



We would like to celebrate our first birthday fundraiser of 2022!

A HUGE Thank you to Erika

Erika decided to run her birthday party with a difference this year, and from those that wanted to bring a gift she requested a donation and pledged to give over 50% of the donations to Martha Trust. She raised an amazing £180. In recognition of her selfless act, her parents kindly match-funded this to an incredible £360!

If you feel inspired by Erika and would like to pledge your birthday or special occasion to Martha to celebrate our 35th Anniversary then we'd love to hear from you.



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 a Just Giving page 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!
Get in touch E fundraising@marthatrust.org.uk T 01304 610448

Making Life Fun! Our activities programme

At Martha we pride ourselves on offering much more than the basic level of care.

We offer a comprehensive activities programme enabling our residents to enjoy a fulfilling life, despite their disabilities. It is important to us that we offer a wide range of internal and external activities, so our residents have choice. Everything we offer is specifically tailored to their needs. The positive effects on their health and wellbeing are endless. They smile more, are more relaxed, and it helps them develop confidence and social abilities.

Our activity teams are at the heart of this and offer a daily programme of activities across our homes which take place on site and include arts and crafts, singing, music, team games, sensory cooking and gardening.



Our residents especially love the tactile nature of the art sessions and they have been known to get rather messy!

The works of art get shared with their loved ones and across Martha, with our walls and noticeboards adorned with their paintings and creations. These activities were even more important during the pandemic when our guys and girls were unable to go out and about and enjoy the external activities they love.



Throughout the year we host themed days at home, which involve making decorations, dressing up, parties, themed food and entertainment. We are not sure who enjoys these days more, our residents or the teams at Martha!

Some of our most recent party days have included a 'Grease lightening' day at our homes in Deal and a 'Disney day' at Mary House, our home in Hastings. The work and effort that goes into making these days such fun never ceases to amaze us. Some of the outfits, we think you will agree, were incredible.

Our activities programme also helps the individuals who live at Martha to try new things, learn new skills, and take part in sports and activities they may not previously have had access to. The external activities we offer enable our residents to get out and about into the local community to enjoy new and exhilarating experiences. From carriage riding, sailing, theatre and even boat trips on the Wetwheels experience, there is something for everyone.

Day trips to local attractions are always popular too, and we are especially lucky that our homes are based in coastal towns, providing the simple pleasures of a stroll along the promenade, an ice cream on the pier and fish and chips by the sea. As the Covid restrictions have lifted we have cautiously reintroduced outdoor day trips, much to the delight of our residents.

With 2022 marking our 35th anniversary our activity teams have lots of exciting things planned to celebrate this landmark year with our residents, their families and staff at Martha.



A double helping of brilliance in the kitchens

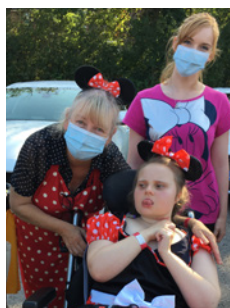
Juliette and Adele head up our amazing kitchen teams at Martha. They are passionate about their roles and the importance that well-balanced, nutritious home-cooked food has to play on our residents' health through their diet. Their love of food and understanding of nutrition for our client group shines through in their menus. All our kitchens have a 5 star food hygiene rating which the teams work incredibly hard to maintain.

The kitchen teams are a friendly bunch, approachable, happy to listen and they always welcome ideas to improve the menu choices. They encourage the care teams, residents and their families to put forward new recipes and ideas to add to the menu board.



Adele has recently stepped up to managing the kitchen teams at our Deal homes. She has brought lots of new ideas with her and has introduced ingredients with

proven health benefits into everyday cooking. The team now incorporate coconut oil and/or turmeric in a meal most days because of their proven health benefits. "I'm only talking of a small amount but hope that in time, this will help reduce seizures, lower blood pressure and ease joint pain even if by only a fraction, at least we are heading in the right direction. We have introduced new recipes including pork 'n' prunes, honey, dates, chickpea puree to mention just a few."



Juliette has been managing the kitchen at Mary House in Hastings for seven years. When asked what she likes most about working at Martha, she said "you can feel the

love when you walk through the door." She also values the feedback she receives from family members, one of whom sent her a card recently addressed to the "Chef Extraordinaire", thanking her for the time she had spent developing meals for their son to enjoy.

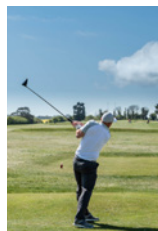
Juliette feels a great sense of responsibility and, like Adele, has to understand the individual Speech and Language Therapy guidelines for each resident in terms of food textures, along with knowing about their allergies and, most importantly, what their favourite foods are!

Both kitchen teams work closely with their respective Activities Co-ordinators to tweak the menu to coincide with the many theme days they organise throughout the year. The celebrations to mark the Chinese New Year included Hoisin and Ginger Chicken and noodles with Prawn crackers, which got the thumbs up. And to mark Valentine's day all the residents had special personalised edible decorated plates. The Caribbean Day saw a menu of curry, jerk chicken, plantain and rice and peas. It's no wonder everyone at Martha looks forward to theme days!

We can't wait to see what Adele and Juliette have planned in the months to come. Everyone at Martha has a key role to play in delivering the very best level of support for our residents and as a team we are constantly striving to do more.



