



As we start our 8th year, here are some interesting facts about The Harmony Therapy Trust since it started in 2010:-

- In 2010 we received 9 referrals.
- Today we have received over 1300 referrals and currently treating over 330 client-patients
- We anticipate receiving 1,000 this current year, with referrals coming in at a rate of two per day.
- We have over 80 self-employed therapists working for The Trust.
- All the major hospitals, many of the Hospices, GP's, Nurses and Health service practioners are now realising how the Trust can help people into "wellness and wellbeing", and "lift their spirits", with the supportive therapies we offer, like Reflexology, Reiki, Counselling, Hypnotherapy, Massage etc.
- Rita has gone through 6 sticks of "lippy"

When the Trust first began, the vision was "Born on Sheppey, cradled in Swale, and eventually to provide free complementary therapies for people across the whole of Kent". Never did we realise how quickly that day would come. We are probably the fastest growing charity in Kent. But we couldn't have come this far without our amazing therapists, volunteers and mostly our wonderful supporters, who share our passion and vision. Thank you all.

We know how much our work has helped the people of Kent by the many testimonials we receive daily, and sometimes a donation. This is a feedback from one of our lovely client-patients:-

" I can honestly say that these treatments have been little pieces of heaven throughout my gruelling cancer treatments"

We are ladies of a "certain age" (I am the youngest!) and we really could do with more volunteers to help us take the Trust to the next level. If you could help us or know of anyone who may have a couple of hours free, to help, particularly with funding bids, do please let us know.

The lovely picture is of the wonderful ladies, with our amazing therapist, Keely Sookermany, who did a 10 km walk up and down valley and woodland at Six Acres Cuxton & North Downs Wood to raise funds for the Trust. Thank you so much ladies.

We have had an amazing start to our new financial year. Rita hasn't stopped smiling. A donation has been made from a wonderful gentleman, in memory of his lovely wife, who sadly passed away from cancer - £5050.00. It is very sad when we receive a donation in memory of a loved one who has lost their battle with any life-altering illness, but comforting to know that the donation received will help so many people. Thank you from the bottom of our hearts.

Another of our lovely therapist's, Isabella Cooke did a "Charity Reflexology Taster Day" and raised £274. Thank you Isabella and your wonderful supporters.

We held a Quiz night, at a lovely venue, The Wheatsheaf in Eastchurch. Our wonderful Lyn Baseley was the "Quiz Master". A fun night was had by all who attended and we managed to raise £117. Thank you to Trevor & Steve Eden who allowed us to use their premises.

If you could organise a Quiz night, or a similar event, we would love to hear from you.

Another donation received of £120. This time from a very grateful client-patient, who was treated by our very caring therapist, Janet Leaton, from Borough Green. This will help another person receive supportive therapy.

We also received a donation of £103, from Waitrose, Community Matters, at Kings Hill. Thank you to Waitrose and to all those who supported us.

We would like to wish our amazing Therapist Trustee and "fund-raiser extraordinaire", Gillian Smissen from Dover, and her new husband Simon, our very good wishes. Gillian and Simon recently got married. We hope you have an amazing future together.

We have several exciting events in the pipeline, in the coming months, so watch this space ! You won't want to miss out.

Please don't forget our AGM, on Saturday 27th May, at 11.00 am, in the Healthy Living Centre, Off Royal Road, Sheerness, ME12 1HH. We would love to see you there.

And finally

This is my wish for you:-

*Laughter to kiss your lips
Beauty for your eyes to see
Sunsets to warm your heart
Rainbows to follow the clouds
Smiles when sadness intrudes
Hugs when spirits sag
Comfort on difficult days
Faith so that you can believe
Confidence for when you doubt
Patience to accept the truth
Courage to know yourself
And love to complete you life*