



Just seen the first Christmas Coco Cola bus Ad - Just saying !!!!

These two ladies are Alyson Luff our therapist from Medway giving Ella Kitto, the lovely lady from Creation Lab who helped us with our website, a very relaxing massage at our recent Sanctuary Day event, which we held at Elmley Nature Reserve. Thank you to The amazing Broadway Choir, who entertained us with the most beautiful singing, Justin, from Justafilmaker, Kevin Ralph who took some amazing photos, Julia McDougall and June Westwood for helping to prepare the wonderful food, Nicola Mollett for keeping the children and adults entertained with artwork, I think the adults enjoyed it more than the children, Georgina and Gareth who very kindly let us use the barn, but most of all the people who came along and supported us and made this a very special day, our 5th Anniversary - It was an absolute pleasure to meet so many of you. We raised just over £200 - enough to help two more people into "wellness and wellbeing".

Now ... we ladies of "a certain age" are very excited, (we don't get out much!) We will soon be the proud owners of two new rolla banners, designed by secsignworks. They will have their first "launch" day at our next event, which is at Tankerton Slopes, Whitstable, on Sunday 16th August, an event organised by the Whitstable & Herne Bay Lions Club, we will be hosting a Teddy's Bears picnic instant Raffle, selling of course our happiness kits and giving out information. This apparently is a very big event, which lots to do and see - Do come along to what should be a terrific day out, and come and see our lovely new banners !

We really do feel proud of what we have all achieved at Harmony over the past few years, it has sometimes been hard slog, many tantrums and lots of dummies thrown out of prams to get funding for therapies to help more people across Kent, On average we are getting one new referral every day, so that's £36,000 per year that Rita has to try and find funding for, but when Rita is able to obtain funding for the equipment we need to make us look "more professional" it really gives us a huge boost. We are now looking for a printing company to produce and update our brochures - Free of course ! So that is the next thing on our wish list - We are trying to be more modern in our approach but it is sometimes hard when you are ladies "of a certain age" who sometimes live in the past - But we are keeping up with it - just takes us a little longer.

Another event which has taken place recently - hosted by the lovely Denise Dickson and her "Poppy

Patchers" Every year they host a "Quilts in the Garden" Event in our Harmony Garden. These amazing ladies make so much of the stuff they sell and the quilts they hand make are second to none - A huge thank you to Denise and her wonderful ladies who raised £300 for The Trust - Three more people we can support.

As some of you may know, we have a consultant patron, Dr Charlotte Abson, from Kent Oncology. It was her 50th birthday in July. Charlotte decided she wouldn't ask for presents instead asked her friends and colleagues to donate money to The Trust - This raised a staggering £816.25. So thank you to Charlotte and all the people who donated - Your kindness is so appreciated.

## **DATES FOR YOUR DIARIES**

**16th August** - Whitstable & Herne Bay Lions Club Regatta at Tankerton Slopes - We will be having a Teddy's Bears' Picnic instant Raffle to raise much needed funds for The Trust.

**23rd August** - The Big B - Hosted by the Associated Sheppey Bikers, at Layzells, The Broadway, Minster. For further information about this event please contact Cathy Ashby-Clark on Facebook.

**3rd September** - Our training course is now fully booked. This will be hosted by David Wayte, renowned tutor at Jubilee College, who will be delivering a comprehensive CPD skills day, designed for all Reflexologists who have an interest in working with cancer and the terminally ill.

**6th September** - We will again be hosting our very popular High Tea - This year the theme will be "The Queen's High Tea" to commemorate the Queen being the longest reigning monarch. For the best "High Tea in Town" please contact me to book your place. Cost is only £5.00. Maybe the Queen herself will pay us a visit?

**15th October** - Another talk/workshop being organised - Leduc MLD & fluroscopy MLD and the differences between them. There only a few places left on this course, so if you want further information please contact me or Rita on [ritahencq\\_couzins@hotmail.com](mailto:ritahencq_couzins@hotmail.com).

**17th October** - The wonderful "We have a Dream" showcase, headlined by Britains Got Talent Stars, Sweetchix, supported by stars from X Factor, The Voice, Factor Essex and Teen Star. Charley Monroe, Liberty Grant and lots more wonderful talent will be performing. All a bit "noisy" for us oldies who are normally in bed by 9 o'clock, listening to Classic FM - but this will be a fantastic evening - It is being held at The Woodlands Club, Basildon, Essex - Tickets are just £10 - To book your ticket please phone 01268 454473, or Email Ben K Wallis on Facebook, or phone 07718 663586. Ben and his team have worked so hard putting this all together - with all the proceeds coming to The Trust. We are planning to arrange a minibus to take a limited amount of people. Please let me know if you are interested in coming along. I will post further details on this when we know costs etc.

## **REMINDERS**

Would you please vote for us to be KM Charity of the Year for 2016. To nominate us go to <http://www.kmcharityteam.co.uk/charitysupport/charityoftheyear/>

If you haven't already nominated us for the Nationwide Building Society Community Match Scheme, please pop into the local branches of Nationwide in Sittingbourne, Sheerness, Faversham, Herne Bay or Whitstable.

Well I think that's enough excitement for another month.

Kind regards.