



# THE HARMONY THERAPY TRUST NEWSLETTER

*A quarterly newsletter for our supporters*



## HARMONY HEROES

A massive thank you to those who have been raising funds to support the work we do!  
(pictured, the amazing Alan Stone who raised over £1000 running the London marathon)



## HARMONY HEROES

So many have been raising money to support the vital work of our therapists and coordinators. We just wanted to thank those who have gone the extra mile!

- Complete computer set up from The Civil Insurance Society
- Emily Smisson who raised £500
- Christine Wise held a stall outside her home for her local villages safari and collection pot raising around £300
- Fazlin Blakemore raised £130
- Horton Property LTD donated £100
- Jeff Payne Mar and Peacock customers raised £122
- And a thank you to John Stockholm and 249 bikers for their continued support!

# OUR THERAPIES

Here's a little look at some of the therapies we provide to our patients. This newsletters focus is on "Reiki".

Reiki is one of the forms of Therapy that Harmony can offer to beneficiaries as a treatment, but what is Reiki?

Reiki is a form of energy healing that originates from Japan. It is administered by using 'palm healing' or hand's-on healing in which it is said that a universal energy force (qi) is transferred to the recipient via the therapist through their hands in order to promote or encourage emotional or physical healing.

"As someone who has benefitted from having Reiki through The Harmony Therapy Trust, I can honestly say that it has had a positive effect on both my physical and mental wellbeing and is something that I will continue to receive."  
(Quote from a Harmony Beneficiary.)



## WHAT WE CAN DO FOR YOU?

The Harmony Therapy Trust pays for free complementary therapy for those suffering from cancer and other serious life-altering illnesses throughout Kent. Although our therapies are recognised by the NHS, we are self-funded and therefore need to generate funds in order to be able to provide our services to beneficiaries. Our therapies are not restricted to those diagnosed but to their carers as well.

## HOW TO APPLY

Referrals must come via a Health Care Professional. We will then match you with a relevant therapist who will deal with you directly.



# WAYS TO SUPPORT HARMONY

Ever thought about fundraising for The Harmony Therapy Trust? It's not as time consuming or as labour intensive as it may seem. In fact, we are currently running a project for 2022 called 22 in 2022 which only takes a few minutes of your time to get involved.

22 In 2022 is an online appeal where individuals ask for donations to be made to an online fundraising appeal with the aim of making a minimum of £22.

To take part in the raise £22 in 2022 challenge all you need to do is set up a fundraiser on Facebook for The Harmony Therapy Trust or hold an event. Make sure to challenge your friends and family to match (or beat) your total.

## HARMONY THERAPY TRUST HAPPINESS KIT

Another way you can support us is by getting yourself or someone else one of our happiness kits. These are compact kits designed to raise spirits and make you feel good about life. We sell them at The Harmony Trust Offices in the Healthy Living Centre in Sheerness and at our Fundraising Events.

Each kit costs £1 with funds going straight back into what we do best. providing quality therapy for those who need it!

## CURRENT ONGOING RAFFLES

*Here are some highlights from our current ongoing raffles. You can find out more information on how to enter via our Facebook group "THE HARMONY THERAPY TRUST CIO". You can also follow our Facebook page for more info about raffles or contact Kelly via email: [kelly@thtt.org.uk](mailto:kelly@thtt.org.uk)*

- Facial or treatments up to the value of £40 from microblading and more (provided by "Lashes & more")
- Full set of gel nails (provided by Lisa Knox)



# VOLUNTEER RECRUITMENT

We are always on the lookout for more amazing people to kindly donate a little bit of their time volunteering for the Harmony Therapy trust. We are looking for people who want to help out by:

- Running stalls
- Supporting our social media team
- Running our online shop
- Fundraising

If you would like to help out in any of the ways listed, or if you have another idea on how you can help us please contact Kelly via email "kelly@thtt.org.uk" or call "07880 790771".

## A CAUSE THAT MATTERS

THTT were invited on 02.02.22 by the High Sherriff of Kent (*pictured right*) in partnership with Kent Community Foundation, to "Causes that Matter". Rob Nelson represented THTT and he enjoyed an opportunity to meet and speak with other great charities and CIC's from all around Kent.



**THE HARMONY THERAPY TRUST  
CHARITY NO. 1173141**

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