

A Happy New Year to you all !

I wonder what 2016 will bring for the Trust ? - Good positive things we are hoping.

Some of the good things that happened in December:-

We received £438 from Waitrose at Allington, and we are hoping that a similar amount will come from Waitrose at Kingshill, so if you are in that area, please pop a token in Harmony's box!. We are also applying to Ramsgate, Hythe, Ashford and Tenterden & Canterbury. If you shop at any other Waitrose store perhaps you would like to nominate us for their Community Support Scheme.

As at the 16th January we have 144 client-patients in various stages of therapy which means a commitment of £11,640. Unfortunately money is not coming into the Trust at the same rate of receiving referrals. We are "victims of our own success". We are now very keen to find some bigger funding. We are not NHS funded, all money we receive is from our wonderful supporters. We do not want to turn anyone away due to lack of funds, So if anyone has any ideas to fundraise we would be very pleased to hear from you.

One of our wonderful supporters, The Wire Belt Company in Sittingbourne raised a magnificent £647 last year and are continuing to support us in 2016. A huge thank you to you all.

For those of you who have not seen our "happiness kits" Please take a look and read the label. We have been producing these for a while now, and they really are very popular. They are small enough to put in a card, a pocket or a handbag, and might lift someone's spirits. They are £1 each. If anyone would like to purchase some please contact me at the Admin Office. If we have to post we will need to charge for postage. One of the daughter's of an employee at The Wire Belt Company and her friend are making more of these for us as part of a Duke of Edinburgh Award Scheme, It really warms our hearts when we hear of young people wanting to be involved in charity work.

Another great supporter of the Trust, Mike Kenten, has raised a staggering £1000 so far with a CD full of songs about life, called Palace of Mirrors If you would like to purchase a copy please contact me. The money can be paid through Just Giving. The CD is £5.00 if you collect or £7.00 to include postage and packing. It really is worth listening to. A great local talent.

We have several fund raising events in the pipeline.

A Quiz Night in Dover on Friday 22nd January. It is being organised by our lovely therapist Gillian Smissen and The Supporters Club, at The Dover Athletic Club, the cost is £3 a ticket. If you would like further details please contact me, or Gillian on Facebook.

Another event to look forward to - A Pamper & Purchase Evening, on Friday March 4th at 7 pm, at Oasis Isle of Sheppey Academy, Sheerness, ME12 3JG. Treat yourself to an evening of pampering with therapy and treatments, demonstrations of health &

beauty products, advice, crafts, treats and gifts. Shake off the winter blues and prepare your body and mind for spring. Tickets will be £5 and can be pre ordered. Again please contact me.

We have more events being organised this year. I will post information as soon as I have the details.

Another event we are very excited about -

We have been invited to enter for the KEiBA (Kent Excellence in Business Awards), sponsored by KM Group and KCC. As a finalist in the Swale Business Awards we are hopeful - Everything is being crossed!!!!

If any of you are Facebook followers could you please add your friends to our group - we need to boost our likes !!!!

I think 2016 promises to be a very busy year for us at The Trust. Any ideas you may have to help in any way possible will be most welcome.

I will just leave you with these thoughts:

We find that some of the people who contact us have been through months of gruelling treatments, and when they have finished treatments they are left with a big question "What now?". This is where The Harmony Therapy Trust can step in and help them with the next stage of their journey. There are many places to stop and get nourishment, Harmony can provide that nourishment to help "lift spirits" and help people into "wellness and wellbeing". We are there when needed most !!!