



## **HAPPY 6<sup>TH</sup> BIRTHDAY TO US !!!!**

And now as we venture into our seventh year we are getting so much recognition of what we do from The Health Service Providers that referrals are coming in at a rate of knots!!

Since the beginning of 2016, as I write this newsletter, we have received 176 referrals. When we started in 2010 we received 9, to 255 in 2015, so we anticipate it being at least 100% up on that figure this year. Rita has £15,000 committed already for client-patients in various stages of treatments, that's over 200 client-patients receiving therapies.

## **DONATIONS:-**

We would like to thank the following people who have very kindly made donations to us:-

The Lions Club, at Dartford very kindly donated a massive £1,000. That means 10 more people can receive treatments. Rita and I were presented with the cheque at a Dartford Living Event, at The Fairfield Leisure Centre, and we were fed very well by "A Question of Thyme" !!!

Our amazing Jeff Payne and his colleague Matt Swift braved the elements again this year by doing a 3rd Big Bike Ride, a whopping £527.84 was raised. 70% comes to Harmony and 30% to The KM Charity Team. Thank you both so very much. The weather wasn't very kind again this year, but they bravely soldiered on.

Jeff is also taking part in a Darts Tournament in Gravesend this weekend, "The Steve Townson Memorial Shield" competition to raise funds for us. Good luck to everyone and a huge thank you for supporting the Trust. At least they won't have to worry about the weather !

### **OTHER NEWS:-**

The "Finger Free Reflexology" course, hosted by the renowned David Wayte was very well supported. A huge bonus for our lovely therapists who tirelessly work their magic, but unfortunately could suffer from RSI. As most of you are aware we have set up a training school to allow therapists, not just Harmony therapists, to have access to affordable courses. So we try and hold various workshops throughout the year. This helps them maintain their CPD points and increase their knowledge.

We have been "out and about" at various places throughout April, "carrying the message" and continue to receive requests to go along and give a presentation. If you feel a group near you would like to hear about The Harmony Therapy Trust, do please contact me at [thtt2010@gmail.com](mailto:thtt2010@gmail.com).

Unfortunately, we have had to put our "little black frocks" back in the wardrobe. As you are aware we entered the KEIBA 2016 awards, but didn't make it to the finals. But we are so proud of being down to the last 7 out of 37 businesses who entered. Another first for The Trust. We will return !!!! Congratulations to all the finalists.

### **REMINDERS:-**

This Friday - 27th May - "Let's Dance Latino" A fun night of Salsa, Merengue & La Rueda - To book your place please contact Matthew 07544 542097, or Marilyn 07797 755503.

Saturday 4th June - "An Evening with Rhiannon Rae" The Golden Girl with the Golden Voice. At The Avenue Theatre, Sittingbourne. Places still available. To book your ticket contact the box office 01795 471140 or Book online [www.avenuetheatre.co.uk](http://www.avenuetheatre.co.uk). A great evening to suit all tastes in music.

### **DATE FOR YOUR DIARY:-**

Sunday 19th June

Our annual High Tea - this year we will be celebrating the Queen's 90th Birthday. it will be held at 33 Victoria Street, Sheerness, ME12 1YA. The cost of this will be £5.00. To book your tickets please contact [thtt2010@gmail.com](mailto:thtt2010@gmail.com).

And finally .....

It is wonderful to feel we have been involved with something so useful to people after they are diagnosed with their chronic life-altering illnesses, but it is scary as well as we need to increase the rate of funding. We have our highs and our lows, when we look at the referrals, especially the latter when we are now receiving so many referrals from hospices, and some are so young with families. But we feel very humbled and inspired to "carry the message" when we receive such positive feedback.

It makes us count our blessings .....