

Welcome to our March newsletter.

Apologies, I have been unable to post any pictures in this month's newsletter. I have tried every which way, not sure if it's Gremlins at Mailchimp or senior moments!

Lots been going on behind the scenes this month.

We held our first "Therapists Networking Event at Ditton Community Centre. It was an opportunity for our therapists to meet up, find out about the changes taking place within the Trust, and as a Charity to make sure all our therapists are compliant with the new GDPR (General Data Protection Policy) rules and regulations. With all the recent events in the media, the Trust has to be completely "transparent" in how it operates. There are many changes for charities and we have to be absolutely certain we are ensuring that the Trust is "open and honest" in all its dealings.

It was a very snowy, cold day but we had a great turn out, with 20 of our therapists attending from all areas of Kent. We were treated to a lovely lunch and CAKE!

Our next Therapists Networking Event, will be held on April 14th at Thanington Resource Centre, Thanington, Canterbury, CT1 3XE, The Centre is situated on the A28 Ashford Road, approximately a mile from Canterbury City Centre. There is plenty of parking. This was cancelled due to the heavy snow.

Rita and I attended Genesiscare, West Malling, to give a presentation about the Trust and our amazing therapist, Carole-Ann Alexander, from Barming, gave the lovely people who attended, mini taster treatments. They must have been impressed because they have invited us back!

Another of our wonderful therapists, Olivia Gilmor, from Tunbridge Wells went to The Nuffield Hospital and gave a presentation on behalf of the Trust,

We also met up with The Crossroads Care people, in Herne Bay. We receive referrals from this organisation, who work with Macmillan cancer patients and Carers. It is so important to collaborate with the different organisations. As well as the Trust helping support the many people who use this service, we are able to "signpost" some of our beneficiaries who are struggling to find help in sometimes very difficult times and are unable to access the support they may need.

A massive thank you to The London Beach hotel, Tenterden for an wonderful evening. The hotel operates a scheme in association with the Savannah Charitable Trust which provides a fundraising platform for charities. The total cost of the food at a function is donated back to a charity. What a truly amazing idea. Tim Marris, our therapist from Ashford, who is an Osteopath, NLP Life Coach, & Lecturer and his wife, Yanwen, took time out of their busy schedule and organised this event for The Trust, and raised £1000. The whole evening was spectacular. The food was delicious, the company great. We were even treated to some magic, by the amazing Stuart Weller. A massive thank you to Tim, Yanwen, the staff and management of The London Beach Hotel, Stuart and finally all of the people who came along and supported this event. It is hoped that this will be a yearly event.

It is extremely important to "carry the message" about the wonderful work The Trust does,

In August we held an event to carry out a survey to ascertain whether or not the services of The Harmony Therapy Trust are needed throughout Kent. The consultation forms collected on the day have been analysed as follows

Overall 81% of the beneficiaries that have been treated by our qualified therapists believe that their lives are improving as a consequence of receiving treatments. 8/10 beneficiaries believe that therapy is making them feel better about themselves and improving their self worth. 76% believe that their therapy has helped them deal with their emotions and even their family and friends have noticed a difference.

Overall the research obtained has shown that an organisation like this saves roughly a staggering

£3,319,800 towards the National Health Services and reduces waiting times significantly.

The overall purpose of the evaluation is to demonstrate the growing need for this service that currently delivers NHS approved treatments without being funded by any Government source, to help those suffering with long term conditions.

Some interesting statistics - The English Index of Multiple Deprivation states that Kent falls within the most deprived of all counties in the South East, meaning that people in Kent are unlikely to be able to afford such a service, if funding wasn't available to subsidise the cost. Swale has the second highest level of deprivation of the twelve districts in Kent.

The long term conditions compendium of information shows that people with long term conditions account for 50% of all GP appointments 64% of outpatients appointments and 70% of all inpatients beds.

70% of the total health and care spend in England (£7 out of every £10) is attributed to caring for people with long term conditions.

I could go on and on with statistics, but I think the above says it all - Is there a need for the FREE service The Harmony Therapy Trust offers? Helping the people across Kent into "wellness and emotional well being" - We think so and so do the 1800+ beneficiaries we have treated since the Trust began in 2010, and the 350+ beneficiaries receiving treatments currently.

It is now crucial we take on board volunteers to help us fund raise and put in funding bids. If you share our vision, passion and have skills to bring to the Trust, please contact me on [ttht2010@gmail.com](mailto:ttht2010@gmail.com). We need your help.

#### DATES FOR YOUR DIARIES

Our annual AGM will be held at Thanington Resource Centre, Thanington, Canterbury, CT1 3XE, situated on the A28 Ashford Road, approximately a mile from Canterbury City Centre, on Saturday May 19th, 2pm - 4pm. It will be really great if you are able to come along and find out what we have been up to and eat CAKE ! Do please let me know if you are able to attend.

A reminder of some of the fund raising events taking place in the next month or so, we are so very grateful for all of our supporters who do amazing things.

On April 15th our lovely Gillian Pollard, Trustee therapist from Dover, and some of her family will be getting to grips with the KM Assault Course at Betteshanger Country Park in Deal. If you would like to sponsor Gillian please go to her TotalGiving page. Just type in The Harmony Therapy Trust and you will be able to find the page.

Alan Stone, the husband of another of our lovely therapists will also be competing that day in The Brighton Marathon. If you would like to sponsor Alan, please go to our Facebook page and you will see the link on there or click the link <https://www.justgiving.com/fundraising/alan-stone5>

Again, the lovely Gillian is hosting a "Mad Hatters Tea Party" at Westenhanger Castle on April 29th. If you would like tickets for this events please contact Gillian at [smis66@hotmail.com](mailto:smis66@hotmail.com)

Other people helping to support the Trust, the lovely people at BSB in Strood who are attempting The Four Nations Challenge, in May, climbing Snowdon. If you are able to sponsor these wonderful people please go to <https://www.totalgiving.co.uk/mypage/fournations>

Donations received this month:-

Pharos Lodge, Dover £50, Channel Conclave, Dover £50, Masonic Lodge in Dover £100, Asda, Gillingham £200, and £50 from a very grateful beneficiary.

And finally .....

***" Be grateful for what you have today***

***Gratitude unlocks the fullness of life***

***It turns what we have into enough***

***And more***

***It turns denial into acceptance***

***Chaos into order***

***Confusion to clarity***

***It can turn a meal into a feast***

***A house into a home***

***A stranger into a friend***

***Gratitude is the single***

***Most important ingredient***

***To living a successful***

***And fulfilled life***

***And CAKE ! "***

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