



Welcome.

You will probably be wondering where this email is leading, but please stay with it.

There have been many, many challenges facing The Harmony Therapy Trust since we started in 2010.

When Dawn first had the idea, travelling back and forth to East Sussex, visiting her sister at St Michael's Hospice, supported by The Sara Lee Trust, who offered free holistic therapies, from where Dawn took her inspiration for The Harmony Therapy Trust, she realised there was nothing like this in Kent and a "vision" was formed. She got together with a few friends to put the idea to them, And of course everyone she spoke to thought it was a great idea.

Rita, our Financial Trustee, who has been at Dawn's side since inception, thought she would be given a "petty cash" box - Boy, little did they realise how quickly the Trust would grow.

We now receive referrals from all the major hospitals across Kent and beyond, Harefield, St. Thomas, UCH, Royal Marsden, together with the Hospices in the County. And after many years of hard work, the Doctors are finally coming on board. So many of the lovely Cancer Nurses quickly realised how much the Trust could help them, in offering these FREE supportive therapies.

We do, of course, support people with other life altering illnesses, such as Parkinson's, Motor Neurone Disease, Huntington's Disease, Fibromyalgia, Chronic Kidney & Liver Disease, COPD, Stroke, Heart failure, Severe Rheumatoid Arthritis, Crohns, ME, Lupus but this list is not exhaustive and there may be other life altering illnesses not mentioned.

We do not make the claim that supportive therapy is intended to replace medical treatment and no claims are made in any way as to outcomes other than a general sense of uplifting of spirits and wellbeing, As many, many testimonials from client-patients and Nurses prove, we have certainly achieved this. We give our client-patients an introduction into how complementary therapies can help them "move on" from Cancer and other life altering illnesses.

Currently, we have treated over 1200 client-patients, but there are so many more people across Kent, who could benefit from the support we can give.

Now, I am finally getting to the point (at long last I hear you say).

Our lovely President and Founder, Dawn Cockburn has finally been recognised for her vision - she has just been awarded "The Unsung hero Award" by the Association of Reflexologists. A great accolade indeed. This can only be great for the Trust and take us to a new level. Congratulations Dawn, you inspire us all.

But I do want to mention all of the "other unsung heroes", the many volunteers, who have been with us, some only for a short time, some still with us. Those who stay up and get up at silly o'clock to make sure the "Hands of Harmony" continually work to ensure we give a professional, caring & supportive service. There have been so many changes since 2010, but these people have seen us through the good and bad times.

Without these volunteers, there would be no Harmony. Also to our amazing therapists, who share our passion and vision, but mostly to our wonderful supporters, who keep us "ticking" over with the many events they have held on behalf of the Trust, and for donations, sometimes "totally out of the blue" which also lifts our spirits.

We, of course, still need donations and funding, as we grow, our "pot" needs to grow.

And what a busy month it has been with lots of people doing various fund-raising events for us.

Our lovely therapist, Di Stone's husband Alan, did The Paddock Wood half marathon, wearing one of our lovely vests, I think the picture shown was taken after Alan completed it - I think the railings maybe "holding him up" What a lovely photo showing how happy Alan was to complete this. £468 was raised. Thank you so much Alan and Di - I am sure Di gave you a much needed massage !

Another of our supporters, and a referrer, Rod Bryant, of Faversham Neighbourhood Care Team, ran the Brighton Marathon,. Rod raised £400, well over his target figure. Thank you Rod for a magnificent achievement.

We have some "four-legged" supporters as well. The great Ray Bates, and his dog Valli, a young German Shepherd, walked 16 miles through the streets of London and raised an amazing £230. Thank you so much to Valli and Ray.

Another great donation we have received was from Minster-In-Sea Rotary Club. Dawn and Rita attended a presentation and collected a cheque for £400. The "lippy" came out for this one.!

The amazing Wirebelt Company, in Sittingbourne have supported the Trust for the past two years, and we recently received a final cheque for a staggering £1594.19. Thank you so much. - we have been totally blown away by how much the Company has raised over the past two years.

Another donation, which totally came out of the blue (we like those sort of surprises!)

from Sheppey FM, Mick Kenten, Dave & Cathy Peters and friends raised £150. Again, thank you so much for your support.

Keely Sookermany, our lovely therapist from Wainscott and friends, Heidi, Teresa, Lisa & Camile (apologies if I have missed anyone out - these were the only names I was given) did a 10 km walk, up and down valleys & woodland at Six Acres Cuxton & North Downs Wood and raised over £500. Thank you so much ladies.

My apologies I am not able to show all photos of the various fund raising events (I am still trying to get to grips with Mailchimp) but will try and post some on following newsletters, but if you go to our Facebook page you will see lots of pictures of the various events held.

Our lovely Helen Comber, who did the Abseil recently raised in excess of £500. Thank you so much Helen.

Another surprise donation - this time from Orbit South Housing Association, Maidstone. Staff put forward their chosen charity and held a colour themed dress down day. This time we were chosen and received a cheque for £59.91. Many thanks to the staff at Orbit.

We had a good response from our online "Easter Egg" auction, a total of £611 was raised. Many thanks to Costcutter, Minster Road, Morrisons, Co-op, Minster & Sheerness, Tesco, Sheerness and Iceland, High St, Sheerness who very kindly donated the Easter Eggs. Also thank you to The Harps Inn, Minster, who very kindly helped draw the winning numbers. You have "helped" six more people into "wellness and wellbeing"

A great fundraising month - And a huge thank you, from the Trustees of The Harmony Therapy Trust to everyone who did such a magnificent job in raising so much money.

A few reminders:-

If you haven't booked your place for our Quiz night, which is being held at a lovely location, The Wheatsheaf, at Eastchurch on 29th April, please go to our facebook page where you can book. A fun night on the cards.

Our therapist, Isabella Cooke is doing a "Charity Reflexology Taster Day, on 7th May - A free reflexology appointment worth £30 or a Gift Voucher is the prize up for grabs. Another of our therapist's Val Georgiou, is organising a raffle for a free reflexology session at the end of May.

Janet Leaton, from Sevenoaks has been doing the "rounds" of Waitrose and Asda in her area, to be nominated for their community funding.

Maybe, you could approach your local supermarkets ?

Please do let me know if you are able to attend our AGM, on Saturday 27th May - There will be cakes !!!!

And finally

*One day an old man was walking along the beach just before dawn
In the distance he saw a young man picking up starfish and throwing them back into the sea*

As the old man approached, he asked "Why do you spend so much energy with what appears to be a waste of time"?

The young man explained " The starfish would die if left in the morning sun"

The old man exclaimed "there must be thousands of starfish, how can your efforts make any difference?"

The young man looked at the starfish in his hand, and as he threw it safely into the sea, he said "It makes a difference to this one" !