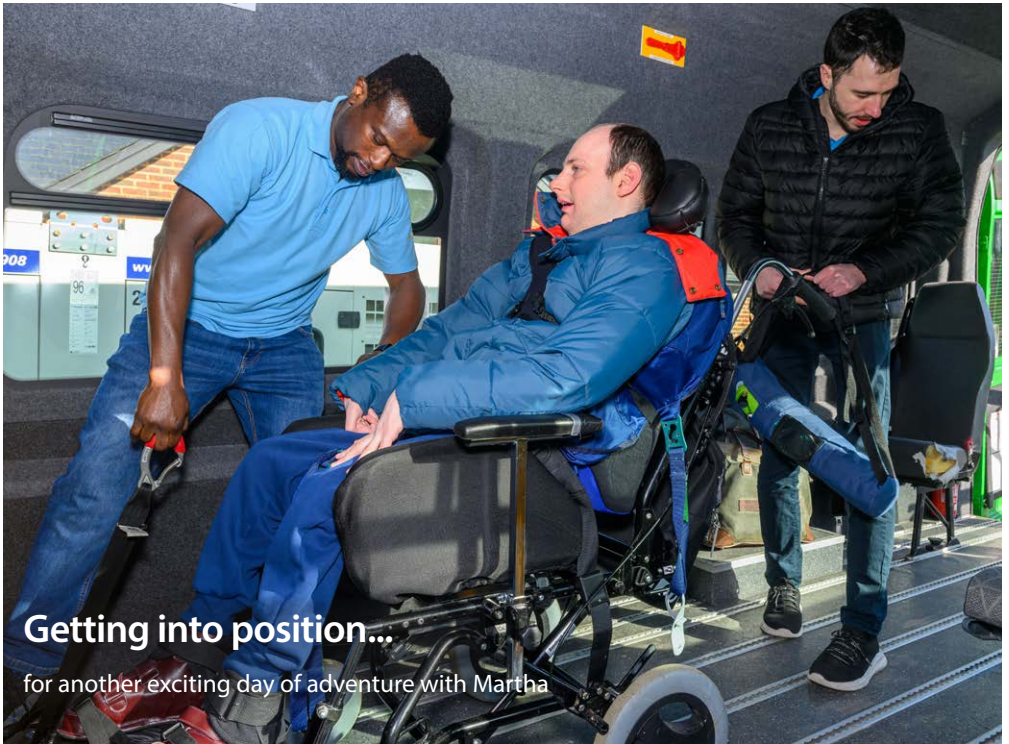


Martha NEWS



Spring 2025



Getting into position...
for another exciting day of adventure with Martha



There are many ways to help make a difference in 2025 – and have fun at the same time!



market, we ended 2024 in a healthier position than the previous year.

This has taken an incredible amount of work across the organisation in terms of fee challenges and cost savings, and I am incredibly grateful to everyone at Martha who has worked so tirelessly to ensure those who rely on our services continue to receive the wonderful care and support on which we pride ourselves.

We cannot, however, sit on our laurels, as we now take on the additional challenge of meeting the costs of the increased National Living Wage and employer's

national insurance. As a management team we will be ensuring that the momentum we gained in 2024 continues, with the same level of passion and positivity.

The support that you give Martha Trust has been more vital than ever over the past months. We still have a hill to climb, and I hope you can continue helping us along the way. However you support Martha, I thank you for making such a difference to the lives of everyone who calls Martha home.

Julie Gayler
CEO Martha Trust

As the bulbs of Spring begin to appear, bringing with them a sense of optimism, I am pleased to say that we are beginning to see some small shoots of growth at Martha Trust too.

After a financially challenging two years, due to a combination of funding pressures, the high cost of living and difficult recruitment

Contact Martha Trust

Julie Gayler
CEO
07876 246198
juliegayler@marthatrust.org.uk

Alice Moir
Director – Fundraising & Marketing
01304 610448
alicemoir@marthatrust.org.uk

Carol Baalham
Fundraising & Marketing Officer
01304 610448
carolbaalham@marthatrust.org.uk

Kerry Banks
Fundraising & Events Manager
01304 610448
kerrybanks@marthatrust.org.uk

Follow us

on Facebook,
X, LinkedIn
and Instagram



Martha Trust, Kent
Frances House and Martha House
Homemead Lane
Hacklinge
Deal, Kent
CT14 0PG

