



What an interesting month!

Lots of exciting things happening.

We held our Annual General Meeting at the end of May. It was very well supported. Must have been the promise of cake! Thank you to all who attended.

We are delighted to inform you that the Trust has now become a CIO (Charitable Incorporated Organisation) What that means basically is that the Charity is a new form of legal entity designed for non-profit organisations. You will see very little change, with the exception we have had to change our Charity number, which we are in the process of doing on our paperwork and website. The amazing Sarah Williams, of Swale CVS, Sittingbourne spent many hours preparing and submitting the documents to The Charity Commission. I think the air was blue at times! Thank you so very much Sarah for all your hard work. We got there in the end.

We also voted in three much needed Trustees. Rob Nelson, a very well respected therapist from Walderslade, Our lovely Caroline Devaney, from St Margaret's Bay, a psychological counselling therapist and our wonderful Lyn Baseley, who is also our event's co-ordinator,

Our much loved supporter, Jeff Payne, himself a cancer survivor, helped organize an event "The Steve Townson Memorial" which is held every year at The Crown, in Gravesend. A wonderful 620 was raised. Thank you Jeff and to all who organized and participated in this event. A huge thank you also to the patrons of The Peacock who collected 221.34.

Quite often we put in funding bids, and like other charities who are also "bidding for the same pot" we often receive rejections, but one bid we recently applied for, was successful. The Caron Keating Foundation sent us a cheque for an amazing #2000.00. We are extremely grateful and a huge thank you to Gloria Hunniford who sent us a lovely letter praising us for the service we offer.

Other donations received were from S. Ballard, in memory of her lovely husband, The Inner Wheel, at Ramsgate, #200.00, B. Mortimer, a grateful client-patient, #120.00, King's Ferry, #50.00. A huge thank you. These donations will help "lift the spirits" of more people across Kent.

Thanks also to Jeff's niece, Anne Marie Galbraith who donated some wonderful prizes for future events.

Rita got the "lippy" out, and we dressed up in our best frocks for a trip to Hempstead House to attend a presentation to the Rotary Club of Sittingbourne. We were given a most wonderful meal, but still had to sing for our supper and gave a short talk on the Trust. We were then presented with a cheque for 400.00. Thank you to The Rotarians, of Sittingbourne for making us most welcome and for the very generous donation.

We don't often have feedback from the many presentations and talks we do but this one really warmed our hearts. Dawn and I went to Kent & Canterbury Hospital, Prostate Cancer Support Group, this is what they reported back

"May I offer a belated thank you to you and your colleague for presenting to our group last week. We were fascinated by the range of therapies Harmony can provide and were full of admiration for the work you are undertaking. The services you offer were of special interest to several of our members who, for the many reasons with which you are familiar, are going through a difficult time at present. With your agreement, I'll ask that your details are added to the links page of our website.

*May I say, you both have a delightful way of presenting – plenty of information delivered with an enviably light touch and good humour. Thank you! My best wishes for the continued success of the Harmony Trust." **This is why we do what we do!***

We also attended talks on behalf of the Lung Cancer Support Groups, at Minster and Rainham, hosted by the wonderful Denise Hodges, a Lung Cancer Nurse Specialist from Medway Maritime Hospital. The cancer nurses certainly go "above and beyond" their "normal duties" to provide support groups for the wonderful people they treat. We do like to try and invite our therapists to these presentations, and this time Debbie Osborne and Gaylia Mitchell, from Kent Hypnotherapy attended and gave a short presentation about Hypnotherapy and Counselling, a subject they are very passionate about, It was very informative and we felt, quashed many myths about Hypnotherapy. It certainly isn't anything like what is seen on the telly!

Our amazing therapist, from Maidstone, Carole-Anne Alexander attended an information day at Maidstone Hospital and met some truly inspiring people.

We really love to go along and talk to people at various venues across the County and to "carry the message", More often than not this generates new referrals. On the two days we did the Lung Cancer talks, we received 10 new referrals. That's 10 more people The Harmony Therapy Trust can help into "wellness and wellbeing". It is vital we try and maintain a continuous flow of funding. If you are aware of any business who may be able to support the Trust, or you can hold an event, do please let us know. We would love to hear from you.

We also welcomed new therapists to the Trust, who means we now have over 100 community therapists working with us, who share our passion and vision, and help spread "The Hands of Harmony" even further across the County of Kent.

