

Martha NEWS



Spring 2023



New trial bubbles away at Martha...

Hannah is already a great fan!



What's on in 2023



Join our Barcelona adventure!



Thank you all!



There has been much to celebrate since the autumn issue of Martha News, not least the change in government Covid guidelines, which has enabled our care staff to

remove their face masks for the first time in three years.

Enduring recent hot summers wearing PPE was almost unbearable at times, and communicating with residents who rely heavily on facial expressions was challenging to say the least. My admiration for our staff over the past three years is immeasurable, and I sincerely thank them for their passion and commitment to keeping those individuals who live at Martha and their colleagues safe.

The positive impact of this change to working practice cannot be underestimated, for our residents, their families and for staff. The relief and joy was palpable, with the mood in all three homes instantly lifting and some residents finding it amusing to see the faces of the team!

One of Martha's strengths has always been its drive to be innovative. We saw

this throughout the Pandemic, with teams across the organisation striving to deliver the highest standard of care in ways that needed to be very different to what had gone before.

As we look forward to 2023, this drive continues, but with a different focus and challenges. The cost of living crisis and funding shortfalls require a creative approach to cost management, fee negotiations and fundraising. However, we have proven that we have the skills within the organisation to reinvent and evolve our strategies in these areas. As always, your generous support will be invaluable.

There has been a theme running through Martha News over the past few years about our embracement of new technology to open up communication and recreational opportunities for those who live at Martha. The AIR with Flavour® product featured in this issue is the latest example of innovation, which is already transforming a vital aspect of everyday life for some of our residents.

Although we continue to exist in uncertain times, I look forward to the coming months and the positive changes we will continue to make to provide the most meaningful lives for the people we support and their families.

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!

Follow us

on Facebook, Twitter
and Instagram



Become a regular supporter

Regular donations are a vital source of income to 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.

You can find out more about becoming a regular donor by visiting www.marthatrust.org.uk/regulardonor calling 01304 610448 or emailing fundraising@marthatrust.org.uk and start your monthly donation today.

Lotto

Buying a ticket to the Dover District Lotto is a great way to support Martha Trust, and you could be in with a chance of winning £25,000!



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.

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.

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

You don't have to be local to play. To find out more or sign up today visit www.marthatrust.org.uk/lotto or if you aren't online you can call the dedicated Dover District Lotto number to play on **01304 776123** 9am-5.30pm weekdays. Don't forget to mention you want to support Martha Trust.

Contact Martha Trust

Julie Gayler
CEO
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 Trust, Kent
Frances House and Martha House
Homemead Lane
Hacklinge
Deal
Kent
CT14 0PG

Martha Trust, East Sussex
Mary House
490 The Ridge
Hastings
East Sussex
TN34 2RY

New trial brings back the joy of taste

Many of our residents here at Martha have issues with their swallowing, so are reliant on a PEG tube to take food, fluids and medicine. For them the transition can be hard and many miss the sensations and joy of eating, tasting and drinking orally.

At Martha we are always looking for new and innovative ways to enable our residents to live as normal a life as possible. And that is why we are extremely excited to be the first care home in the UK to trial a new product – AIR with Flavour® – developed by Biozoon.



AIR with Flavour® gives people who are unable to eat and drink in the usual way the ability to taste again without the need to swallow. Air with Flavour® is simple to use, the sachet is mixed with your chosen flavoured liquid and aerated with micro air bubbles to create a lightweight airy foam. This can be spooned into the resident's mouth providing

a moment of intense pleasure. The special foam instantly disappears leaving no liquid or solids in the mouth and no need to swallow.

Trials have started with our residents at our Deal homes and it has gone down a storm! Not only will it provide the ability to taste their favourite food and drink, it will also enable us to bring another dimension to activities like sensory cooking.

Natalie, our Activities Co-ordinator at Deal, shares her experience working with one of the first residents to try the new flavoured bubbles.

"When Hannah had her initial session with AIR with Flavour® it was with me and the Speech and Language Therapist Anna. Hannah was so excited to be trying out the flavoured bubbles, giving her the opportunity to be able to explore taste again. Hannah was very willing and enjoyed every mouthful of mint hot chocolate foam. The session



was so emotional Hannah had tears of joy in her eyes and when I looked across so did Anna! At the end of the session we asked Hannah if she enjoyed her session. Hannah gave us the biggest smile and shouted "I LOVE MY BUBBLES!" Hannah then told everyone she passed that day that she loves her bubbles. We have since been out to purchase different flavours of hot chocolate, as this is proving to be a favourite for Hannah.

