



Well, for once I am at a loss of what to write about this month. Think I am all "talked out". It has been extremely quiet - hopefully not the "calm before the storm".

I have already done my "Oscar speech" so I thought this month I would take you on a journey to where it all started.

First of all though I want to share with you an amazing day that was spent yesterday at The Harmony Therapy Trust End of Summer Fair. This was organised by our lovely Events Co-Ordinator and Trustee, Lyn Baseley, and Dawn. The event was put together very quickly and what a wonderful day it was. Lots of thank yous to the people who supported this event.

Claire Taylor for your hospitality and your beautiful ponies - Dawn & Julie always doing what you do, Helen, Amanda and Vikki from Eden School of Dance for face paint, glitter and fun - Dan, Matt & Katie for transporting stuff and manning stalls - John and the photography crew for clearing the tombola table! - Jo and friend for Art & Crafts - Rob 's

wonderful therapy tasters - Tracey, first aider and amazing saleslady, plus Rosie and Jayden - Linda McNeill, Fairy Nuff, Tracey Greeney, Petro Francis, Plush Slush - Oh and Spiderman and his amazing moves in the Eden Dance session. You will see a couple of our very young supporters, who have grown up from a very young age attending these events with their mums. Future trustees maybe ?- We wouldn't mind spiderman coming on board ! And to everyone who came along and made it a brilliant day. Hope I've not missed anyone.

So, now Lyn has had a chance to put her feet up, had a coffee and counted all the takings I can announce raised a fantastic sum of £354.87! With further sales of Pamper Bags still to come 😊 Definitely exceeded our hopes. If you go to our Facebook page you will see some amazing photos of the day.

It is very difficult when events are planned as so much hard work goes into organising it, and you never know how many people will attend - but this day was a huge success ! Something similar planned for the future.

And now onto Harmony's journey:-

Driving from Kent to East Sussex to visit her terminally ill sister, Sylvia Burt, the Founder, Dawn Cockburn formed the idea of the Trust in early 2010.

She got a group of friends and family together and told them of her idea - thinking they would think she was mad - but they said they would support her.

Rita Couzins has been by Dawn's side since the Trust started and does an amazing job of keeping our overheads to under 10%, as well as attending presentations and events, lots of lippy has been used in that time !

Inspired by The Sara Lee Trust which provided Sylvia with reflexology during her cancer journey, and knowing nothing similar existed in Kent for the seriously ill (other than Hospice therapy help for the terminally ill).

With higher incidences of cancers, and other poor health levels here in Kent, The Harmony Therapy Trust was born on Sheppey, cradled in Swale, and one day would reach out to the whole of Kent.

Not realising that day would come sooner than anyone expected.

With 9 referrals in the first year, Dawn was at that time a reflexologist, with two others supporting her. We are now entering our 9th year and have treated over 2,000 people. Helping them into wellness and emotional well-being.

The vision is for "the hands of Harmony" to be able to offer therapies to those suffering from life altering illnesses wherever they live in the County of Kent

Passionate about helping the seriously ill, whether because of chronic illness, cancer or into recovery, be the best they can be, we help bridge the gap between invasive medical treatment and the road to well being and in many cases recovery.

Those living with cancer or other serious chronic life altering illnesses need extra support to address and overcome the broader consequences of their illnesses.

A life-altering illness does not recognise gender, race, colour or religion - Nor do we.

We provide the means for therapy by raising funds to provide highly qualified, registered and insured holistic therapists. We currently have over 100 therapists working for the Trust, to provide different types of complementary and supportive therapy to medically referred NHS patients totally free of charge.

These are some of the therapies we offer:-

ACUPRESSURE

Acupressure stimulates the body to cure itself. Defined as an ancient healing art that uses the fingers to gradually press key healing points, Acupressure relieves energy blockages. The energy flow in your body affects everything - how you feel, how you think and how you breathe. This is only available in certain areas of Kent.

COUNSELLING/TALKING THERAPIES

Mental health problems are one of the most common long term consequences of the diagnosis of a life-threatening illness and often persist even it is effectively treated.

When a patient receives such news it is a very distressing time for them and their loved ones. At The Harmony Therapy Trust, we understand the psychological chaos which accompanies serious or terminal health conditions and can offer you help to express your natural feelings which might include fear, shock, guilt, anxiety, powerlessness and responses such as panic attacks, clinical depression, psycho-sexual difficulties and dissociation among many others. Our therapies encourage you to speak without fear of judgement, safely, in confidence and are proved to assist in mitigating the trauma of prognosis and allowing patients and their families to move forward to well-being, irrespective of illness.

We have a small team of professional counsellors who specialise in alleviating these symptoms.

This treatment is only available, at present in certain areas of Kent, due to a shortage of counsellors.

HEALING/REIKI

Reiki works on the physical, emotional, mental and spiritual levels, and can help you enhance every aspect of your life. For example, Reiki calms, its reduces stress and provides deep relaxation, comfort and peace.

HOLISTIC MASSAGE

Massage therapy is a safe, non invasive, light rhythmic soothing treatment, tailored to meet the needs of each individual. The individual is acknowledged as a whole person and the person is treated rather than the illness. Massage is also very effective for short term pain relief during palliative care. Clients report that receiving massage therapy is one of the few times during treatment and recovery that they felt seen as a person. At the end of the medical treatment, many individuals are at their most vulnerable - they feel they are now without the "safety net" of the medical team that became a big part of their lives for so long. Massage is viewed by many as a continued form of support in the recovery process.

