

The Harmony Therapy Trust

The Harmony Therapy Trust provides a host of holistic treatments for people with a range of conditions. Based at the Sheppey Healthy Living Centre, off Royal Road, Sheerness, the charity provides a host of complimentary therapies. It's designed for sufferers of life-altering illnesses such as cancer and Parkinson's disease after a referral from their health service provider. Therapies include reflexology, Indian head massage, reiki, acupressure, hypnotherapy and counseling.

Financial trustee Rita Couzins said: "This is a charity that as far as we know is the only one in the county offering support to people at various stages of their life-altering illnesses and, palliative care, for those wishing to remain in their homes."

Since it was set up five years ago, the trust has more than 40 therapists at its disposal. A number of patients continue therapies long after the charity has completed its funding. Feedback enables customers to give their opinion on the treatment received.

Mrs Couzins said: "Since starting with only a few helpers and enthusiastic therapists, we've been able to offer therapies to more than 400 people and there are more than 100 at various stages of therapy. We continue organising and monitoring a training school to allow therapists to provide first-class therapies. Funding from Lloyd's Bank Community Fund has enabled us to offer therapy to the carers, as they often struggle financially as well as emotionally with caring for their loved ones."

<http://theharmonytherapytrust.org.uk/>



Finalist Profile

Established 2010

Based The Harty Room at Sheppey Healthy Living Centre, off Royal Road, Sheerness, Kent ME12 1HH.

Employees All voluntary

In a nutshell A charity providing free complementary therapy.

Why we deserve to win!

A client-patient has summed up what she felt The Harmony Therapy Trust has meant to her: "When I first saw the therapist my poor body was hurting in so many places and I can't believe the difference you have made to my life. You have truly calmed my body and mind so that I am able to live more comfortably day to day!"

Rita Couzins
Financial Trustee

Here we are folks our October Newsletter (only just!

What a roller coaster month it has been for us "ladies of a certain age" and our lovely therapists.

We recently attended the Swale Business Awards Gala Evening. at The Barnyard, Gore Farm in Upchurch. As most of you know we were a finalist for a Contribution to the Community Award. Swale Business Awards gave us a lovely write up. Unfortunately, we didn't win this year but we had an amazing evening. We are of course going to try again next year. I will mention that we have never reached the stage of "finalist" before, so that certainly is a step in the right direction.

We also attended an event organised by the KM Charity Team and we received a Gold Charity Mark award in recognition for the work carried out by The Trust in 2015 - Another first.

Although it seems a long while ago - We held our annual High Tea, the theme this year commemorating Her Majesty Queen Elizabeth II becoming the longest reigning British Monarch. The weather was very kind to us, the event was well supported and we raised £220.00. So thank you to all who attended.

The "We have a Dream" showcase was held in Essex, organised by the amazing Ben K. Wallis. Again this was very well supported. Ben and his team worked incredibly hard at putting all this together, and Dawn who attended the event has reported that it was an incredible evening of excellent entertainment. We haven't received the final figure for the amount raised as yet but I will let you know in my next newsletter. A huge thank you to Ben K Wallis and his team for hosting this event for the Trust.

Our therapists have been "out and about" over the past few months, attending information days, giving taster treatments and of course promoting the Trust. These events are very popular and essential to The Trust in spreading the word. If you would like us to come along and give a presentation please do contact us.

The Trust really is going from strength to strength but we can't sit on our laurels. We have attended a lot of networking events over the past few months to promote the Trust, Rita, of course is trying to find more money so Harmony can help more people across Kent with life-altering illnesses and to help the "forgotten heroes", the carers who work tirelessly to help and support their loved ones.

Whilst we are so grateful to everyone who supports us by holding various events, we really do need to look to raising "bigger amounts of money". We receive one referral per day, there are 365 days in a year - You can do the sums yourself - Rita is looking to try and raise £40,000 in this financial year. The more events we do, the more referrals we receive. We certainly do not want to be in the position that we were a few years ago - where money was extremely tight and we needed to put referrals on hold until we received more money. Some of the client-patients we receive referrals from are extremely ill so "time is of the essence" in some cases. We try to give a referral to our therapist within 24 hours of receiving it.

If you are able to help in any way, know of anywhere Rita can apply for funding do please get in touch - Rita would love to hear from you.

I think that's all I have to say for this month - Will soon be time to write November's newsletter!

