



What a beautiful start to the summer - sunshine all the way and England scoring all those goals !!!! Not sure what happened last night, but I am keeping the faith !

Welcome to our June Newsletter.

I thought this month I would include some of the amazing things our wonderful therapists have been up to.

In the picture you will see our therapist George Loscombe, who works from his rooms on the Isle of Sheppey. Most of the presentations we give are to cancer patients, but we wanted to show that not only do we have some wonderful male therapists, but also our therapists are so knowledgeable about other life altering illnesses. George is a Sports Massage Therapist and personal trainer, and is so knowledgeable about injury rehabilitation, and how to treat people suffering from Fibromyalgia, Strokes and so much more.. George attended a recent talk we gave to The Swale Fibromyalgia Support Group, in Sheerness. This group is being run by the lovely Suzie Easton-Wellard and her mum Liz. This was well attended and we got George to "strut his stuff".

Another of our lovely therapists, Amy Garske, from Faversham. Amy is an avid fund raiser, one of which was the Busters Charity Firewalk, which she raised £202. Amy attended The Kent Health & Beauty Awards 2018 recently and won a bronze award in complementary Health Category, and a silver award for Beauty therapist of the year, together with yet another bronze award for HAB business of the year.

Tracey Allport, from Whitstable also attended this event and walked away with a gold award in complementary health category, a bronze award for home based business of the year.

Not only is The Harmony Therapy Trust an award winning charity, our wonderful therapists are as well !!

Well done to both of you.

Yet another of our therapists, Jo Mills, from Sittingbourne has been "brushing up on her skills" and recently completed a Soul Midwife course, she is now a soul midwife practitioner, Jo also attended a presentation to the lovely

people at KIMS Hospital recently. Congratulations Jo.

The majority of our therapists attended a soul midwives TLC workshop in recent years. It is so important to be able to offer this service to the many End of Life beneficiaries we treat. To be able to offer support, not only to patients but to their loved ones also. Sometimes just to have a hand to hold, an ear to listen makes people feel so much better.

We are planning on holding another of these workshops in the Autumn, if there is enough demand.

Donations received this month ... Our lovely therapist Fazlin Blakemore raised £115 from the Quiz night held recently at The Valiant Soldier, in Capel-Le-Ferne, in Folkestone. Thank you so much to all who supported this event.

As I mentioned in last month's newsletter, The lovely people from BSB in Strood completed a climb of Snowdon. They raised a staggering £1214. This was no mean feat as three actually made the ascent while one of them damaged his knees training by slipping on ice during the Beast from the East so had to settle for a long walk along the Saxon Shore Way..... They were heroic, climbing through torrential rain and sleet while camping in conditions that failed to improve over the weekend. Thank you again for your support in raising this wonderful total.

Our wonderful therapist Caroline Devaney from St Margarets Bay organised a Burns night, a staggering £1000 was raised. Thank you to Caroline and the members of Deal Rotary Club for your support.

Again, another of our therapists, Wendy Flanagan of New Romney organised a raffle and £90 was raised.

When we hold information days and events, it is a great opportunity to inform people of The Harmony Therapy Trust, many of which have never heard of us, and give them an introduction into supportive therapies. Most, when they receive the offer of treatments are quite overwhelmed by how much better they feel. We take great joy when we receive the many testimonials from our beneficiaries, some of which you can access on our website. Our amazing therapists have helped some many people across the County into "wellness and emotional well being. Some of the beneficiaries carry on with their therapists after their free treatments have finished. A huge compliment to the therapist. We are currently treating over 400. Job done !

DATES FOR YOUR DIARY

Don't forget our Sanctuary Day on **Saturday 7th July**. If you haven't already informed us you will be attending could you please email Dawn at dawn.thtt@outlook.com. This will be an amazing day of fun, laughter, song and CAKE !

Sunday 15th July - Two more of our very supportive therapists, Angela Davies and Sandra Robertson will be at the end of a Charity Walk, which will be starting at Botany Bay Hotel, Kingsgate, at 10 am and finishing at The Britannia in Margate. approx 11.30 am, There'll be live music in the car park. If you fancy doing this sponsored walk for Harmony, do please let me know and I will put you in contact with the person who is organising this.

Saturday 21st July - We are hoping to recruit some of our therapists to come along to a Summer Fete which the lovely nurses at Genesiscare, Kings Hill are hosting. They are hopefully providing free mini taster treatments and to talk with the lovely patients who will be attending.

Sunday 22nd July - If you are in the Herne Bay area this day, our wonderful therapist Shelly McCann, together with Ann Cochrane, and Alex Couzins plus other supporters are organising a sausage sizzle at Bunnings Warehouse in Herne Bay. This looks to be a great day. Please go along and support this event.

We do have some amazing therapists who have helped The Harmony Therapy Trust go from strength to strength. Not only do they help people into wellness and emotional wellbeing, they are there to support the Trust in so many other ways.

Thank you to all our wonderful therapists - For sharing our vision and passion.

And finally

**" Beauty isn't about having a pretty face
It is about having a pretty mind,**

**A pretty heart
And most importantly a beautiful soul
Sometimes all a person needs is a hand to hold
And a heart to listen
Be that Hand & Heart when you can "**

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