Martha Trust, East Sussex
Mary House
490 The Ridge
Hastings
East Sussex
TN34 2RY

Martha News online

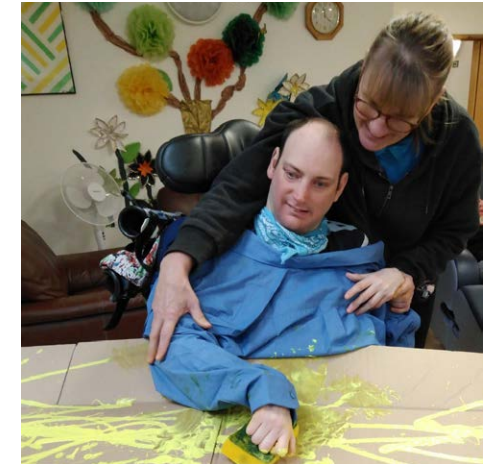
We keep our production costs to a minimum, but you could help us save even more by signing up to our newsletter by email. Simply email us at fundraising@marthatrust.org.uk quoting 'Martha News' in the subject line.

You will then receive your newsletter in pdf format, so it won't even clog up your inbox!

Kirsty Talks About Her Dream Job

About me...

My name is Kirsty. I have had the privilege to work at Mary House for eight years now. I first joined in 2017 as a Support Worker and worked my way up to Senior Support Worker and Activities Lead. I then took a maternity break and returned as a cook in the Kitchen team to fit around my new baby. As much as I loved this role, my passion always remained with Activities, and I was fortunate enough to be given the opportunity to return to this five months ago. It brings me such joy that my job is to explore many different person-centered ways to communicate during activities and think of creative ways for the residents to enjoy the world around them.



Whilst at home...

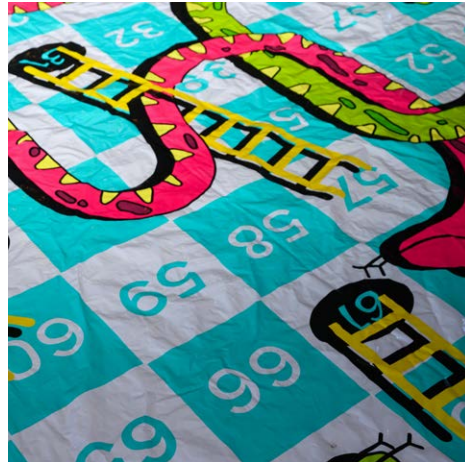
I have established multiple different ways to ensure residents are able to participate in activities. Collaborating with colleagues from all teams was so helpful in exploring all the ideas that the teams had. It has been a great way to focus on each resident's likes, dislikes and focus on being person-centered in everything I arrange for them. For example, Arts and Crafts. We, as a team, discovered the use of balloons and sticks was a great way to support residents. We found that supporting a resident with hand over hand to roll a balloon over paint was a great way to make arts into a fun session. Often bouncing the balloons onto the paper and squidding the balloon was more accessible than using a paint brush. We also support residents with sticks to paint, which is a great way to





so collaborating with Trevor as Therapy Lead in these two topics is proving to be successful and incredibly beneficial for the residents.

We have also introduced a daily music and movement activity, which has been fun and engaging for all residents to participate in. Supporting residents with light movement and some 1-1 intensive interaction has many therapeutic benefits. One example of this is a resident who was supported into her standing frame whilst we were playing snakes and ladders. This was a huge



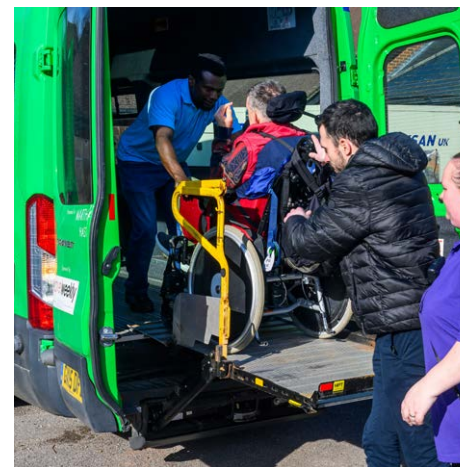
success. She communicated she was happy to be able to see and participate in the game from a completely different angle. It was a great feeling when her parents arrived whilst this was happening, and they were able to enjoy this moment too.

Trevor and I have been working hard on a new hydrotherapy program, which has ensured that everyone is given equal opportunities to use the pool. Sessions



in the pool benefit residents and staff alike and are personalised to each resident's preferences of projector lights and music. No two sessions are the same. We can go from classical music with soft lighting and relaxing floating, to heavy metal, flashing lights and splashing around, whatever the resident wants. It is our pleasure and privilege to oblige. . . we are so lucky to have this!

Out and about...



