



Welcome - lots of events taking place this month, by our lovely supporters and therapists. You are all truly wonderful.

I do hope our lovely, crazy therapist, Amy Garske, from Faversham has washed her feet! Amy did the Busters Charity Firewalk recently. Thank you so much Amy, you are a star (and a little mad!) I am not sure of the total amount raised but will let you know in the next newsletter.

The amazing people from BSB, Strood are at this moment completing their climb of Snowdon to raise funds for Harmony. Again, I will let you know how much was raised when they have climbed down from the mountain, had a well earned rest and I am sure a couple of pints. !

Our wonderful Jeff Payne, from Gravesend was out and about strutting his stuff at the yearly event held at The Crown, in Northfleet, The Steve Townson Memorial Trophy. There was a darts competition and an auction with lots of prizes up for grabs, and I am sure many, many drinks supped! Jeff will let us know the total raised when everyone has "sobered up". Thank you to Jeff and all the amazing patrons and landlord of The Crown who supported this event. Jeff, a cancer survivor himself is always looking for ways to fund raise for the Trust - His chance to "pay back". There was also £44.62 raised from The landlord, staff and customers of The Peacock, who continue to support us.

Other donations received this month are £28.57 from Elmley Prison, A surprise donation from The Playa in Minster, £315, Alan Stone, who ran The Brighton Marathon, raised £772 and also held a Golf Day, which raised a staggering £840,

Gillian Pollard, another of our great fund raisers raised a whopping £850 from The KM Assault Challenge, 70% will come to us, and 30% to KM Charity and The Mad Hatters Tea Party raised a massive £1000.

A grateful beneficiary donated £20, and The Rotary Club in Minster presented us with a cheque for £100. We also received £470 from Swale Canteenians.

We are so grateful for everyone who has raised funds over the past years. We are now entering our 9th year, and have just received our 2000th referral. We are just about keeping pace and so far the funds are "meeting the demand" but we are only going to get busier. We would hate to resort to a "waiting list". When people are referred to us, they are in desperate need of some sort of therapy. And some don't have time on their side.

With cuts being made to the NHS Hospitals, Hospices etc - we are receiving more and more referrals for our service, the only type of it's kind in Kent, I believe. So if you can organise an event, or know where there may be a "pot of gold" somewhere, do please contact me at [thtt2010@gmail.com](mailto:thtt2010@gmail.com).

The "lippy" came out lots of times this month. We really had to "dig deep, with lots of collaboration events taking place.

We attended Kent Vision Live at Detling again this year and made some useful contacts.

Rob Nelson, our lovely Trustee therapist from Walderslade and Rita attended an event at The Wisdom Hospice "Dying Matters"

Dawn and I attended The Nursing Conference at Canterbury, where we met lots of nurses, doctors etc who had never heard of The Trust and were amazed at the service we offer. This will in time generate more referrals and I am sure we will be asked to attend presentations to "spread the message".

Another of our wonderful therapists, Nicky Whatling, of Kings Hill attended The London Asbestos Support Group, in Sevenoaks, on our behalf. Although the group was very small - lots of interest about the work we do.

Another event we attended was at Fremlin Walk, in Maidstone. Some of our lovely therapists, Georgina Pay, Di Stone, Wendy Collison, Jo Anderson, Lynda Harknett and her husband, Norman gave up their Sunday to offer taster treatments. It was a bit disappointing, as I think most people stayed at home to recover from The Royal Wedding parties and of course the football. But Rita and I took full advantage of the therapists and were treated to an amazing, much needed Massage and Reiki. Thank you to our therapists and to Rebecca Ward, of Frogbox who gave us this fantastic opportunity.

And lastly, Rita and I attended the Wisdom Hospice again to inform the lovely people who are living with Motor Neurone Disease, about the service we offer. This was a large group and some of the people attending had already received treatments from The Trust, so they were also able to talk about the benefits of receiving supportive therapies. There is nothing like "word of mouth" to spread the message .

We held our AGM recently, and new trustees were voted in, I will be updating the list on our website shortly.

At long last I think we are now legal ! I bet you are all totally fed up with the new Data Protection policies which have hounded us all for months, but finally, after many months of hard work we are now compliant.

## **DATES FOR YOUR DIARY**

Thursday 7th June - one of our new therapists, Fazlin Blakemore is hosting a Quiz Night at The Valiant Sailor, in Capel-Le-Ferne, Folkestone.

Saturday 7th July - Our Sanctuary Day - Our "pay back" day to our beneficiaries, their carers, our therapists, volunteers, referrers and Trustees. This is being held at Holm Place Farm Fishing Lakes, Queenborough, ME12 3EU, weather permitting. This will be an amazing day of Food, song, laughter, workshops, hopefully plenty of sunshine and a great opportunity to meet "The Harmony Team". Please email Dawn at [dawn.thtt@outlook.com](mailto:dawn.thtt@outlook.com) if you would like to come along, by the 30th June, for catering purposes.

And finally .....

***" Kind words are like honey  
Sweet to the soul  
Kind words can be short***

*And easy to speak  
But their echoes  
Are truly endless  
One kind word  
Can change someone's entire day "*