



Cutting it a bit fine again this month!

Welcome to our October (nearly November) newsletter.

An integral part of what we do, by running courses and workshops as part of our training school, to enable our therapists to maintain their CPD points and to make sure our therapists are the "best they can possibly be". This month we were delighted to welcome Mandy Preece from Dorset who delivered a workshop to 25 of our therapists on "Soul Midwifery" When Rita and Julie were told of this "role" they were blown away by the idea of a person understanding how to help the dying, their family and friends to cope with the approaching end of life. Some of our lovely therapists are now considering doing the three-day course to become recognised Soul Midwives as we are now receiving so many referrals from hospices.

What an amazing evening we had only last night - A very exciting time for The Trust with the launch of our first ever Calendar. "Sunsets/Sunrises", all photographed on The Isle of Sheppey. The judges task wasn't easy with some many wonderful entries. The winners were finally announced -

January - Bob Richards
February - Nick Coleman
March - Kelly Strudwick
April - Bob Richards
May - Paula Fagg
June - Jan Southfield
July - Leah Marie Brown
August - Leona Clark
September - Kevin Weller
October - Joanna Araujo
November - Mark Kennedy
December - Jazmine Allen

The Title - selected by the Harmony Trustees - "In Harmony We Trust"
from Kevin Weller

The Cover Photo - Karen Lelliott - the iconic Kingsferry Bridge and
Sheppey Crossing

Massive thanks to everyone who entered the competition, all who came along to support and everyone who helped to make it happen - Rule & Rule, who sponsored the Calendar, all of the Harmony ladies (and Jeff), all of the judges, Ryan Barnes and Oasis students, James McKenzie Jenwoods printers. Also thank you to the deputy Mayor Councillor Colin Prescott and his good lady who attended to present the prizes to the winners.

We are grateful to Eddie McIntyre and the Oasis Isle of Sheppey Academy for allowing us the use of the premises for the evening.

On behalf of the Trustees we would like to say the biggest thank you ever to Lyn Baseley who worked so hard in making this happen - This lady is amazing.

If you would like to purchase one of these beautiful calendars, the cost is £7.50, please contact the Admin Office, or Lyn Baseley on

lyn.thtt@outlook.com

We are indebted to Golding Homes who have again given us financial support as have Councillors Ingleton, Stokes and Whiting of Swale Borough Council from their Locality Grants. We also received £250 from the lovely people who put on an event at the Sheppey Little Theatre, The "Memory Lane Singers" and £20 from the local Sheppey MS Society support group.

We also thank our therapists who have been busy fundraising on our behalf.

Our therapist from Whitstable, Caroline Lyons launched her own Natural Handmade Deodorants. She has been trailing this product over many months with an emphasis on encouraging women to check their breasts at the same time as applying their deodorant. The deodorant comes in a tin with a spatula to apply and the idea is to rub the deodorant in with your hand and then follow the instructions on the enclosed brochure (which is provided by Breast Cancer Care) Caroline is donating £1 from each pot sold to the Trust, they retail at £10.49. For further information please contact Caroline directly on www.lotustherapieswhitstable.co.uk.

Rita and I, together with several of our therapists attended a Health & Wellbeing Day at Canterbury Cricket Group in support of the Stoma Group. Money was raised for the Trust and a huge thank you to Jackie Hawes and the amazing nurses who supported this event.

Dawn and some of our therapists also attended the Breast Care Support Group at Medway Hospital.

We also attended the KM Charity Mark Forum at The Great Danes Hotel in Maidstone. KM run this event to recognise all the wonderful charities

who do such amazing work in the community - We were awarded a Gold Charity Mark this year.

Our lovely volunteer Maggie Keen held a tea party for several of her friends and raised £100 - Thank you to all those who supported this.

Our therapists from Maidstone, Carole-Ann Frost and Wendy Collison went along to Maidstone Hospital, the Brain Tumour Support Group, to present a very informal talk on the work of the Trust. They met with the lovely Elaine Kennaird who supports both the client-patients and their loved ones on their sometimes gruelling journeys.

And finally a reminder about our "Pink and Green Ball" at Bluebirds, Dover on the 3rd December. Tickets are selling fast so if you haven't planned your "works do" yet please contact the Admin Office for more information - Our biggest event to date. Come along and celebrate the wonderful year the Harmony Therapy Trust has had.

We have currently helped over 950 people across Kent into "wellness and wellbeing" and supported them on their journey dealing with life-altering illness.