Spring is in the air ! Welcome to our March newsletter.

Lots to tell you about this month so will be a rather long newsletter.

Firstly, my apologies for the missing "bar chart" from February's newsletter. I was having a senior moment. I think you will be able to view it now.

You can see how The Trust has grown from 9 referrals in 2010 to 255 at the end of 2015. We currently have 170 people receiving therapy, using 34 of our wonderful therapists across the County.

We have already received 63 referrals for January and February this year.

On to some other news about the fund raising events which have taken place in February.

The Pamper and Purchase Event, organised by our lovely Lyn Baseley, raised a fabulous £459, which included a hamper of Easter Eggs, which raised £85 on the evening. One little girl was absoloutely delighted to receive so many Easter Eggs. Lyn worked so hard organising this event.

We are now being promoted in Waitrose, Ramsgate and recently received a cheque from Waitrose, Kingshill, Maidstone for £160 via their "green" token scheme.

Asda Stores in Sittingbourne and Greenhithe are also supporting us with the token scheme and we are hopeful that Tunbridge Wells may also support us.

We received a surprise donation via Charity Aid Foundation of £200 - unfortunately it was an anonymous donation so we don't know who to thank.

Just Giving totalled £1037 and some of that figure was due to our lovely volunteer Maggie Keen, walking with FitBit. Maggie also helps out at our information day at Medway Hospital once a month.

Kent County Councillor Andrew Bowles has again supported us with £1500 from his Locality Fund.

We have just been joined by a very special lady - Rachel Chilvers, who is our new Volunteer Fundraising & Events Co-ordinator. Rachel joined us a few months ago and what an impact she has made already ! She put together seven Easter Egg hampers, all of which were kindly donated by local businesses, and distributed to various places all over the town and by Easter hopes to have raised £700. If you go onto to our Facebook page there is another raffle with a chance to win a hamper full of Easter Eggs together with a huge Rabbit, called Lily. Lily has been with us since the Trust started but we feel it is time for her to move on to pastures new. Tickets cost £2 each. So give it a try.

Another of our wonderful supporters, Jeff Payne is again participating in the KM Big Bike Ride, this is his third time, as well as taking part in the Gravesend Darts Players Competion in memory of a friend of his, Steve Townson, who passed away suddenly in May 2013. It is being held at The Crown Inn, Perry Street on 29th May. Every year the Darts Players raise money for charity and this year they have chosen The Harmony Therapy Trust. What a wonderful gesture.

The guitar and violin with lessons we were auctioning in February has raised £225 and will be presented shortly. Mike Kenton is still raising money through our Just Giving page with the sale of his CD - Palace of Mirrors, another £100 was banked recently
We are committed to a site at the Whitstable & Lions Regatta fete on Saturday 6th and Sunday 7th August when we will be doing the instant raffle of "teddy bears" as well as promoting the Trust. Volunteers for the two day event are essential. We very kindly had a pop up Gazebo donated, hopefully it won't rain and we will need it to shield us from the sun!

A reminder about the Finger free reflexology course in May, with David Wayte returning to give the workshop. We still have a few places available and the Early bird price finishes on 17th April, so book your place now. This is open to all reflexologists, not just the therapists who work for the Trust. For more information please contact Rita on rita.thtt@outlook.com of thtt2010@gmail.com.

You may remember we were "finalists" for The Swale Business Awards last year, well the Awards are now open for this year, Rachel and Dawn attended the launch at The Heritage Pub in Minster, and Rita and I attended one at The Woodstock Club in Sittingbourne, So this year we have everything crossed to become winners !

Phew - I had better come up for air now !!

Very busy month with talks and events planned, also our monthly information day at Medway Hospital.

Our lovely trustee therapist Gliian Smissen was a guest on Channel Radio, The Who Cares Wins show recently. Gillian talked about her role with the Trust and the valuable work it does.

And on that note, I would like to say a huge thank you to everyone who has supported us, without you all we wouldn't be able to do what we do. And I think this testimonial from a client-patient sums it all up and how greatly valued our therapists are, in helping people into "wellness and wellbeing"

"Having the therapies has helped me get through my down times, and helped me feel more positive and now looking forward into what each day brings and a more positive approach. Thank you Carole-Ann Frost.

**THIS IS WHY WE DO WHAT WE DO !**