



Well the silly season is certainly living up to it's name - Lots going on for The Trust in August!!!!

We have been in collaboration with Folkestone College over many months. Our amazing Trustee therapist Gillian Smissen, who not only runs her own Hairdressing business in Dover, and organises so many events for us, works closely with the pupils and staff of the College. Each month carers and patients are offered pampering sessions under Gillian's watchful eye. The Tutors are also involved to maintain their CPD points. The students are encouraged to talk and listen to clients and develop more understanding of life-altering illnesses. They also learn about the different treatments available.

A huge, huge thank you to the staff and pupils of The Oasis Isle of Sheppey Academy who raised a massive £678.33 by holding various events throughout the year. So much hard work was put in to organising this - A special thank you to our lovely Events co-ordinator Lyn Baseley, who worked tirelessly with the pupils to make this event such a success, and to Sam Morphey and Aaron Slight, Family Leader and Deputy, of Brabazon Family Unit.

The Trust also collaborates with The Academy and supports the Sport Presentations. This is the 3rd year we have supported this, with The Trust presenting "The Harmony Cup" to the worthy winners of The Isle of Sheppey's Primary School who have been competing in sport's events at the Academy. The winner this year was Minster Primary School, and in the photo you will see Dawn and Rita presenting the cup to Josh Mitchell. Well done to everyone who took part. I have attended the Sports' Awards and I am totally "blown" away with the sporting standard of the pupils who work so hard - Maybe our next Olympians !!!!

The weather this year was almost too kind to us when we attended the Whitstable Regatta, held at Tankerton Slopes, hosted by The Whitstable & Herne Bay Lions Club. A very hot day found us all nearly "melting", but we raised £120.00, which will help another person on their "journey". A lot of useful contacts were made. Thank you to the following people who worked tirelessly over the two days - Alyson Luff, our lovely therapist from Gillingham, Kathy & Paul Horn, from Panache Wigs, Paul was a

superstar, he could sell ice-cream to Eskimos!!!, Claire Fosbeary, from Asda, Lyn Basely, Rita's daughter, Alex Couzins, and grandchildren Joel Couzins, Jasmine Couzins and little Ronnie. Also Natalie Owen-Davey who was tall enough to put up the gazebo.

The lovely ladies from "The Poppy Patchers Quilting Group" supported us again this year, by hosting their annual event "Quilts in the Garden". The craftsmanship in making the beautiful things is second to none. They made an amazing Quilt to raffle - incorporating most of the "cancer ribbons". I will let you know in September's newsletter how much was raised.

Another event was held by Karen Moore. She held a tea in her Garden. She received an amazing amount of support and raised a staggering £300 plus Gift Aid.

More thank you's for more wonderful amounts of money raised/donated:-

Waitrose, Ramsgate £293, Asda Sittingbourne, £200, Asda, Broadstairs, £200, East Kent College (Folkestone Campus), £230, St Edmunds School, (The junior tuck shop) Canterbury, £100, Mrs Amos, a very grateful client-patient, £20, and a further £55 in memory of our lovely therapist, Jo Taylor's mum, who sadly passed away from Cancer recently.

Rita has been very busy contacting the various Swale Borough councillors to get her hands on some of their money, the following were all so very generous:-

Councillors - June Garrad £150, Cameron Beart £250, Mick Galvin £300, Tina Booth £200, Derek Conway £200, Angela Harris £300, Sue Gent £100, Ted Wilcox £100, Lesley Ingham £100, Katy Coleman £200 and Ben Stokes £100.

So many more people across Kent can be helped into "wellness & wellbeing" because of the generosity of so many. We are now receiving on average two new referrals every day.

DATES FOR YOUR DIARY

Saturday 27th August

EMU's Family Fun Day. 10 am - 4 pm. Isle of Sheppey Sports & Social Club, Holm Place, Queenbrough, ME12 3DB. Entry - Adult £1 Child 50p
Fun fair, Bouncy Castle, Side Stalls, Photos with E.M.U etc. A great family day out.

Sunday 28th August

Harmony Tea in Dawn's Garden. 26 Bellevue Road, Minster, ME12 2RH.
1 pm - 4pm - Weather permitting - alternative date 6th September.
Lucky dip and book sale.
Tickets £3.00 - please contact Dawn at Dawn.thtt@outlook.com

Some of the nurses from The Charles Dicken's Oncology Unit are holding a Quiz night at Allington Village Hall, on Saturday 17th September, at 7.30 pm, to raise funds for The Trust and Hayley's Heroes. Tables of 4, £5.00 per person, and bring your own picnic. Please help us to support this worthwhile event. If you would like to attend please contact me and I will pass your details on.

Something which may be of interest to you to help you relax. Our lovely therapists Debra & Gaylia, of Kent Hypnotherapy, Wainscott are offering Relaxation Workshops on Thursdays and Sundays in September. They are not charging for this but have

asked for donations with a proportion of the amount raised coming to the Trust. If you are interested in attending one of these workshops please contact Kent Hypnotherapy on 01634 713054, or email kent.hypnotherapy@gmail.com.

We now have dates for the long-awaited "Soul Midwives" workshop. There are two dates available 15th and 16th October. It is being held in Hayley's Room, at Maidstone Hospital. This will be a one day workshop. As we are now receiving more and more referrals from Hospices, we feel this is needed more than ever. If you think, a Midwife brings you into the world but a Soul Midwife can help with the final journey. We value our therapists very highly and feel it can help support them when they have a client-patient who are at the "End of Life". If you would like to know more about the workshop please contact me on thtt2010@gmail.com or go to our website www.theharmonytherapytrust.org.uk

And finally Get out your Ball Gowns and Tuxedos ! The Trust will be hosting one of the biggest events to date. Our pink & green Christmas Ball on Saturday 3rd December, 7pm to 12am at Bluebirds, Snargate Street, Dover, CT17 9DA. Tickets £32.50, includes drinks reception, traditional christmas meal, lucky ticket draw and cabaret. Our Ambassador Patron Charley Monro, Vocalist Lady Susan Morrissey, Singer/Songwriter & TV presenter Johnny Mack and Toastmaster David DiCara will be entertaining you. Tickets available from Bluebirds 01304 226586, also from thtt2010@gmail.com, Dawn.thtt@outlook.com, Lyn.thtt@outlook.com, Gillian Smissen 01304 800108 or Sheppey FM 01795 664499. An event not to be missed !

THOUGHT FOR THIS MONTH

" Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the power to turn a life around"