

## WE CORDIALLY INVITE YOU TO OUR 6TH AGM

To be held at The Healthy Living Centre, Sheerness ME12 1HH which will take place from 12pm - 3 pm. held on Saturday 14th May in The Abbey Room.

This is not only your opportunity to keep up with the vital work we have been doing throughout the County this year, but for you to have your say either as users of our services (whether you are a Therapist, a volunteer, a referrer or a client-patient or family member) to tell us what we are doing right and any changes you think we ought to consider.

You can hear how the money raised has been spent and our plans for moving forward into a CIO.

The AGM will last about an hour or so, after which we are planning to offer therapy swaps and taster treatments for all attendees who would like to take part and receive a little bit of TLC.

REFRESHMENTS WILL BE AVAILABLE.

RSVP TO Julie Murby by email to [thtt2010@gmail.com](mailto:thtt2010@gmail.com)

Looking forward to seeing to there - Dawn Cockburn, Founder & Trustee.

Lots of things happening within the Trust for April with lots of money donated.

Our lovely therapist Carole-Ann Frost and family did a swimathon and raised an amazing £438.

We have also been supported by various Waitrose stores - Kings Hill, Maidstone raised £160 and Ramsgate £293. Thank you to everyone who supported the green token scheme.

Dawn and several of our therapists supported the Stoma Group, at William Harvey Hospital, providing hand massage and taster treatments. The grateful patients donated £50, and Brenda Springall very kindly donated a therapy chair. So thank you .

Rita and Julie attended a Lung Cancer Group Meeting with Tim Marris our cranial osteopath who gave a short demonstration and was warmly received, he went away with 5 referrals. The Lung Cancer Specialist nurse, Denise Hodges very kindly gave the Trust £40 to "top up the pot".

The Easter Egg raffles which were dotted around the Island and on-line raised an amazing £1233 - all organised by our new recruit Rachel Chilver who is now busying herself submitting funding bids.

Other donations - The Church in Hope Street, The Associated Sheppey Bikers. Mike Kenton's CD continues to raise funds.

We are so very grateful to everyone who continually supports The Trust, to help us help more people into "wellness and wellbeing".

Also a mention to Ella and Emma through the Wire Belt Company in Sittingbourne (who are supporting us again this year) as part of their Duke of Edinburgh Award

have been beavering away making up our happiness kits.

Our amazing Jeff Payne and Matt Swift completed their third Big Bike Ride. It was very wet and windy again. Jeff and Matt you are super stars! There is still time to donate and I believe the page will still be open for a few months after the event. To donate please go to [www.justgiving.com/jeff-payne2016](http://www.justgiving.com/jeff-payne2016). When I know the final total raised I will let you know.

Some exciting events for your diary:

**TUESDAY 17TH MAY** - The renowned David Wayte Finger free reflexology course. There are still a few places available, although it will now be at the full price. For further details please contact Rita at [rita.thtt@outlook.com](mailto:rita.thtt@outlook.com)

**FRIDAY 27TH MAY - "Let's Dance Latino"**

At Sheerness East Working Men's Club. Doors open at 8 pm.

Hosted by Marilyn Carmilleri and Matthew Bromley.

A fun night of beginner taster classes - Salsa, Merengue & La Rueda. 2 Awesome shows

by Paradox..

Tickets £8 in advance/ £10 on door.

Enquiries Marilyn 07797 755 503/ Matthew 07544 542 097

**SATURDAY 4TH JUNE - "An Evening with Rhiannon Rae"**

"The Golden Girl with The Golden Voice"

Rock n roll, 50's, 60's, 70's, Country and much more.

At The Avenu7e Theatre, central Avenue, Sittingbourne, ME10 4DN.

7.30 pm. Tickets £10

Contact Box Office 01795 471140 or Book online [www.avenuetheatre.co.uk](http://www.avenuetheatre.co.uk)

Music to suit everyone !

And finally - Black dresses may be the order of the day and a new lipstick for Rita ! We entered the Trust into the Keiba 2016 awards, and we had a call from one of the judges to say we were down to the last 7 out of 37 entries of businesses in the Community. We had a lovely visit from 2 of the judges who wanted to know more about the Trust and our passion. So everything crossed. We should know in a few weeks how we did.

Have a great week