



Welcome to our February Newsletter - I do hope you all survived "Storm Doris". Shows how late I am again producing the newsletter!

You will see our latest, very pretty "bar chart" - it is fair to say that the anticipated number of referrals we will receive this year may well reach 1,000.

We are currently averaging two referrals every day - mostly breast and prostate cancer referrals, but just lately more of the "unusual" life altering illnesses.

Just to let you know how the "system" works when we receive a referral.

Referrals come from many places - Hospices, All the major hospitals, GP's are finally coming on board, via email, our website and even by post. We look at the referral and decide which of our 90 therapists lives the closest to the client-patient, Rita's blood pressure goes up when she has to pay travelling costs, we also take into account which therapy may be suitable. A big majority of the people referred to us have never received complementary therapies before and can be a bit "sceptical".

We place with a therapist, usually within 24 hours, but managed to place one recently within 2 minutes! and another, the appointment was made within 20 minutes of the therapist receiving the referral. As we are receiving more and more referrals from the Hospices, with some client-patients being "End of Life" it is very important to us to try and makes that person's final days a little more comfortable by offering "A hand to hold".

We then send a confirmation email to the referrer, and a confirmation letter to the client-patient. We have built up such a rapport with some of our lovely Cancer nurses, that they automatically refer their patients to us. So the patient doesn't always know about us, but are usually delighted to receive the phone call from the therapist. The call usually arrives before they have received the letter.

What we offer is an "Introduction" into complementary therapies, and what is so wonderful for us and our amazing therapists is, that a large number of client-patients

continue with our therapists long after their free sessions have finished. A compliment indeed.

Please read these wonderful testimonials both from client-patients and one from our lovely Cancer Nurse, at Kent & Canterbury Hospital:-

" We are so fortunate that we can refer our breast cancer patients to The Harmony Therapy Trust. Their response to our referrals is immediate; therapists and therapies are carefully selected. Patient feedback is full of compliments and gratitude for the love and support they receive., This is a wonderful charity to support"

" The Harmony Therapy Trust was a saviour for me, when I finished my treatment. I felt left in limbo after being cared for, for five weeks and having no one to turn to. But meeting Keely Sookermany for the first time was lovely, she is so caring, kind and made me feel special. Thank you once again " This lovely client-patient made a very generous donation. Keely is our therapist from Strood.

" I found the whole experience very relaxing and looked forward to each session. Attention to detail was fantastic i.e. making sure I was warm, lit candles and putting my coat on the radiator so it was warm to put back on " This was praising our lovely therapist from Romney Marsh, Pam Giblin.

We also have some very special male therapists, our wonderful therapist Rob Nelson, from Walderslade *" Highly recommend Rob Nelson. Very professional and knowledgeable. Extremely polite and respectful. Made me feel comfortable and at ease. The therapy - massage - was very effective for my pain associated with Fibromyalgia. Very much appreciate his expertise "* - Men can multitask !

All our therapists "go that extra mile" in making sure their client-patient feel very special, cared for and loved. Some have been on the most horrendous journey - And this is where "The hands of Harmony" lift their spirits and help them into "wellness and wellbeing" on the next stage of their journeys.

Thank you to the following people who have made very generous donations to the Trust - every single donated penny is spent on therapies:-

R. Costin, C.Gilman, C. Lyons, C. Devaney, Kent & Canterbury Breast Friends Support Group, M. Startup, R. Wilson, L. Steadman. And to all those who have donated anonymously through our JustGiving page.

The calendar event was a huge success - All sold with the exception of about 5, and a staggering £1400 was raised - A huge thank you to Lyn Baseley, Dawn Cockburn, Rule & Rule, Jenwoods, the printers, and to everyone who submitted the most amazing sunsets and sunrises. We are now looking for a sponsor for this year's calendar - If you know of anyone who may be able to help, please contact Lyn, at lyn.thtt@outlook.com or Dawn at dawn.thtt@outlook.com

Our amazing Events Co-ordinator - Lyn Baseley has also produced a very special video - "The Hands of Harmony across Kent" . A reminder of how far we have come and how far "The Hands of Harmony" now reach.

Please click on this link:-

<https://www.youtube.com/watch?v=ty5SdV-oteI&t=125s>

If you have a problem with this link, go to Youtube - and type in "The Hands of Harmony Across Kent". It is also on our Facebook page, The Harmony Therapy Trust, where you

can also see all our updates and news.

Well, that's it for another month. Not sure if Rita will need to get her "lippy" out next month. Watch this space.