



A Happy New Year to you all !

Guess where we have been ?????

This year has already started in earnest, with 49 referrals received for this month so far. We are now averaging two every day. So I came up with a plan, although very spontaneous. We had two paintings donated so I thought we would go along and see what they were worth. I had heard that Flog it! was coming to Rochester Cathedral. So I dragged my lovely friend Rita out of bed early one morning - she didn't know there were two 6 o'clocks in a day ! She didn't even have time to put her lippy on. Her dogs had a very quick walk around the block in the dark and off we went. It was such an amazing experience.

We spent a couple of hours queuing before we actually got inside the Cathedral. Watching Paul Martin "strutting his stuff". with the Valuers, Adam Partridge, Elizabeth Talbot & Raj Bisram working flat out. It was a very long day but interesting how the programme is made - the amount of work that goes into it, is quite amazing. A very enjoyable day meeting with some lovely people who were so interested in the work of The Harmony Therapy Trust.

Finally, After moving seats many times, it was our turn for a valuation. Five minutes and it was over! Unfortunately, if one of the paintings was an original work by Montague Dawson it would have been worth something in the region of £60,000, but it was a print, so only worth about £20, the other, which was an original oil, by Ted Dyer, would probably fetch about £200.

The lovely Paul Martin was more than happy to pose with us.

This is the most excitement we have had in a long while - we really must get out more.!!!

Back to reality -

Our lovely therapist, Gillian Smissen had a great idea also ! As a final fund raising event for the year she decided she would do a "Boxing Day" Dip at Dover. It was very well supported by Caroline Devaney, our therapist from St Margaret's Bay, who specialises in Psychological/Counselling therapies, Lianne Hooper and her husband Adrian, from Dover, who do Reiki, Amy Garske from Faversham, Massage & Aromatherapy therapist, Rob Nelson, one of our amazing male therapists, who specialises in Reflexology, Reiki, Massage, Counselling and the lovely Maggie Keen, our great volunteer and supporter -. A massive £3083, with some Gift Aid, was raised. Thank you to everyone who braved the elements, supported this event and helped finish the New Year on a high.

Well done to Mascalls School, Paddock Wood, Year 13, Health & Social Care students, led by our lovely therapist, Lorraine Sinyard, from Rochester. The three students donated and arranged the prizes for a raffle and made 400 of our happiness kits for the Trust. They gave up their spare time and three weeks of lunch and break times to make it all happen. The Christmas Raffle and sale of some of the Happiness kits raised £171. Well done girls for all your hard work and dedication. We are so proud of you and I know Lorraine is as well.

Shelley Cogger-Ellingsworth raised more funding by holding a Christmas Fair, she raised over £800, including selling our pots of marmalade, jams & chutneys.

We have learnt via Facebook, that a lovely man called Ray Bates, a Sheppey Resident Dog Trainer, is taking one of his German Shepherd dogs, Valli, to London to do a sponsored walk to raise funds for the Trust. He has set up a JustGiving page on our Harmony Therapy Trust, main JustGiving page, if you would like to sponsor Ray and Valli.

Another of our therapist's, Keely Sookermany, has set a date to do a sponsored walk, on Sunday 2nd April. It is a woodland walk in Cuxton & North Downs. There will be a group of about 10 taking part. But I am sure she would welcome other walkers to join her. If you are interested, please let me know via thtt2010@gmail.com, and I will forward your details to Keely. She has also set up a JustGiving page.

In these difficult economic times, we are with the help of Swale CVS exploring the possibility of working with other supportive charities, to collaborate on funding bids. If this idea develops into something more concrete, we will bring you more news in the coming months.

We continue to be invited to attend many hospital & other support groups, and

this year, thanks to our therapists giving their time we will be able to send representatives of the Trust to continue this outreach work. But obviously this generates more referrals.

We have lots of presentations and talks arranged for this year and hopefully we can also get some much needed funding applications done. With the trend over the past years, we have doubled the amount of referrals we receive every year, so this year we are probably looking at near 1,000. This is where you may be able to help us.

Wilko, Asda, Waitrose and Nationwide Building Societies run various schemes, (there are probably more that we don't know about yet) to help the local community. If you live near any of these places, could you pop in and submit an application on behalf of the Trust. It only takes a few minutes. The forms are available in the various stores. Or if you know of anywhere else we could apply for funding, do please let Rita know, her email address is rita.thtt@outlook.com.

Well, that's it folks for another month.

Stay warm and do let us know if you have any ideas for fund raising or a painting in your attic that may be worth a fortune!

BREAKING NEWS:-

The wonderful Cathy Ashby-Clark and The Associated Sheppey Bikers have come up TRIUMPHant again - They have supported the Trust for a couple of years, doing various crazy things - They have just informed us they have raised a massive £600 !! 6 more people the Trust can help into "wellness and wellbeing". Thank you Cathy and your wonderful supporters