It is now widely recognised by the medical profession that massage therapy for those diagnosed wirth cancer can greatly reduce the negative effects both physically and emotionally.

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HYPNOTHERAPY

Hypnotherapy is one of the safest, quickest and most effective forms of treatment for the majority of psychological and emotional problems with low risks and side effects.

Positive aspects of hypnotherapy include the production of a much more profound level of relaxation with a concomitant reduction in stress levels. Hypnosis can also assist, ease and relieve the suffering for those with conditions such as ME, MS, Cancer, & Aids related illnesses etc. Whilst it may not be possible to obtain a cure, techniques & treatments are available which can assist in the relief of distressing symptoms and help people to come to terms with their illness to bring about a significant and beneficial change in the quality of their life.

Doctors are becoming increasingly supportive of hypnotherapy. It is a non-invasive therapy complementary to orthodox medicine.

IBX NAIL TREATMENT

IBX Nail treatment is a new kind of service offering professional help for weak and damaged nails which can happen through harsh chemotherapy treatments.

INDIAN HEAD MASSAGE

Indian Head Massage is a therapeutic seated massage of the shoulders, neck, scalp and face.

Can alleviate stress, promotes relaxation. A popular massage often requested for general well-being.

OSTEOPATHY

Osteopathy looks at health from the perspective of bio-mechanics compared to much of medicine which is biochemistry.

Any mechanical tension within the body will have an effect on the function of that part. This will affect its circulation and it amplifies any of the strain, stress and tension within the tissues, which naturally affects the physiology.

As Osteopaths, we are jointly trained to evaluate the mechanical strains and tensions affecting the whole body, the muscles and joints, the posture and spine in addition to the mechanical forces acting on the body organs.

By reducing the mechanical tensions within the body, it frees up energy and helps to increase vitality allowing the person to cope better with their condition. With patients with conditions such as cancer, I am not aiming to treat the condition, but to enable the

patient to cope better with their treatment regime and if post treatment, to help the recovery process back to better health and vitality.

REFLEXOLOGY

Reflexology has many benefits - it is non invasive, there are no harmful side effects, it enhances other forms of treatment, accelerates healing, improves the functioning of body and mind, increases energy levels and is believed to help support the immune system. Reflexology provides deep relaxation and helps the body regain balance. The gentle stimulation of the reflexes in the feet helps restore energy levels and promotes circulation, creating the right conditions for a return to good health.

REFLEXOLOGY LYMPHATIC DRAINAGE

RLD was developed by Sally Kay whilst working in cancer care outpatient clinics, using reflexology for patients suffering from all kinds of cancers at all stages of the disease. Many of the patients had been treated for breast cancer and consequently suffered secondary lymphoedema. The treatment focuses on the primary concern of the patient and can be adapted accordingly. RLD is a reflexology technique which focuses on stimulating the lymphatic reflexes on the feet.

There are many ways you could help The Trust. The Harmony Therapy Trust is not NHS funded, so is reliant on donations and money raised from fundraising events.

There are several ways you can help us:-

Making a gift in your Will to a cause that is close to your heart is a way of making a difference.

Leaving The Harmony Therapy Trust a gift in your will is one of the most valuable and lasting ways you can support us. It costs nothing in your lifetime but will have a powerful impact for years to come, as it will enable to carry on with our valuable work of helping people into "wellness and emotional well being"

Many people are unaware of the tax advantages of leaving money to a charity. All gifts to a charity made will are exempt from Inheritance Tax and will ease the tax burden on your personal beneficiaries.

What is a Legacy?

A legacy is a legal term meaning a gift made under a will. A Legacy comes into effect only after a person dies.

There are three types of Legacy:

Pecuniary - A sum of money

Specific - property, shares, jewellery, works of art and other items

Residual The balance of an estate in whole or part after satisfying other Legacies and expenses.

Regular Gifts

A regular gift allows us to plan for the future because we know that we will have a steady income stream that we can rely on - and that is so important. To make a regular donation to The Trust, please contact our Financial Trustee on 01795 423480.

Gift Aid can be reclaimed by The Trust, if you are a UK taxpayer. This means that your gifts are worth up to 25% more to us at no extra cost to you. If you pay tax on your income, savings or pension you will qualify for the Gift Aid Scheme. You must be paying at least 25p in tax for every £1 you donate. To find out more details please contact us on 01795 423480.

Alternatively you can send a cheque made payable to: **The Harmony Therapy Trust** and send to:

The Administration Office, The Healthy Living Centre, The Harty Room, Off Royal Road, Sheerness, Kent, ME12 1HH.

Donations received this month - Kingfisher Singers of Rainham, ££40, £25 from a grand-daughter of a lady Dawn had treated, £60 from an event our lovely therapist Sharon Snowdon put on for us, £224 from an amazing High tea held recently. Judy Lewis opened her lovely garden to friends and family, and was well supported,

Well for someone who had little to say - I didn't do too badly !

And finally ...

***" Some days will look like diamonds
Some days will look like coal***

*But diamonds don't always sparkle
And rocks aren't always dull
Each day is what we make of it
It holds no guarantee
So choose to make the best of it
Since what will be, will be"*