



What a "roller coaster" month !!

We really do hope this newsletter doesn't sound too "negative" but we would really like to make people aware of what is going on with the Trust. We believe in "a problem shared" and maybe somebody reading this could offer us the assistance we really do need at this particular time in the Trust's growth.

We have received 67 referrals this month, with 11 received in two days, Now I know we sound like a "broken record" but the need for funding is becoming ever more urgent, we really don't want to go back to the early days of having to put "the less urgent" referrals on hold with Hospice referrals taking priority as being "time sensitive"

We pride ourselves on placing referrals within 24 hours as we realise how important it is to have something to look forward to, especially when going through gruelling treatments. Many more Doctors are now referring their patients to the Trust, obviously

acknowledging the benefit and need for complementary therapies.

If 2017 carries on at the same rate, on average two per day it could mean receiving at least 730 for the year - however, if the last two years are anything to go by, it increases during the year, so we could be looking at 1,000 which in monetary terms is a target figure of £100,000 - that's a very large number !

When the charity started in 2010, the first year we raised £6,600 so we have come a very long way in a very short space of time - almost victims of our own success.

Rita, being the Financial Trustee, it is her responsibility to look for sources of money to enable The Harmony Therapy Trust to be able to provide the much needed, NHS approved holistic therapies.

We can assure you that we carefully watch the pennies, with our overheads being under 10%! Most of the money we receive provides the treatments that are very much needed.

We "ladies of a certain age" are doing all we can to apply to various organisations for funding, but as we are not professionals at this, we are desperate to find people who have these skills and could help us. If you know of anyone who could devote a few hours to the Trust and help us in our search for "the pot at the end of the rainbow" do please let us know.

There is funding out there, for instance from the dormant bank, building society and share accounts that some of the bigger charities are already getting access to. Most big charities have professional fund writing bidders, a luxury, at the moment, we cannot afford. If you could spend a few moments to email your MP and petition him/her to support small charities like ours, "getting a look in" on some of this money, it would be appreciated. Other funders require a minimum of £100k income already to be eligible for financial help. If you could spare some more time talking to your local KCC Councillors, (there are hundreds across the County of Kent), and get access to their locality funding, their allocation from May 2017 is £22,000 per councillor. Rita has "swamped" our local councillors with her "begging bowl" but we now have to "move the line" and invite other local councillors into our world and let them know about the wonderful work The Harmony Therapy

Trust does, and the devotion and passion from our wonderful therapists, almost 100 in total.

Other people you could approach are Freemasons, Rotary and Lions. Can you think of a large organisation, who may have never heard of the Trust, but could "adopt" us as their Charity of the Year".

Another way that you could help, is by selling our happiness kits, a little venture that was started a few years ago - Our take on the Marie Curie daffodil if you like, this little bag sells for only a £1 - but does bring a smile to people's faces. These have been very popular for favours at weddings.

We really are so grateful for the kind donations, from the many events that people have put on for the Trust, without you all we wouldn't have got this far, but, please lovely people, can you dig deep and help us reach more people across Kent into "wellness and wellbeing" at a time when they have been diagnosed and some have had their worlds turned upside down.

A huge thank you to our lovely therapist, Helen Comber, who braved the Abseil recently. I remember doing this 3 times over the past years, and I am still having nightmares. I will let you know the final amount that Helen's supporters raised when I have the details. Also to Deal Rotary Club for donating £100.

There are several events coming up shortly

Our therapist, Isabella Cooke from Tunstall, Nr Sittingbourne is doing a "Charity Reflexology Taster Day" on 7th May - Anyone donating on her just giving page for this day and leaves a name automatically goes into a draw. The winner will be offered a free full reflexology appointment (worth £30) or a Gift Voucher for a loved one. To be in with a chance of winning this amazing prize please go to

https://www.justgiving.com/fundraising/isabella-cooke?utm_source=Facebook&utm_medium=fundraisingpage&

The Trust is also doing an online "Easter Egg" Raffle - so much chocolate to be won. Tickets are £2 each - when you go to the just giving page and make a donation your name will automatically be

entered into the raffle. The lovely Rachel Chilver, raised a staggering £1233 last year - Let's see if we can do as well.

<https://www.justgiving.com/fundraising/Dawn-Cockburn>

Also, Alan Stone, the husband of our lovely therapist, Di Stone, from Willesborough, is running the half marathon at Paddock Wood, on Sunday 2nd April To help support Alan please go to his just giving page

https://www.justgiving.com/fundraising/Alan-Stone3?utm_id=13

Somebody else running for the Trust, so many "fit" men out there - Rodney Bryant is running in the Brighton Marathon, on 9th April. To help support Rodney please go to his justgiving page

<https://www.justgiving.com/fundraising/Rod-Bryant2>

If you have problems with any of these links, please go to our Facebook page where you can find all the details.

And finally

A Quote for today:-

*It's easy to look on the bright side of things when all is going well
When the smiles outweigh the frowns
And the sunshine is streaming in the window*

*But the happiest people are the ones who can say, when all is going wrong
When the clouds get in the way
That a little unhappiness must balance the joys
And that a bit of sadness has it's place in the world too*

*For they know, these special people of the balance of nature's way
They know that nothing grows where the sun always shines
And that the grey skies and rain can be an unregrettable sign of the day*

*For these fortunate people
Their favourite season is always the one they are in
And they continue to look on the bright side*

*Knowing that the sunshine might leave for a while
But that it will never be gone for long !*

Have a great Easter