



What an amazing year, I can't believe this is the last newsletter of 2017.

Finally our 2018 Calendars have arrived. Lyn Baseley, our Events Co-ordinator Trustee has spent many hours of hard work and negotiation putting the calendars together. For some of you that don't know we started this competition last year with views of Swale, It was so successful it was decided as we treat people across the whole of Kent, that would be our theme this year. We had some amazing views of scenes in Kent and so many worthy winners. So if you would like to purchase one of these high quality Calendars, please contact Lyn at lyn.thtt@outlook.com. They are £8 each, £10 if you would like one posted to you. They can also be collected from Our Administration Office in Sheerness, but please check there is someone available as the office is not always manned.

A huge thank you to the following people who made donations this month, We received a lovely surprise when we opened an envelope from Nicholas Trodd of Gravesend. Following life changing illnesses Nicholas decided he wanted to feel good and help other people by holding events and fundraising. This year Nicholas, his wife Nikki, and daughter Hannah, together with Jeff Payne, an amazing supporter of the Trust, hosted a Charity Halloween Fancy Dress Party at their home for over 100 people. They managed to raise money for several charities which are close to their hearts, by holding a raffle and an auction, where they were able to obtain lots of amazing prizes from good friends and companies; so - from the proceeds of that event they have donated £300 to The Harmony Therapy Trust. That's 3 people who can be helped into wellness and emotional well being. £100 from Mr & Mrs Birchell, a grateful client-patient, £100 from Masonic Charitable Foundation, a donation on behalf of one of their members Mr S. Davies, of Dover, £30 from our lovely therapist Serena Waite, of Chatham, who sold some of our happiness kits. Mandy Summers, our therapist from Dover kindly donated £100 from massages; £100 from Castle Chapter Folkestone, in memory of one of their late members, Bill Sparkes; our lovely therapist Rebecca Schofield, from Deal, £60, from proceeds of a coffee morning. and finally our wonderful therapist Sue Baker, of Herne Bay also attended events and raised £160.50. Thank you so much to everyone who donated to the Trust.

We have currently received 629 referrals this year, 43 in December. Without all of the generous donations received we wouldn't be able to carry on with this vital work. Each year the referrals received are increasing rapidly from the previous year. And we are only going to get busier !. So if you can help with fundraising in any way at all, or help with funding bids do please contact us. Help us make a difference in people's lives - there are so many people who are struggling with life altering illnesses. Many have not received the benefits of "Harmony's Hands" , help us reach even more people across Kent and help them into "wellness and emotional well being."

No presentations or talks in December, Rita has put her lippy away for another year. ! Hope Santa brings her a new one, together with a financial manager !

So onto 2018. This is going to be another exciting year, with many changes taking place within the Trust. not least bureaucracy in the form of GPDR. Another minefield for small charities like ours have to negotiate with limited funds. We have to constantly monitor and move "the bar" as the Trust grows. When we look back and see how the Trust has evolved since it first started in 2010, with only 9 referrals, it blows our minds. Probably none of us had any idea on how a charity worked, but believe me we had to quickly learn. I believe that is why The Harmony Therapy Trust works, We face our challenges, change what needs to be changed, work together as a team, to be there for each other through the triumphs, tears and tantrums. It's not always easy, and we don't always get it right, but our passion sees us through. We constantly work so hard to support the people who are struggling every day, by giving them an introduction into something that can sometimes completely turn their lives around, whether it be reflexology, massage, counselling or just an ear to listen. We have some amazing and wonderful therapists, who go that extra mile, who believe in Harmony's vision, and on behalf of the Trustees I would like to say a huge thank you to them for helping us take the Trust to another level, for all your hard work, sometimes at such an emotional time in people's lives. A massive thank you to all the volunteers who have been by our side, and mostly thank you to all of our supporters, without you all The Harmony Therapy Trust wouldn't be the success it is today.

So enjoy your Christmas and have a well earned rest. I have seen the Coca-Cola advert, so it must be nearly Christmas, Help us go into 2018 with renewed energy and make it the best year ever.

And finally

*" The New Year stands before us
Like a chapter in a book
Waiting to be written
And we welcome the New Year
Full of things that have never been
We will open the book
Its pages are blank
We are going to put words on them
That book is called Hope*

*It's time to unfold new pages
And start a new chapter
It's first chapter is New Year's Day
A New Year is on the way
And the possibilities are endless*

*Life is like a book
Some chapters are sad
Some happy
And some exciting
But if you never turn the page
You will never know what the next chapter holds.
Wishing you the best chapter in the coming New Year
And believe the best is yet to come."*