A very warm welcome to our February newsletter.

February promises to be a very exciting month with various talks/presentations etc.

You will see from the "Barchart"  how much The Harmony Therapy Trust has grown since it started in 2010. From 9 referrals in 2010 to 255 at the end of 2015. We have already received 33 new referrals for January 2016. So you can appreciate our pleas for help with much needed funding.

We have already received generous donations this month from Deacon Pru, Golding Homes, Seashells Childrens Centre, Dover Football Athletic Supporters Club, and Hempstead Village Fayre Committee. A huge thank you from all the Trustees. Without you we wouldn't be able to provide this vital work to help people of Kent into "wellness and wellbeing".

We have several new therapists join us in the last few months, so hopefully the "hands of Harmony" will be able to reach more people across the County. We now have approximately 32 community therapists helping more people into "wellness and wellbeing"

A reminder of the following events to look forward to:-

MARCH 4TH 2016

A Pamper & Purchase Evening, at The Oasis Isle of Sheppey Academy, Sheerness, at 7pm. Treat yourself to an evening of pampering, with therapy and treatments, demonstrations of health and beauty products, advice, crafts, treats and gifts. Shake off the winter blues and prepare your body and mind for Spring. Tickets will be £5 and can be pre-ordered. Please contact me at thtt2010@gmail.com.

And now for something special:

17TH MAY 2016

The renowned Principal & reflexologist lecturer David Wayte from Jubilee College will be holding a workshop at the Mind, Body & Spirit Centre, Rainham Moto Services, Rainham (After Junction 5 London Bound).

Tired, aching fingers after a hard day's work. Are you a reflexologist wanting ro reduce the risk of repetitive strain injury or wanting to reduce strain?
A fully qualified reflexologist but want to learn a new method of delivering reflexology? THEN this is the course for YOU !

TOTAL COURSE FEES

THTT registered Therapists £120 - Early Bird fee £100
Non THTT Therapists £150 - Early Bird fee £125
EARLY BIRD DISCOUNT APPLIES TO ALL BOOKINGS UP TO 17TH APRIL 2016.

£25 Non returnable deposit (Admin & room hire)
Terms and conditions apply.
Course timetable and other details to follow shortly.

**PLEASE BOOK EARLY - ONLY 18 PLACES AVAILABLE**.

Please contact Rita at ritahenocq\_couzins@hotmail.com or contact the Admin Office at thtt2010@gmail.com
The Palace of Mirrors CD continues to do well.

Our great supporter Maggie Keen is walking with her fitbit to record 100 sponsored miles for the month of February. She has already reached her target of £100.

April 24th sees our determined Jeff Payne ready to undertake another marathon bike ride, more about this in next month's newsletter.