



Where did the sun disappear ? Sleet/snow forecast next week.! Pyjama days methinks!

But we have made the most of the sunny days we had recently.

The amazing Gillian Pollard her family and friends completed the KM Assault Challenge at Betteshangar Country Park in Deal. A very happy photo of them all. A huge thank you to you all. I will let you know the amount raised as soon as I know the total.

Another of our great supporters, Alan Stone, who is the husband of our lovely therapist, Di Stone from Ashford completed the Brighton Marathon last Sunday. I think the odd shoes he had on made him run faster. He had a lot of support from Di and his girls, they went shopping in Canterbury ! but were at the finish line to give him a great big hug for his amazing effort. He also organised an event at London Beach Hotel Golf club, Tenterden. The money raised is still be counted so again will let you know the total shortly.

Gillian Pollard, probably the best fund raiser in Kent will be at it again. So much hard work has been put into organising A Mad Hatters Tea Party, at Westenhangar Castle. The event sold out. I am sure it will be a fabulous day for everyone attending. Gillian certainly knows how to put on a party. Watch this space for the amount raised.

On Sunday May 20th, our wonderful Amy Garske, from Faversham is doing The Busters Charity Firewalk. If you would like to sponsor Amy please go to <https://uk.virginmoneygiving.com/fundraiser-display/showROFundraiserPage?userUrl=AmyGarske&pageUrl=1> - she could do with more help in raising much needed funds for the Trust.

We have been given an amazing opportunity to attend a Health & Wellness Event, at Fremlin Walk in Maidstone on 20th May. We met up with a lovely lady, Sam White from House of Fraser at another event

we attended. Sam very kindly put us in contact with her store manager, Jayne Jones , who was so supportive and invited us along to this event. We have since been in contact with Rebecca Ward of Frogbox - Their enthusiasm and support t has been wonderful. Its lovely when other people share our vision and passion. We have tried on many occasions to try and set up information days in various shopping centres across Kent, but the fees they were asking for were totally out of our reach. Most of the money raised goes towards therapies, so we wouldn't be able to justify spending huge amounts on events. To be given this fantastic opportunity to spread "The Hands of Harmony", and to inform more people about the wonderful work the Trust does is truly appreciated. To carry the message and help more people into wellness and emotional wellbeing. We are hoping some of our amazing therapists can come along and offer free taster treatments. A large percentage of the people referred to us have never had therapies before, and I think there is slight apprehension when these are offered - This will be a great opportunity for our therapists to "showcase" what they do and put some "myths" to bed surrounding complementary treatments.

Two of our very supportive therapists, Carole-Ann Alexander and Wendy Collison attended another information day at Maidstone Hospital. We are very proud of our therapists who go "that extra mile" to support us in other ways.

As I mentioned in a previous newsletter we have our annual AGM, which is being held at Thanington Resource Centre, Thanington, Canterbury CT1 3XE on Saturday 19th May. 2 pm - 4 pm . We would love to see you there. If you are able to come along do please let me know so I know how many cakes to bake !

Some of our lovely therapists attended our second Therapists Networking Event, at Thanington Resource Centre, to find out about the changes taking place within the Trust and to discuss the new GDPR changes coming into effect at the end of May. A lot of hard work has gone into making sure the Trust is compliant with these new changes - but I think we have finally got there !

## **DATE FOR YOUR DIARY**

**Saturday 7th July** - Our Sanctuary Day - which was cancelled last year due to poor weather conditions. This is our give back day to our client-patients, their carers, our therapists, volunteers and Trustees. Lots of events taking place. It will be held at Holm Place Farm Fishing Lakes, Holm Place, Queenborough, ME12 3EU. Weather permitting. I will finalise details nearer the time. Do please let Dawn know at [dawn.thtt@outlook.com](mailto:dawn.thtt@outlook.com) if you are attending.

Donations received this month Waitrose Canterbury, £330, Masonic Castrum Lodge, Dover £100, Thank you to you all for your support.

And finally .....

***" There is no exercise better for the heart  
Than reaching down and lifting people up  
You have not lived today  
Until you have done something  
For someone who can never repay you***

*The most truly generous people  
Are those who give silently  
Without hope of praise or reward  
A kind gesture can reach a wound  
That only compassion can heal*

*True generosity is an offering  
Given freely  
And out of pure love  
No strings attached  
No expectations  
Time and love  
Are the most valuable possession you can share"*



