



The grand finale to a most amazing and wonderful year.

We donned our finery, put on our lippy and danced the night away. What a fantastic evening. The final words of our last newsletter for 2016 comes from the four trustees of The Harmony Therapy Trust, In the picture above from left to right, Rita Couzins, Financial Trustee and Co-Founder, Gillian Smissen, Therapist Trustee, Julie Murby, Administration Trustee, and Dawn Cockburn, President & Co-Founder.

Rita Couzins - the lady who works tirelessly, putting in funding bids, has many sleepless nights making sure all the finances are in order. She gives a summary of some of the money and events which raised funds in 2016.

JAN - We started the year with 144 referrals. The Wire Belt Company at Sittingbourne raised a magnificent £647, The Dover Athletic Football Supporters Club £1011.

FEB - Pamper & Purchase night organised by Lyn Baseley at Oasis Isle of Sheppey Academy - which raised £459.

MARCH - The Wire Belt Company to continue to support us, Our lovely Volunteer, Maggie Keen's Fitbit, KCC Cllr Andrew Bowles £1500.

APRIL - Easter Egg Hampers £700, Jeff's Bike Ride, Guitar & Violin, with lessons.

MAY - Sport Relief £1000, Jeff's Gravesend Dart's Match.

JUNE - Gillian's Birthday Party £1000+, Sport's Relief £1000, Latino Night.

JULY - Pink Ribbon £5000 for breast cancer referrals.

AUG - Swale Councillors £2000.

SEPT - Wire Belt Company £1322 which arrived the day we received ten referrals.

OCT - We held a "Soul Midwives" - TLC Workshop with 26 therapists attending. Memory Lane Concert and Helen & Tim's Curry Night. We received 60 referrals for the month, the highest monthly number so far.

NOV - Launch of the THTT Calendar. Golding Homes have again supported us with another £1000. Our lovely nurses from the Charles Dickens Ward, at Maidstone held a quiz night at Allington, and with match funding by Apple it took the figure raised to £1090.

DEC - Pink & Green Ball at Dover, final figures still awaited, but a very successful event with a bonus of £1000 from Barclays Bank as match funding. Our wonderful Trustee Therapist, Gillian drove this event to being the success it was. Another of our amazing therapists, Shelley Cogger-Ellingworth, from Gillingham, held an event for us recently - I will post details of the amount raised in our next newsletter.

We have had wonderful support from Asda & Waitrose branches across the County.

A special mention to Jo Taylor, our lovely therapist from Gillingham, who lost her mum to cancer, and Gillian's Dad who sadly passed away, they both asked for donations to The Trust.

Finally, we are currently treating 286 people from right across the County, and almost double that at the beginning of the year. We have received our 1,000 referral since the Trust began in 2010 - One thousand people who have benefitted from "Harmony's Hands", We have nearly doubled last year's figures - so if it carries on at the same rate as previous years, doubling each year, next year we would be looking at 1,000 referrals !. We receive many referrals from Hospices, for the people at End of Life, who want to stay in their own homes. This is why the "Soul Midwives" TLC workshop was so beneficial to our therapists. We must increase our income to support these requests from the hospice social workers and nurses. We are currently treating 75 Hospice referrals.

There is more information on our website about funds raised etc for 2016 which is still being maintained by the amazing team at The Creation Lab, in Dartford.

www. theharmonytherapytrust.org.uk.

A MESSAGE FROM GILLIAN SMISSEN:-

"Being part of Harmony is a privilege and being able to help people when it matters most is rewarding. This year I have learnt a lot. Nursing & losing my dad in June, as well as continue to run my business. It has shown me the strength I have inside. I have continued to fundraise in earnest, raising many thousands of pounds to help people into "wellness & wellbeing" but I am "tiring", so you can imagine how "the 3 ladies of a certain age feel" I am the youngest trustee ! I am going to take some time out in 2017 to concentrate on other things, but I will still be a part of Harmony. A Merry Christmas & a Healthy New Year to you all." Love & Hugs - Gillian.

PRESIDENT - DAWN COCKBURN - END OF YEAR REVIEW:-

"It is so heartening to see the calendar year ending on a high as December becomes a top month for event funding. As you will see from our Financial Trustee, Rita Couzin's report our Co-Trustee Gillian Smissen opened the year with a flourishing Quiz in January, and she ended the year hosting our Pink & Green Ball Christmas fund raiser, at Bluebirds Function Rooms also in Dover. Gillian has probably been our all time fund raiser ever since she joined us back in 2012, from the moment she took part in the Canterbury Abseil, which she says, was where she learnt to swear by Julie Murby!!!, to dropping out of a plane, and turning her 50th birthday celebrations into a fund raising event in June of this year. Where she was proposed to by her lovely man.

Of course, other notable fund raising support has come from so many people (former client-patients included) as listed by Rita, but fundraising and events always depends on our therapists and volunteers going that extra mile. We would love to see many more of you becoming more involved in the teamwork that is required to keep the funding moving to the next level and always welcome anyone prepared to host and organise fund raising events for us.

This year we have welcomed new volunteers to help us with administration work and said goodbye to others who needed to turn their attention to family and other matters and always need people with different skill sets to help the Trust as it grows. We have also welcomed many new therapists, with varying skills, who will help so many people on their journey.

A big thank you to everyone who has and continues to work with us in enabling The Harmony Therapy Trust to reach far into the County to support the seriously ill of Kent. STAY WITH US, the ride is amazing, volunteering worthwhile and the outcome so rewarding.

A very Happy Christmas and a Blessed New Year to you all."

And the final word from Julie Murby - Our Administration Trustee (she always has the final word!!!!)

" Well, what a year 2016 has been with it's many "highs and lows". 2016 has been a very challenging year for me, both personally and with the Trust. When I walked into Harmony's office about 5 years ago, Dawn and Rita said you will be doing "a bit of office work!" Little did I realise what being part of a Charity involved. But I have to say being a small part of this massive charity has been a real privilege and honour. To be a little part of a sometimes "heart wrenching" journey which some of our client-patients have taken, has been truly inspiring.

All four of the trustees, our volunteers, and therapists have put their heart and soul into making Harmony what it is today - probably the fastest growing charity in Kent, having treated over 1,000 people across the County. To be a part of an amazing team who support each other in the good and bad times, picks each other up, dusts us off and helps us continue. When we receive such amazing testimonials from very grateful client-patients, it really does warm our hearts and makes us want to "carry the message" even further. And to our fantastic supporters, some of whom have been with us right from the beginning, I can't express the gratitude I personally feel to be a part of this wonderful, wonderful Charity. Thank you to you all for helping "Harmony's Hands" support the many, many people who need our help.

We are all very tired now - it has been a very long year, but after a much needed rest and some mince pies - we will be raring to go in 2017"

My wish for 2017 -

I wish you the courage to be warm when the world would prefer that you be cool
I wish you success sufficient to your needs
I wish you failure to temper that success
I wish you joy in all your days
I wish you sadness so that you may better measure joy
I wish you gladness to overbalance grief
I wish you humour & a twinkle in your eye
I wish you glory & the strength to bear it's burdens
I wish you sunshine on your path and storms to season your journey
I wish you peace, in the world in which you live and in the smallest corner of the heart where truth is kept
I wish you faith, to help define your living and your life
More I cannot wish you - except perhaps LOVE, to make all the rest worthwhile.

A VERY MERRY CHRISTMAS AND A HAPPY NEW YEAR

Please note The Admin Office will be closed from 22nd December until 4th January

.