

Dawn and I then attended the Stoma Event, at Canterbury Cricket Ground, where our lovely therapist Angela Davies offered hand massage. The event was well supported and thank you to Jackie Hawes for inviting us.

Next was the Soul Midwives TLC Workshop, run by the amazing Soul Midwife, Mandy Preece. Lots of learning, laughter and tears. This is the second year we have run this workshop, and the knowledge gained is second to none, I think everyone could benefit from this workshop. For those of you who don't know about "Soul Midwives", quite simply, a midwife brings you into the world, and a Soul Midwife can sit with you on your final journey. Sometimes such a difficult thing for people to do. But what this Workshop offered was good practical advice and information, to help support patients and their loved ones at such a difficult, emotional time, and to also support our therapists with what can sometimes be quite emotional. We have a Training School and we try to provide good quality workshops/courses regularly, at a fraction of what it would cost elsewhere and it also helps our therapists maintain their CPD points. Thank you Mandy.

Rita and I then turned up at Genesis Care, to a well women event, hosted by the lovely nurses, Anna Bagulay, Dasha Branden and Juanita Caseley. A lovely evening, with amazing food (We love it when we are fed!) We also collected £31 from a collection they had.

We also collected £24.72 from our lovely therapist, Nicky Whatling and the patrons of the Spitfire, in Kingshill. Thank you so much.

Next on our journey, was a visit to The Ellenor, in Northfleet, to meet with The Head of Wellbeing. We now receive many referrals from Hospices, across Kent, so it was a pleasure to talk with Dr Russ Hargreaves to see how Harmony could help with supporting Ellenor's patients in the Community and how we may be able to collaborate in the future. It is so important that organisations help each other with collaboration. There are so many people in the Community not being able to access supportive therapies.

We then went on to talk with our amazing web designers The Creation Lab, at Dartford. These lovely people have been so supportive in setting up and maintaining our website. We did take them a box of chocolates to help them through the day.

Phew and we are only up to the 14th October, going to be a long month !

Onwards, Dawn and I attended a lovely presentation to The Motor Neurone Support Group, in Canterbury. What amazing people, who every day live with this illness, but still manage to stay positive.

Two of our lovely therapists, went along to Maidstone Hospital for an Information Day, to spread " The Word of Harmony" , our wonderful Carole-Ann Alexander and Val Georgiou.

I then had to have a siesta before attending an amazing event at Minster Working Men's Club, hosted by the ever supportive Ray Seager and his wife Caroline. Unfortunately the real Michael Buble didn't turn up, but the wonderful Jason Allen came a close second, belting out some amazing songs, and next was Hypnotist Martyn Williams, such a funny evening. I do hope all the people Martyn hypnotised have now recovered. Wait until they watch the DVD of their antics ! This event raised over £600. Thank you Ray & Caroline, and to all the people who attended this event for your support. I think laughter and song is probably the best tonic in the world.

Next on our list, was attending a networking event in Chatham, hosted by

MyCommunitySpace. We had the opportunity of networking and talking with potential volunteers. It is crucial organisations have the support of volunteers, who carry out such valuable work. If you feel you may be able to donate a few hours to The Harmony Therapy Trust, do please contact me at thtt2010@gmail.com

I then had to go out and buy Rita a new lippy!!!!

Dawn was strutting her stuff at The Funding for All Funding Fair. Dawn met with lots of old friends and made connections with new ones. The workshops were informative and she was treated to a lovely lunch.

There are lots of pictures posted onto Facebook if you would like to see what we have been doing. When I get to grips properly with Mailchimp, I may be able to work out how to put more into the newsletters.

We are often very surprised and grateful for the things that people do for The Trust, to help raise funds. Such a lovely young man, Adam Stembridge has organised a Head Shave in celebration and acknowledgement of a close work colleague who is in remission. He wanted to do something to say how proud he is. His work colleague said " Harmony helped her most when she so needed it". Thank you so much to Adam, thank goodness the weather is still warm!. If you would like to donate to Adams page, please go to .Adam's JustGiving page.

Another lovely young man, Luke Allum who has recently opened a new funeral directors in Sheerness, has very kindly agreed to make us his Charity of The Year. Thank you so much Luke and we wish you every success in your new business.

Our wonderful therapist Pam Giblin, from New Romney, will be holding a raffle again this year.

Raffle tickets are 50p each or £2.00 a strip and can be purchased from Pam. Please go to her Facebook page where you can send a message to buy some electronically. Or contact me and I will pass your details on.

To make things a little more exciting this year, she is going to be offering 2 raffle prizes, so you've got 2 chances to win.

This years raffle prizes will be:

1st prize: 60 minute Zone Face Lift session ** Value £55.00

2nd prize: 60 minute Reflexology session ** Value £35.00

Pam will be drawing the winning tickets on Christmas eve and the winners will be notified the same day.

** Both prizes include a FREE consultation if you've not had a treatment with Pam before.

** Please note: winners treatments will take place at her clinic, mobile treatments not applicable.

** No cash alternatives for prizes.

For more information on Zone Face Lift please click:

<http://www.reflectreflexology.com/zone-face-lift.html>

[#christmasraffle](#) [#entertowin](#) [#zonefacelift](#) [#reflexology](#)

I think everyone will need something like this after Christmas !

We do have some really special therapists, who "go that extra mile", who share our passion and vision. We have had several therapists "move on" to pastures new, and we wish them every success and thank them for the time they spent working with The Trust, and we would like to welcome all the lovely "new" therapists, who have recently joined us. Welcome to an amazing journey. !

We would like to welcome to the Trust, Sally Ballard, who has come on board as a volunteer to help with funding bids. Sally brings with her a wealth of life skills and knowledge., One being a Practice Nurse for 30 years.

Donations received this month, from Margaret Shorland £200, and Margaret Bowen £100, in grateful thanks for the support they received. And a wonderful surprise donation from Nigel Turley for £500.

And finally

***" Never get tired of doing little things for others
Sometimes these little things occupy
The biggest part of their hearts***

***A person's most useful asset
Is not a head full of knowledge
But a heart full of love
An ear ready to listen
And a hand willing to help others***

Don't get tired of helping others"