Diary Dates 2022



Martha Trust Golf Day **Walmer and Kingsdown golf club** **Friday 22nd April**

The course is set high up on the famous White Cliffs of Dover with magnificent sea views where you'll be sure to enjoy a great day's golf for a really good cause.

£180 for a team of 4 (£140 members) or
£45 per person (£35 members).



KM Big Bike Ride **Betteshanger Country Park, Deal** **Sunday 24th April**

The KM Charity Team's Big Bike Ride offers a choice of either a 100 KM or 50 KM Ride both starting and finishing at Betteshanger Country Park, Deal. Both routes are an excellent warm up to a summer of cycling!
Costs £30 per rider.

BUNGEE **ON THE BEACH**

Bungee on the Beach **The Stade, Hastings Old Town** **Saturday 7th May**

Taking place on Saturday 7th May at the Stade Open Space in Hastings Old Town, the 160 foot bungee will be an event to remember, and with the iconic backdrop of the fishing net huts and the East Hill cliffs, the photos will be epic! Event hosted by St Michael's Hospice in association with Hastings Round Table.

Registration fee £25 plus we ask you to pledge to raise £250 in sponsorship.



Martha's Music on the Farm **In the fields of Solley's ice cream parlour, Ripple** **Sunday 26th June 12-8pm**

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 Deal **The Square, Deal** **Sunday 7th August 12-6pm**

Come along and enjoy live music at The Square, Deal outside Dunkerley's, The King's Head and the Port Arms. Free event.

Music4Martha Broome Park **Broome Park** **Sunday 14th August 12-6pm**

Come along and enjoy live music at Broome Park, Barham. Free event.



Monte Carlo Madness **Dover to Monte Carlo** **17th – 20th September**

On 17th September 2022, our intrepid teams will be leaving Dover for Monte Carlo in our 2022 car challenge – Monte Carlo Madness!

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.



TCS London Marathon **2nd October**

We have five places available for committed runners ready to fly the flag for Martha in the 2022 TCS London Marathon. All runners will be asked to pledge to raise £1,500 to help us transform the lives of people with profound disabilities.



Prince's Golf Day **Prince's Golf Club, Sandwich** **Thursday 13th October**

Join us for 18 holes of golf at the magnificent Prince's Golf Club in Sandwich on Thursday 13th October.

£380 for a team of 4 or £85 per person. There is a members' discount available.



Christmas Fayre **The Guildhall, Sandwich** **Saturday 26th November**

Browse the stalls, enjoy a cup of coffee and some homemade cake and sing along to your favourite Christmas Carols as we get you in

the mood for Christmas.

Stalls cost £15 for a standard and £25 for a corner (L shaped) stall.

Find out more or book online at www.marthatrust.org.uk/events or call 01304 610448.

We'd like to say Thank you!

A HUGE thank you to all of you who have supported Martha during the past six months. We simply couldn't do what we do without you! With a special thank you to:

All the Trusts and Foundations who supported our adapted vehicle appeal in 2021. We were excited to receive delivery of a new adapted vehicle for our residents at Mary House in January



CH Recruitment Staffing Solutions Ltd for becoming our main events sponsor for our anniversary year



The fabulous team at Hardmans Solicitors for choosing Martha as their Charity of choice and raising an incredible £2743.08 throughout 2020 & 2021!



The friends and tenants of Discovery Park who undertook a Marathon4Martha, and to their supporters including Pfizer community grant team for their donation of £1500. They raised thousands towards our 'Communications for All' appeal to purchase new portable eyegaze units



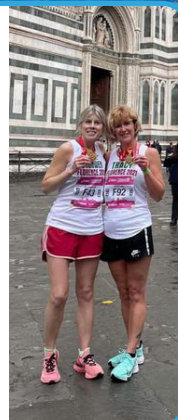
Dubwrecks Group for their Christmas Convoy through Hastings which raised £175



Our friends at Archers Low Nursery for donating a Christmas tree for our homes in Deal and to MDC Diamond Removals for delivering the tree to us

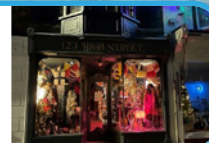


Team Martha heroes, Bronwen and Tracy, for completing the Florence Marathon in November, what an incredible achievement. This marathon was the start of Bronwen's epic challenge of four marathons and an ultra for Martha!



Co-op Funeralcare in Deal and their customers for the very generous donations of gifts at Christmas - they were truly appreciated

123 High Street in Deal who raised £220 through their Christmas raffle



White Cliffs Symphonic Winds for their generous donation of £750 following their concert at St Mary's Church

Felderland Farm PYO for choosing to support Martha through their scarecrow trail and for raising over £240 - we are incredibly grateful for your support!



Bigjigs Toys Ltd for their incredible donation of toys and to our volunteer Pat Wilson who collected them for us. To date our charity sales have generated £667.50



The wonderful pupils and staff at Kent College Canterbury for such a great Variety Performance in aid of Martha and raising £870!



The Captain of Royal St George's Golf Club permit holders, Barry Mills, for raising £1,000 for Martha!



Broome Park Hotel have chosen Martha as their charity partner for 2022. They kick started their fundraising with a Christmas Fayre which raised over £335!



One of our amazing nurses, Heike Guilford, who took on an epic fundraising challenge 'Heike's Dover To Germany 481 miles Virtual Challenge'



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