We constantly try and put in funding bids, and quite often, because of so many charities going after the "same pot" receive knockbacks, so we were delighted to receive a massive cheque from The Caron Keating Foundation for 2000.00 – A very welcome donation and thank you to Gloria Hunniford for the very generous donation.

We are delighted to be short listed, for 2018, as Sainsbury's Charity of the Year, for Faversham, but need you to place a vote please. It really is very easy (even I managed to do it!) Please click the following link and vote for The Harmony Therapy Trust. You can also vote in store.

<https://www.sainsburyslocalcharity.co.uk/>

Something else to vote for please – The Local Tesco Store in Sheerness, and possibly other local areas are promoting their “Bags of Help” scheme, so if you are given a blue token – you will know who to vote for. We are hoping to provide a Sanctuary Day for all our client-patients, supporters, volunteers and anyone else who would like to come along. I will send more details of the event in our next newsletter. We are guaranteed to receive a #1000.00, as third place, but would like more! We would like to provide the best day possible as a thank you to everyone who has been on this journey with us.

DATES FOR YOUR DIARY

SUNDAY 23RD JUNE

For the third year running, The Associated Sheppey Bikers are holding an event at Layzells, The Broadway, Minster, ME12 2DF. 11 am – 3pm. This is a great day out. There will be a cost of #5.00 per bike, but if you are just attending on the day, entry is free. Lots of things to do and see.

SUNDAY 20RD JUNE

Probably one of our biggest events to date **“HARMONY IN THE PARK”**

We are so excited to tell you about our biggest event to date.

“Harmony in the Park”, which will be a family fun day at UKP Leisure Club, Gore Court Road, The Pavilion, Sittingbourne, ME10 1QN, on Sunday 20th August.

We are aiming to provide a full programme of events, displays, performances and activities, and would like to invite you to have a stand to promote the work that you do. For charitable organisations this will be a free event.

We also want to use this opportunity to raise awareness and carry out a survey of the valuable work The Harmony Therapy Trust does, supporting NHS patients and helping them into “wellness and wellbeing”. If you would like further information about this event, please contact me at thtt2010@gmail.com, or telephone 01795 873123 / 01795 423480. We are in the process of producing advertising material which should be available shortly.

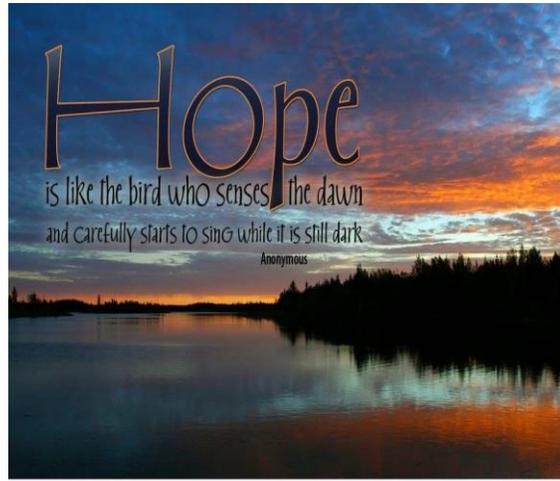
The “Calendar Competition” is now open!

For the 2018 calendar we are looking for the best photos taken when you are “Walking In Kent”.

The Hands of Harmony now reach out to all of Kent and we want that to reflect in this years' calendar competition. Whether you are walking on a beach, a riverside, in the woods, a country lane, or a town park, with your dog, your family, or on your own, we want to see those beautiful places to share with everyone.

The Harmony Therapy Trust invite you to submit your photos of Walking in Kent, to be featured in our 2018 calendar. We are looking for the best photo from each of the 13 districts - one for each month and one for the cover, which will be the overall winner. The calendar will go on sale at the launch event during October 2017. Perfect timing to be posted to friends and family for Christmas! All proceeds from the sales of this calendar will be used by the Harmony Therapy Trust to provide FREE NHS approved holistic therapy for those living with cancers and other serious life altering conditions. We are still working to secure this years' sponsors to ensure the calendar can be professionally printed and to ensure that all profits can be used for therapies. **For terms and conditions please go to our Facebook Page, The Harmony Therapy Trust CIO**

And finally



quotesideas.com