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| |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | What an amazing accolade to Dawn Cockburn in recognition of the vision and passion in creating The Harmony Therapy Trust. The team at the Trust work so hard to provide free treatments for people across the whole of Kent, helping them into wellness and emotional well being. From the "back room"  ladies, the therapists, the amazing supporters and volunteers. So many people have helped to put The Harmony Therapy Trust on "the map".  It just goes to show that with a vision mixed in with passion so many things are possible.  We would like to welcome all the new therapists who have recently joined us on this journey.   We have come a very long way since the Trust was started in 2010, with 9 referrals that year, we have now received over 1600,   We have been out and about spreading the word, though not as busy as last month.  We met some amazing people at the Bladder Cancer Support Group, which was held at Waitrose, Canterbury, run by the lovely Morna Jones, of Kent & Canterbury Hospital. This is a fairly new group.  Off we then went to The Medway & Swale Association Breast Cancer support group, held at Medway Hospital, who donated a cheque for £30.   We then attended The London Asbestos Support Awareness Group, a new support group in Canterbury, which is held at Ashford Road Community Centre. It's a good job Rita knows her way around Kent !  Finally we met some of the lovely cancer nurses at The Queen Elizabeth, The Queen Mother Hospital, in Margate, who fed us doughnuts!   Dawn attended the Macmillan Health & Wellbeing Day at Ditton Community Centre along with our lovely therapists, Janet Leaton, Allison Thompson and our volunteer Sally Ballard.Our medical patron, Dr Charlotte Abson made a flying visit,The taster treatments offered were very welcomed.  Rita and I are off to collect some advertising boards, very kindly donated by Ronnie Linderberg of My Community Space, Aylesford.  It is so important to collaborate with the various organisations we receive referrals from, which is growing daily.   We have won  two opportunity places with the Co-op Community Fund, in Sheerness and Minster. Every time members shop at the Co-op, 1% of what they spend on selected own-brand products and services goes to the Co-op Local Community Fund. So support your local Co-op and help a charity as well.  With Christmas fast approaching who will be shopping on Amazon and eBay a lot more? We can raise extra funds just by going to these websites via easyfundraising instead of directly. It doesn't cost anything but the trust get a donation and the more you spend the bigger the donation. There are lots of other retailers involved as well including Argos, Tescos, John Lewis and many, many more and it only take a couple of minutes to sign up   Our lovely Trustee Events Co-Ordinator, Lyn Baseley has worked so hard in trying to secure sponsors for our calendar. The uptake has been a bit slow but she finally got there. If you would like to purchase one of our lovely calendars "Walking in Kent" please contact Lyn at [lyn.thtt@outlook.com](mailto:lyn.thtt@outlook.com). The cost will be £8.00, plus a small charge for postage if you would like us to send you one. Lyn will provide details of how to pay.  Donations received this month - £300 from Waitrose, Longfield, from The Community Fund, £10 from an anonymous donor, £140 from Streynshams Trust who support people of the parish of St Dunstan's Canterbury to pay for 6 sessions for a client-patient and their Carer.  (We do provide 2 free treatments for our " forgotten heroes" , the carers of a client-patient we are treating, who do such a wonderful job looking after their loved ones). £50 from a wonderful couple who we met at a Support Group recently, Mr & Mrs Hibbert. They have been busy selling some of our happiness kits. If anyone wants some of these kits to put in a Christmas Card, or a Christmas stocking, do please contact me at [thtt2010@gmail.com](mailto:thtt2010@gmail.com). They are ideal as small stocking fillers. If you are having a clear out of children's bedrooms before Christmas and you come across any marbles, could you please donate them to us for the kits.   We are still waiting with bated breath to see if we have won The Aviva Community Award, for which voting is now closed.   Well I can't believe there are only 24 sleeps until Christmas Day, one more year nearly over, one more newsletter to finish the year.   And finally .........  *" As long as you have passion, faith  And are willing to work hard You can do anything in this life Hold the vision Trust the process Create a vision That makes you want to jump out of bed in the mornings Nothing great in the world Has ever been achieved without passion To succeed you have to believe in something with such a passion it becomes a reality ! "* | | | |