



Well that's July done and dusted ! My goodness where does the time go.

I have written many newsletters in the past three years. That was when I first started composing them. But this will be one of the hardest and most emotional one I have ever written.

I walked through the doors of The Harmony Therapy Trust approximately six years ago. I was at a time in my life when my confidence was at an all time low and I needed something to get out of bed for in the mornings. But as soon as I walked in to the Offices of Harmony, I knew this was the place I needed to be.

Having never worked for a Charity before, believe me it has been a major learning curve.

My son has left college and will be moving away to follow his dream of becoming a Michelin star chef - one I have every confidence he will achieve. I also have a daughter, son-in-law and 3 grandchildren who moved to Devon a few years ago, This has left a massive hole in my heart. The kids are growing up so fast and the friends I have in Devon are getting older.

After much soul searching I have decided to move back to Devon (which is where I originally came from) and spend whatever time I have left there. I have given so much to many people but now it is time for me - to enjoy what I want to do, before I am too old and whilst I have the energy ! I don't want to look back with regrets. This will take place in the Autumn.

This is now going to sound like an "Oscar" speech. but there are lots and lots of people I want to thank who have joined me on this journey. I wish I could name you all but think we would end up with six pages of text !. Gillian Pollard, what an amazing lady, probably one of the Trust's best fundraisers, Gillian such a caring, passionate person, who says I taught her to swear ! Can you believe that ? Dawn and Rita who started off by being my mentors, but gradually that turned into a very special friendship, one I will always treasure and value. I have so much respect and admiration for these two lovely friends. I love them both to bits. Thank you to you both for believing in me. Before I leave I will make sure Rita is topped up with lippy!. The wonderful Jeff Payne, who helped fill my attic up with raffle prizes, a cancer survivor himself, Jeff you are an inspiration to others. My darling friend Maggie Keen, also a cancer survivor, and one of our very avid supporters, who has made me laugh so much. We have shared so many adventures,

breakfasts and cream cakes together. Who has also become a very special friend. We could certainly tell some stories. Maybe I will write that book one day ?

The amazing therapists and Trustees who put their heart and soul into Harmony. Who continue to have the vision and passion that is The Harmony Therapy Trust. Who have all helped The Trust go from strength to strength helping the people of Kent into "wellness and emotional well being". Who drive me nuts with their paperwork but as Rita and I always say they can't be excellent therapists and good at Administration, but they always get there in the end.!

To all the people I have met on this amazing journey, Doctors, Nurses, Volunteers, the many beneficiaries. who have humbled me, who I have laughed and cried with. Some people have only been in my life for a short while, but have made such a huge impact.

To the wonderful people at The Creation Lab, who Rita and I happened to meet at a Detling Show some years back. When we started talking to them about the old website we had, which wasn't "fit for purpose" these amazing people offered to build and maintain our website for us. And have continued to do so. They have had so much patience with me. when I didn't really know what I was doing and messed things up - Thank you to Matt Soper and your amazing team.

Thank you also to Jack Frost Creative, who designed our logo, which still gives me goosebumps when I look at it because I think it is wonderful and modern.

Thank you all so much for being such a big part of my journey, for being the caring, passionate people you are. For making such a huge difference to mine and so many others lives. Please continue being who you are. And please continue to support the Trust in the amazing way that you do.

I have seen many changes in Harmony and have been through many changes in my personal life. Good, bad and ugly !!!

I thought I was going to go " quietly". Well that didn't happen. Thought I was going to a normal "work day" - little did I know that my lovely friend Dawn had "collaborated" with other people to put on a surprise party. Speechless was an under statement. I was absolutely blown away by the people who attended, the amazing food and all of the love that was given. I am truly loved and blessed.

Doing the sort of work we do, and seeing first hand the many things people go through puts life into perspective. Life is too short and we never know what is around the corner. (thank goodness) There are many changes, for many people happening in the Universe now, which I find very exciting.

Obviously we are now looking for someone to replace me, so if you, or anyone you know could volunteer to come on board to do the Administration please let me know. I would like to hopefully walk away from Harmony knowing that the person who comes after me, has the same vision and passion as I had and can help take Harmony to another level. The rewards are tremendous.