Hannah has always declined any sort of sensory cooking as it would make her sad making things and not being able to eat them, however Hannah joined in her first sensory cooking session last week where

the residents were making pineapple upside down cake. Hannah joined in with this session and made an individual cake. When it came to the tasting session at the end, we turned the pineapple juice from the tin of pineapples into foam for Hannah so she could join in on the tasting experience. Hannah was thrilled. She had big smiles and just before leaving the session to go back to the main house, Hannah said "Thank you so much I loved it!!!" Hannah seems to have a new lease of life with her foam and feels much more included. Her spirits have definitely been lifted, all thanks to the trial we have at Martha."



Join our adventure!

On 16th September, our intrepid teams will be setting off from Dover for Barcelona in our 2023 car challenge – Bonkers in Barcelona!

All the usual rules apply, you'll need a car, which we ask that you try to source for less than £500 (although any cars are welcome), with tax, insurance, MOT and that is eligible for a Crit'Air sticker. 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.



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** or apply online at **www.marthatrust.org.uk/bonkersinbarcelona**

WHAT'S ON AT MARTHA 2023



Martha Trust Golf day Walmer and Kingsdown Golf Club Friday 21st 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. £220 for a team of four (£140 members) or £55 per person (£35 members)



Martha's Music on the Farm In the fields of Solley's ice cream parlour, Ripple Sunday 25th 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 £35 for a Family ticket (2 adults, up to 3 children under 16), £14 for an adult and £6 for a child.



Music4Martha Deal The Square, Deal Sunday 6th August 12-6.30pm

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



Music4Martha Sandwich Guildhall Square, Sandwich Saturday 26th August 12-6.30pm

Come along and enjoy live music in Guildhall Square in Sandwich from 12-6.30pm on Saturday 26th August. Free event.



Bonkers in Barcelona Dover to Barcelona 16th – 19th September

On 16th September 2023, our intrepid teams will be setting off from Dover for Barcelona in our 2023 car challenge – Bonkers in Barcelona!

All the usual rules apply, you'll need a car, which we ask that you try and source for less than £500 (although any cars are welcome), with tax, insurance, MOT and that is eligible for a Crit'Air sticker. 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.



Prince's Golf Day Prince's Golf Club, Sandwich Tuesday 17th October

Join us for 18 holes of golf at the magnificent Prince's Golf Club in Sandwich on Tuesday 17th October. £440 for a team of four or £110 per person. There is a member's discount available.



Christmas Fayre The Guildhall, Sandwich Saturday 25th 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 £20 for a standard and £25 for a corner (L shaped) stall.

**FIND OUT MORE OR BOOK ONLINE
WWW.MARTHATRUST.ORG.UK/EVENTS
OR CALL 01304 610448**

The arrival of Angela second time around!

The three homes of Martha Trust are separated by 60 miles, two based at Deal in Kent and one at Hastings in East Sussex. Whilst the Senior Management Team and Head Office functions operate across the whole organisation, it is more challenging for the clinical and operations teams to deliver services in a consistent way.

In true Martha fashion, we knew we needed a solution. And a large part of that has been made easier by the arrival in January 2021 of Angela, a Registered Nurse Learning Disabilities (RNLD), originally from Ireland.



Angela qualified in September 1997 from the University of Hertfordshire. Since then her career has focused on a range of roles,

mainly focused on supporting people with learning disabilities, dementia and challenging behaviour and even a spell of five years working in forensic nursing.

It feels as though her position at Martha was just meant to be, having previously come for an interview shortly after qualifying, but deciding the time was not right. As it happened one of her old colleagues later became a well-established member of the nurse team at our Deal site, and repeatedly urged her to apply again as Martha was such a lovely organisation to work for. And thankfully she listened!

Angela says, "The first shift I worked I knew I had made the right decision. I found everyone to be warm, creating a

family atmosphere. It was clear to me that Martha were proactive and everything was about the residents."

Angela is passionate about supporting people with profound and multiple learning disabilities (PMLD) and was instantly impressed that "The service



is never stagnant, but always moving forward, with a leadership team who are not afraid of change." She often talks about how supportive the organisation is, with staff encouraged to be innovative in their approach and to develop their skills.

Having joined the organisation as a RNLD, Angela has recently taken on the new role of Senior Nurse. Among a long list of other responsibilities, she will provide clinical-

based support and quality assurance monitoring to the management and nurse teams on both sites. This will bring the consistency we are looking for to the delivery of Martha's care services.

Alongside these responsibilities, Angela will also be reinforcing Martha Trust values by encouraging and developing colleagues through the creation of a nurturing, learning culture, something she is clearly passionate about.

When asked about her priorities in her new role Angela says, "I want to support and empower the nurse teams to build on the solid foundations already there. I am excited by the positive changes we can make as one Martha team. New initiatives like the AIR with Flavour® product are complete game changers for our residents". She continues, "I became a Learning Disabilities nurse to make a difference to people's lives, and the culture of progression at Martha allows me to fulfil that ambition."

