



Happy New Year !

How clever is Rita ! We went along to Teynham Village Hall to relieve Counsellor Andrew Bowles of some of his KCC grant funding. Rita had an idea for a project. She thought our promotional material needed modernising, So Rita & Dawn gave a presentation to all the lovely people who attended on why we needed funding and talked a little about the Trust. They explained we would like to update our promotional DVD, and put in a bid for £1800. I must say how impressed I am with the way Counsellor Bowles and Bill Ronan, Community Liaison Officer, at KCC allocates this funding. Everyone who is applying for funds had to "strut their stuff" and when all the groups who were applying finished, everyone had to vote on who they thought should receive the funding. What a fair way to allocate this money - Very democratic ! As you can see from the photo, our bid was accepted. Julie & Dawn are pictured receiving the cheque from Counsellor Bowles, not sure the bank will accept it though !. We were treated to an amazing buffet, We will now approach the amazing people at Creation Lab, who designed and maintains our website. Watch this space !

I can't believe we are already nearly at the end of January. But what a great start to what promises to be a very busy year, already receiving 52 referrals for January, making a amazing total of 1752 received since we started.

Lots of "thank yous", I mentioned previously, our lovely therapist Jo Mills, from Sittingbourne, who together with Adam Stembridge and Chris Anderson, of Westlands

School recently did an event but I wasn't sure of how much was raised, A staggering £889.16 was collected.

£10.00 was collected from Mr Hibbert, of Minster in Thanet, money he saved by not sending Christmas cards, £15.00 from a grateful client-patient, Pat Jenner, £310 from the ever supportive Ray Seager and his wife Caroline, of Minster Working Mens Club. Ray & Caroline nominated The Trust to receive the proceeds of a raffle held by the Rainham Rock Choir at their Winter Ball. We also received £162 from the pupils at Hempstead Infants School from an event they held just before Christmas. Thank you to Shelley Cogger-Ellingsworth for organising this.

Thank you all so much, a great start to the year. A reminder we no longer use Just Giving for donations, The fees they were expecting was considered too high. We are now setting up a Total Giving site, which should be available shortly.

Jo Holton very kindly donated Blessing bags.. The bags were distributed to the amazing carers at a recent event hosted by Macmillan Crossroads. This is the feedback we received. We felt very humbled.

" Our young carers were very excited when we walked in with the blessings bags. When we explained that they could take them home and present them to the person they care for they were even more excited. As a group, we went through the contents and talked about the use/benefit of each item. Some of the young carers said they would give the whole blessing bag to one person, some said they would 'share the love' and give the items individually.

The young carers said that they felt pleased to be able to give a present to their mum/nan/sibling etc. and that it made them happy.

The week after, several of the recipients sent in their thanks and said they felt very happy to have received a gift from their young carer - one young carer said it made his mum feel special and he liked that."

Our wonderful therapists, Carole-Ann Alexander, Gladys Wright & Wendy Collison went along to Maidstone Hospital to promote the Trust. Thank you ladies.

We have arranged two therapists Networking Events this year, One on March 3rd at Thanington Resource Centre, Canterbury and March 17th at Ditton Community Centre. Nr Maidstone. It will be an opportunity for our therapists to meet with each other, network and an opportunity for the Trustees to take on board any comments etc which may benefit the Trust. We are hoping this will be an annual event as it is so important for us all to work together as a team - They are welcome to come to both events to meet therapists in the other areas of Kent we cover. And there will be cake !

Forthcoming Events

Saturday February 24th - Our lovely therapist, Amy Garske from Faversham is organising a 60's, 70s 80's Disco at West Faversham Community Hall, ME13 7RH, with proceeds coming to The Trust. So put on your dancing shoes and come along and take a journey "back in time". Tickets are £6. Please contact Amy at amy@especiallyforyoutherapies.com for more details.

Amy is also doing "Buster's Charity Firewalk" on Sunday 20th May - an event hosted by KM Charity Team. To sponsor this brave lady please go to <https://uk.virginmoneygiving.com/AmyGarske>

Friday 23rd March - Our lovely Olivia Gillmor from Tunbridge Wells is giving a presentation to the wonderful nurses and patients at The Nuffield Hospital.

Saturday 24th March - Don't forget what promises to be an amazing event at The London Beach Hotel at Tenterden. For more information or to book your place please contact our lovely therapist Tim Marris at tim.marris@osteopathashford.com

Sunday 15th April - Our amazing Di Stone, a therapist from Kennington, will be supporting her husband Alan at The Brighton Marathon. This is the second time Alan has competed in a race for The Trust. If you are able to sponsor Alan please go to his justgiving page <https://www.facebook.com/di.stone.33/posts/10156899086168906>. There is talk of Alan doing the London Marathon next year !

Sunday April Sunday April 15th - Gillian Pollard, our wonderful Trustee therapist from Dover, has organised to do The KM Charity Assault Course, at Betteshanger Country Park in Deal, together with her lovely husband Simon, Ross Pollard, Dale and Lydia Smissen and another of our lovely therapists Mandy Summers. I will let you know how to sponsor Gillian when a page has been set up.

Sunday 29th April - 2 pm - Gillian is at it again - This time organising a Mad Hatters Tea Party. This promises to be "the event of the year".

This will be held at Westenhanger Castle, Westenhanger, CT21 4HX, owned by Sarah Poole. Some amazing events planned - There will be Harps playing, Dave's Portrait Machine, apparently he sketches portraits in less than 10 minutes which sounds amazing, Some wonderful food supplied by Lydden Bell Inn and Chives Catering. A hat stand to try on hats, Lawn Games, Raffle and so much more. Tickets are £20. If you would like more information or want to book on this special event please contact Gillian on smissa66@hotmail.com. Dress code smart, wacky or whatever tickles your fancy.

You will not want to miss this event - Gillian certainly knows how to "put on a show" !

Rita, Dawn and myself have booked to go to The Kent Vision Live Event, held each year at Detling Showground. With the various new Data Protection Laws being enforced it is crucial, firstly to obtain funding for this and secondly that we get it absolutely right. It

is an absolute minefield. Dawn has spent many hours researching this, but it was decided to go along to this event where I am sure many companies will be "strutting their stuff".

Rita and Dawn have also spent many, many hours putting in funding bids for this as well as funding for therapies. If you know of a source we could apply to for funding, or would like to hold an event, then do please contact me on thtt2010@gmail.com

I spoke to Rita today and said "I am really struggling this month with something to put in the newsletter" Rita I lied !!!!

We have lots of new and exciting ideas in the pipeline. We have also "updated" our advertising information. There is a copy on our website, www.theharmonytherapytrust.org.uk but if you would like some leaflets do please contact us.

And finally

*" A humble person is more concerned about what is right
Than about being right
Acting on good ideas, than having good ideas
About embracing new truth than defending outdated position
About building the team than exalting self
About recognising contribution than being recognised for it*

*A meaningful life is not being rich
Being popular, being highly educated, or being perfect
It is about being real, being humble
Being able to share ourselves and touch the lives of others
It is only then we could have a full, contented and happy life"*