We have new volunteers and trustees joining the Trust. I hope they get out of Harmony as much as I have - Enjoy the adventure.

I will not only take so many fond memories with me when I go but so much more.

We held our Sanctuary Day recently and what an amazing day it was. Fun, laughter, music, and cake ! A very chilled day for people to enjoy. It was Harmony's "pay back" to all the people who have supported the Trust. Thank you to the amazing people at Holm Place Farm Fishing Lakes for allowing us to hold this event there. For the people who made this a very special day.

Once again Dawn attended The Oasis Isle of Sheppey Academy PAL Junior Schools Sports Award Prize Winners Evening , to present on behalf of The Harmony Therapy Trust, the Harmony Cup to the Season Winner, which this year went to Mintern School Sittingbourne.

Throughout the year Oasis Academy Sports Department works with Junior Schools in Sittingbourne and Sheppey to ensure these wonderful young students get access to as many different sports as possible, including, cricket, golf, rugby, football, rounders, cross country, gymnastics, basketball, handball, athletics, hockey and swimming.

This collaboration with all the Junior Schools, is leading the way in fostering fair play, team work, peer support, confidence and emotional wellbeing. Well done all the winners, but everyone wins when you believe you can do it.

Dawn and I attended a wonderful summer fete at Genesiscare. Not only do we receive referrals from the lovely nurses there, but they help support us in fundraising. We talked about the benefits of supportive therapies. Thank you for inviting us.

There was also an event at Bunnings in Herne Bay, A Sausage Sizzle. A huge thank you to Shelly McCann, Ann Cochrane, Maggie Keen, Alex Couzins, Rita Couzins (who had the unenviable task of cutting up 10 kilos of onions!) These wonderful people gave up their Sunday to raise much needed funds for the Trust. They worked so hard in extreme heat. The total raised was £223.35 - Thank you to Bunnings for allowing us to host this event and a massive thank you to everyone who donated amazing raffle prizes - Herne Bay you did us proud !

We are now receiving more and more referrals from charities for their beneficiaries to provide free supportive therapies. Overall, from when we started in 2010 with only nine referrals, this year we have received over 400 already and that number is rising. Up 10% on last year.

The Trustees have now had to have a re-think about the number of treatments each beneficiary can receive as funding is now becoming crucial.

As most of you are aware we receive no NHS, Government or funding by other charitable bodies, and we have to fight for every penny we receive.

We have approached many of the Charitable organisations from whom we receive referrals and asked them to collaborate in fund-raising as donating bodies often welcome this collaborative approach. With limited funds we have now been forced to make the decision that we can only continue to provide six free treatments to Health referred patients, or to those organisations that collaborate in fund-raising bids along with us. Where patients are referred from other Charities, we will only be able to offer two free treatments, and not six as given before. Carers of

beneficiaries we treat will stay the same at two.

It was very hard to come to this decision but we have to be realistic.

Donations received this month

£5000 from The Pink Ribbon Foundation, a very much needed boost to our funds, £80 from a beneficiary, £25 from another beneficiary, A. Reed. £258.92 from The Oasis Isle of Sheppey Academy, through various challenges during "The Schools Apprenticeship 18" programme. A massive £1013.22 from the Co-Op Community Scheme. Thank you so much.

Here's to the next very exciting chapter of my life and a new chapter for The Harmony Therapy Trust. xxxx

And finally

***My world is brighter
And more beautiful because of you
Thank you for showing me
That there are people like you in this world
Many beautiful things cannot be seen or touched
They are felt within the heart***

***Life is too short to wake up in the morning with regrets
So love the people who treat you right
And forget about the ones who don't,
And believe everything happens for a reason***

***If you get a chance- take it
If it changes your life - let it
Nobody said it would be easy
They just promised it would be worth it***

***No matter how you feel
Get up, dress up
Show up
And never give up***

***Working with you was a priviledge
Thank you for the lessons I have learnt
And thank you for making a difference in my life***