I am always ensuring that residents are supported into the community. A few examples in the last few months include the White Rock Theatre Hastings for a Christmas pantomime, Peter Pan, Bedgebury Christmas lights, Leonardslee Christmas lights, Paradise Park and bowling in Eastbourne, Knockhatch, Ardingly, Wingham Zoo near Canterbury, the Rare Breeds Centre at Ashford, and Wicked the Musical in London!! A little closer to home we attend the Accessible Dancing Group, have regular visits to the



local coffee shops, supermarkets, parks, and not to forget the pub for the odd spot of lunch.

I am so excited for the future of Mary House! My passion and main goal will always be to give all our amazing residents a better quality of life, to engage in the world around us, just like you and I do, both in and outside of the home. I take huge pride in doing so.

make a good effect on paper for artwork, but on top of this we found that some residents were engaged more and it made the paint session fun. We would use a variety of sizes to meet the needs of the individual. Some residents wouldn't be able to bring a paint brush down to paper so we find a longer stick works brilliantly.

We have had very good feedback from parents regarding artwork, which has been both supportive and encouraging to hear.

Collaborating with Therapies...

We have a new Therapy Lead, Trevor. Trevor and I have merged the use of therapy equipment and activities into a daily routine which ensures everyone is given the opportunity to incorporate postural support whilst engaging in activities. This has so many benefits for the residents. We all have structure in our day that benefits us holistically, even when we don't know we are doing it,



Dates for your diary - upcoming Martha events you can't miss!

Friday 25th April

Martha Trust Golf day at Walmer and Kingsdown Golf Club

The course is set high up on the famous White Cliffs of Dover with magnificent sea views where you'll be sure to enjoy a great day's golf for a really good cause.

£280 for a team of four (£160 members) or £70 per person (£40 members)



Sunday 29th June, 12noon - 8pm

Martha's Music on the Farm In the fields of Solley's ice cream parlour, Ripple

Enjoy this great day out with family and friends whilst being entertained by a variety of excellent local musicians as well as plenty of activities to keep the children entertained. Bring a picnic or enjoy food and drink from one of the on-site vendors and bars as well as Solley's ice cream!

Tickets cost £40 for a Family ticket (2 adults, up to 3 children under 16), £16 for an adult and £7 for a child.



Sunday 3rd August, 12noon - 6.30pm

Music4Martha – Deal, in The Square, Deal

Come along and enjoy live music at The Square, Deal outside Dunkerley's, The King's Head and the Port Arms.

Free event.



Saturday 23rd August 12noon - 6.30pm

Music4Martha – Sandwich, The Guildhall Square, Sandwich

Come along and enjoy live music in Guildhall Square in Sandwich from 12-6.30pm on Saturday 23rd August.

Free event.



Saturday 20th - Tuesday 23rd September

Monte Carlo Madness from Dover to Monte Carlo

On 20th September 2025, our intrepid teams will be setting off from Dover for Monte Carlo in our 2025 car challenge – Monte Carlo Madness.

All the usual rules apply, you'll need a car, which we ask that you try and source for less than £500 (although any cars are welcome), with tax, insurance, MOT and that is eligible for a Crit'Air sticker. We'll organise your channel crossing, accommodation and flight home and in return, we ask you to pledge to raise £1,500 to help transform the lives of people with profound disabilities.



Tuesday 14th October

Prince's golf day Prince's golf club, Sandwich

Join us for 18 holes of golf at the magnificent Prince's Golf Club in Sandwich on Tuesday 14th October.

£520 for a team of four or £130 per person. There is a member's discount available.



Saturday 22nd November

Christmas Fayre at The Guildhall, Sandwich

Browse the stalls, enjoy a cup of coffee and some homemade cake and sing along to your favourite Christmas Carols as we get you in the mood for Christmas

Stalls cost £25 for a standard stall.



the April 2026

TCS London Marathon 2026 – run for Martha Trust in 2026!

We have a number of places available for committed runners ready to fly the flag for Martha in the 2026 TCS London Marathon. All runners will be asked to pledge to raise £1,500 to help us transform the lives of people with profound disabilities.

If you are interested in applying to run on Team Martha you will need to complete our London Marathon application form online. www.marthatrust.org.uk/marathon



The Power of Volunteering

How support from local businesses is making a difference

Volunteering is a great way to give back to the local community within which you live and work. It fosters a sense of camaraderie and fulfilment, making it a great team builder. It is a powerful way to bring your employees together, promote teamwork and build stronger communities. When employees engage in volunteer activities, they are not only helping others but also experience personal growth and develop a greater sense of purpose. We are thrilled to highlight some of the incredible local businesses who have supported us through volunteering days. These businesses have generously allowed their employees to take time out of their work schedules to join us in various projects, such as gardening, decorating and supporting our calendar of fundraising events. Their dedication and hard work has made a significant difference and we are proud to have them as our partners.

