



**The Harmony
Therapy Trust**

Charity No: 1139861

**Providing Free NHS Approved
Complementary Therapy**

To those coping with Cancers or other
serious life altering illnesses in Kent.

**Helping People into
Wellness and Wellbeing**

Our vision is for the "Hands of Harmony"
to be able to offer free therapies to those
NHS patients suffering from Cancers, MS,
MD, MND, COPD, Stroke, Cardiac, Renal,
Parkinsons etc. wherever they live
in the county of Kent.

If you would like a referral form please contact
Telephone 01795 663050
Email thtt2010@gmail.com

www.theharmonytherapytrust.org.uk



Thank goodness the "silly season" is over !!

Welcome to our September newsletter.

If you hadn't already guessed we are now the proud owners of 2 beautiful rolla banners, designed by secsignworks, of Faversham, I think you will agree they are very modern and eye-catching. They have been "out and about" at various events. We are still hoping to find someone who could print our brochures to match, either through sponsorship or undertaking the printing.

The event at Tankerton slopes was a bit disappointing, the weather wasn't very kind to us and people kept their "hands in their pockets", but we were still spreading the "Hands of Harmony", giving out information, taster sessions and talked to lots of people. It was a new venture for us and we will continue to attend as many events as we "ladies of a certain age" are able to.

The rolla banners also attended the Big B event, hosted by the Associated Sheppey Bikers. The weather was kindish to us and on behalf of the Trust I would like to say a huge thank you to Cathy Ashby-Clark for organising this event, which raised an amazing £250. Cathy did manage to stay on the "Bucking Bronco" for a very long time, Sheppey FM for providing all that loud rock music ! Layzells for allowing their premises to be used, The Bikers who turned up - All those men on bikes - Phew !!! and to everyone who supported this amazing event.

The lovely people at the Wire Belt Company, in Sittingbourne are continuing to fund raise. Holding a summer raffle, held at the same time as they celebrated with their employers KEIBA (Kent Excellence in Business Award) Manufacturing Business of the Year Award. This raised £155, which will go into the pot and added to other events they plan to hold throughout the year. Huge congratulations on winning KEIBA.

Another huge boost to The Trust's funds, Vi Cowie as one of our supporters, her husband, friends and club members of Milton Regis Conservative Club held a fund raising day a few months ago, with raffles, BBQ, (which was amazing) etc, they raised a staggering £1000 for the Trust, the Oliver Fisher Trust also received a similar amount. Thank you so much to everyone who attended this event, and to the people who worked so hard to make this a huge success. This will mean 10 more people can be helped into "wellness and wellbeing".

More exciting news - We have been selected by the judges of the Swale Business Awards 2015 as one of the contenders for a new Contribution to the Community Award. Another first for the trust. We will be attending a Gala evening on 9th October, when all the finalists and their teams will get together to celebrate excellence in business in Swale. A new outfit will certainly be on the menu !!!

DATES FOR YOUR DAIRIES

6th September - The Queen's High Tea which is being held in The Harmony Community Garden, 33 Victoria Street, Sheerness, ME12 1YA. 1-4 pm. Celebrate with us as Her Majesty Queen Elizabeth II becomes the longest reigning British

Monarch.

1950's costume optional. Raffle, Happiness kits and other items to purchase. Donate coins from any year of the Queen's reign to help us create a Coin Timeline. To book your place please contact me. Only £5.00 for the best High Tea in Town.

15th October - We still have places available for the talk/workshop being organised, including The Lymphatics, Lymphoedema primary and secondary, Lipeodema, Also treatments, Compression, Kinesiataping, Pumps, MLD, Low laser light therapy - tomorrow's technology today. This will be a very interesting workshop. For more information or to book your place please contact me or Rita at ritahencq_couzins@hotmail.com.

17th October - Don't forget the "We have a Dream" showcase, headlined by Britain's Got Talent Stars. A fantastic evening organised by Ben K. Wallis at the Woodlands Club, Basildon, Essex. Tickets ONLY £10. For further information or to book your ticket please contact Ben K. Wallis on Facebook, or telephone 07718 663586. Ben and his team have worked incredibly hard putting this showcase together, with all the proceeds coming to the Trust.

VOLUNTEERING

We are always looking for more volunteers to help us with various aspects of the Trust. When I first walked into the office of The Harmony Therapy Trust, it was at a time when my confidence, self esteem etc was at an "all time low". I had no idea how it would change my life. I had never been involved in Charity work and wasn't even sure if I could "do this" But with lots of encouragement, lots of mistakes, gradually my self esteem and confidence started growing.

The wonderful people at Harmony saw something in me that I couldn't see myself. I never thought I would be doing what I am doing now - To be doing work for no payment in the beginning, but the rewards are so much more than money!! I have met some truly wonderful people on this journey, I have been humbled, I have laughed and cried with so many, I have met the most special of people, the client-patients who are so grateful, even though they are dealing with life-altering challenges, the therapists who help these people into "wellness and wellbeing" for such little monetary reward, who have become friends, All our amazing supporters who fund raise for us, which, without these people Harmony wouldn't be able to go from strength to strength and become Kent's fastest growing charity. Two people who have truly become very special, dear friends, we support each other through the good times, and the difficult times, who work together as a "team".

What an fantastic journey I am on. Volunteering is so much more than "just doing a job" It takes you beyond your limits and beyond your wildest dreams So if you want a job with no monetary value, but with amazing rewards please join us and be "surprised" at what you can actually achieve.

And finally -

If anyone has any doubts about the "power" of holistic therapies I would like you to

read these amazing comments from a client-patient who is being treated by our wonderful therapist, Pam Giblin:

"Just a few words to say how grateful I am for your amazing reflexology sessions over the past year.

When I first saw you my poor body was hurting (in so many places) and I can't believe the difference you have made to my life.

The relief I have experienced is nothing short of a miracle, you are amazing.

You have truly calmed my body and mind so that I am able to live more comfortably day to day.