Give in Memory

Martha has seen a growth in 'in memory' donations in recent years. Making a donation in memory of a loved one is a positive way of commemorating a life. There are three simple ways you can donate to Martha in this way.

- Make a gift in memory – give an online donation at www.marthatrust.org.uk/donate or send a cheque.
- Hold a funeral collection – collecting donations at a funeral or a remembrance service is a simple way for family and friends to join you in making a gift in memory of a loved one. Most funeral directors are happy to help with collections and will make sure all donations are passed on to Martha Trust.

- Set up an online in memory page – an in memory page is a great way for friends and family to celebrate and remember someone special. You can do many things with an in memory page, including posting stories, sharing pictures and memories, make a donation or use the page for events. An in memory page also shows the total raised in your loved one's name, so that everyone can see what they have achieved.

It's quick and easy to create an in memory page by using sites like **Memory Giving** and **Just Giving**. They provide a simple, sensitive way to remember a loved one and take you through a simple step-by-step process to create your page.

If you'd like help or advice on in memory giving then please call us on **01304 610448** or email fundraising@marthatrust.org.uk

A HUGE Thank you to each and every one of you for your ongoing support and helping us to transform the lives of our residents with profound disabilities

The Railway Swing Band for raising £450 through their Christmas concert at St George's Church in Deal

Tesco Community fund for their £1,000 grant for our Allotments at Home appeal

The Port of Dover Community Fund for their generous donation of £5,000 towards activities at our Deal homes



To Co-op Funeralcare and all the wonderful community who donated gifts and chocolates this Christmas

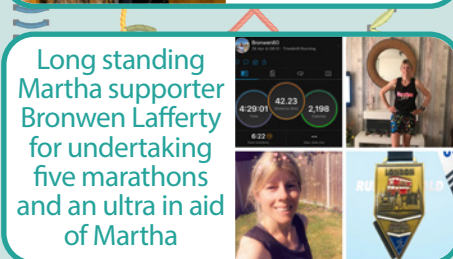


To all the businesses and wonderful community at St Margaret's at Cliffe for choosing to support Martha through their Christmas Lights turn on and raffle, raising an incredible £625!

Deal Poets Society who raised £650 through sales of their second book 'Times & Times'



Deb Forsyth of Midlife Movers for hosting Midlife Movers Charity Disco raising an incredible £3,600 with the support of Barclays

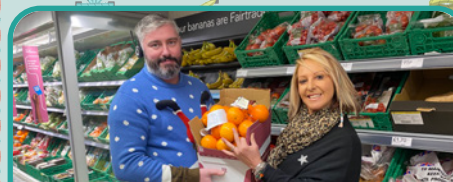


Long standing Martha supporter Bronwen Lafferty for undertaking five marathons and an ultra in aid of Martha



The wonderful teams from Kreston Reeves and Saga, who came to help with jobs in our gardens at Deal

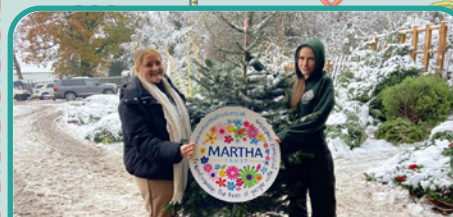
To our wonderful fundraiser Pat Wilson, who has raised nearly £2,000 in the run up to Christmas from the sales of her Deal Town Jigsaws



To the brilliant team at the Mill Hill Co-op in Deal for supplying the items for the Christingle service at our homes



To Vera and her amazing team for raising £918 from her Christmas Raffle



Littledown Christmas Tree Farm, Archers Low Nursery and Youngs Nurseries for their wonderful donations of Christmas trees for our residents



To the fabulous team at Ardo UK for all the wonderful food donations

To our incredible supporters who donate regularly to Martha; you raised £10,563 for Martha in 2022!

Councillor Trevor Bond and Councillor Derek Murphy, who generously awarded Martha Trust a grant through the Kent County Council Combined Members Grant Scheme to purchase four Person Centered Software devices and a charger



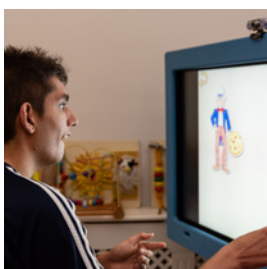
White Cliffs Symphonic Winds for raising £750

To everyone who supported our Christmas raffle, either buying a ticket or donating a prize. Special thanks to NWR Ltd, Postage Supermarket and Town & Country Garden Services who donated our top prizes. The raffle raised over £2,000!

Rye Artisan Golf Club who raised £330



Help us to transform lives in 2023



Martha Trust, Homestead Lane, Hacklinge, Deal, Kent CT14 0PG
T 01304 610448 F 01304 615462 E fundraising@marthatrust.org.uk W www.marthatrust.org.uk

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