The Superior Healthcare Group have been partnering with Martha since 2023. Their CEO, Stewart Thorp recently commented "We are delighted to renew

our commitment as the Headline Events Sponsor for Martha Trust in 2025. As a provider that is focused upon providing care and support for people who have complex health needs to live in their own homes as well as working with local care homes to ensure that they have a sufficient



number of skilled carers and nurses on duty to care for their residents, we recognise the importance of the amazing work that Martha Trust does. This partnership allows us to work together to enhance the charity's fundraising efforts and enable our employees to give back to the community by volunteering their time."

Would your business like to make a difference?

We have lots of opportunities available for your company and employees to get involved and give something back to your local community. These can form part of your Corporate Community Involvement (CCI) or Corporate Social Responsibility (CSR) programmes.

If you'd like to get involved, then we'd love to hear from you, contact us on 01304 610448 or email fundraising@marthatrust.org.uk



The Keaveney Group first got involved with Martha when they took part in our 2022 car challenge, Monte Carlo Madness. Since then, they have gone on to take part in a further two car challenges raising an incredible £31,000!

If that was not enough, when they heard we were in need of volunteers, they were quick to offer their support, rallying a team who kindly gave up their weekends to help replace a large area of decking at our homes in Deal.



"We are pleased to be helping out with the decking in support of all the staff and residents of Martha's, a truly worthy cause." Ron Field, Contracts Manager, Keaveney Contractors Ltd.

Transforming lives with a regular donation – make a lasting impact

In a world where challenges are part of everyday life, adults with profound disabilities face unique and significant hurdles. Your regular donation can play a vital role in transforming their lives. Making a regular donation is a simple and impactful way to support Martha. Spreading your donation across the year in small monthly amounts is convenient for you and allows us to plan for the future. You can cancel, or change your monthly gift at any time, simply get in contact with us.

You can find out more about becoming a regular donor by visiting www.marthatrust.org.uk/regulardonor call 01304 610448 or email fundraising@marthatrust.org.uk and start your monthly donation today.



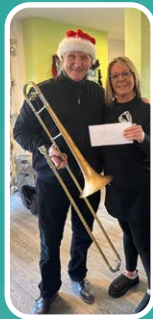
Making a difference together

♥ A huge thank you to all of you who have supported our work or donated your time. We simply couldn't do what we do without you. Thank you from the bottom of our hearts ♥

To our friends and long-term supporters Solley's Ice Cream for your ongoing support, and for being such great hosts of Martha's Music on the Farm



Graham, Jacko & David for bringing festive music to our residents and for your generous donation of £250



Our friends from The Keaveney Group for their ongoing support and for the band of volunteers who have given up their weekends to replace our decking at our homes in Deal.

Stand and Deliver Entertainment, Sandra Malho and La Salle Verte for holding a Quiz4Martha, they raised £300

Bluebirds White Cliffs for making Martha one of their chosen charities this year



Ken Drew and The Licensed Victuallers Golf Society, for making Martha their Charity of the Year and raising over £1,000 at their Christmas get together



Everyone who attended our Community Carol Service and to the congregation of St George's Church in Deal. The retiring collection raised over £160



Superior Healthcare Group for continuing their partnership with Martha as our Headline Events Sponsor for 2025

The Royal Marines Panto for their generous donation of £500



The organisers of HotBed Events and Quayside Bar & Grill for their generous donation of £250



Deal Ukulele Club Kent for their kind donation of £100

Co op Mill Road for their kind donation and for supplying the items for our Christingle Service



The team from Mitie Care & Custody for giving up their time to volunteer at our homes in Deal. The team worked incredibly hard painting and gardening



Décor Discount for the donations of paint



Our friends at Archers Low Nursery for the donation of a beautiful Christmas tree

The Rotary Club of Senlac St Leonards and President Marcia for choosing Martha as her Charity of the Year



The team at The Rec in River for collecting in aid of Martha at their Christmas lights switch on raising £200



Ardo UK Ltd for the donation of frozen fruit, vegetables and gateaux at Christmas



Help us make a difference in 2025



Registered with **FUNDRAISING REGULATOR**

Martha Trust, Homestead Lane, Hacklinge, Deal, Kent CT14 0PG
T 01304 610448 F 01304 615462 E fundraising@marthatrust.org.uk W www.marthatrust.org.uk

Registered Charity Number 1067885 Company Number 3467406