



A MESSAGE FROM OUR CEO

As we embark on a new year, I want to express my deepest gratitude for your unwavering support. You have been pivotal in our journey to make a positive impact on the lives of so many. On behalf of the entire team, I extend wishes for a happy and healthy 2024.

As we look ahead to the challenges and opportunities of the coming year, I am excited to share that we are taking a significant step forward in our commitment to excellence. Mary How Trust is in the process of forming a Medical Advisory Board (MAB), comprised of experts in various medical fields. This Board will share their skills, guidance, and knowledge, contributing to our mission and helping us achieve our goals.

Providing invaluable insights that will enhance our understanding of the external environment, clinical and medical challenges, and unmet screening needs. We believe that their expertise will be instrumental in shaping our screening services for the future. If you or someone you know is interested in joining us on this journey, please do not hesitate to contact me directly. Furthermore, we are actively seeking a Medical Trustee to sit on our Board of Trustees, playing a crucial role in steering our charity to continued success.

Thank you once again for your ongoing support. Together, we can look forward to a year of growth, collaboration, and meaningful advancements in preventative healthcare.

Lynda lynda.vowles@maryhowtrust.org



WE'RE RECRUITING

Do you want to make a difference in people's lives and be part of something special?

We are seeking a **Registered Nurse** to join our small, friendly team.

This role is perfect for those looking for a change from NHS nursing. Our nurse clinics see between 5-6 clients a day to allow sufficient time to review clients' current health, medical history and explore any problems which may arise in the future.

If you have excellent communication skills, a professional manner and would be committed to providing high-quality nursing practice to ensure our clients receive the best possible health & wellbeing screening experience then we want to hear from you.

This role requires first level NMC registration, with at least 2 years post-registration experience and venepuncture experience.

We have full-time and part-time roles available.

Please apply to lynda.vowles@maryhowtrust.org with your c.v. and covering letter.

Full job description can be found on our website: maryhowtrust.org/join-us



Thank you for all your help, I feel much more assured having had further investigation and following a very comprehensive screening conducted by The Mary How Trust.





WHAT'S ON



Comedy Night: Steve Hewlett Ventriloquist & Friends

Friday 23rd February 2024

@Pulborough Village Hall Doors 7:15pm | £16

Tickets: mhtcomedy.eventbrite.co.uk & MHT charity shop

'BRILLIANT AND VERY FUNNY' says HRH Prince William

'INCREDIBLE' says David Walliams



SCREENING SPOTLIGHT: ECGs

You've probably heard of an electrocardiogram (ECG) test, but did you know that this simple heart test could save your life?

We are proud to offer ECG tests to our clients as part of our health screening programme. This test can highlight certain problems with the heart's rate, rhythm and electrical activity and can help us determine if you might need any further investigations.

The test is completely painless and is carried out by applying sticky electrodes to your chest, wrist and ankles.

'I am seriously in your debt. I could have easily had a stroke had this not been picked up by you during the ECG' - 2023 client

Carrying out this test means we can pick up any potential problems and they can be sorted before they turn into a bigger issue.

Request your screening today to take advantage of this vital screening test.



THANK YOU

We are so grateful to all those who help our cause. Here are some of our recent supporters:

Hoogly Tea Lodge Brighton

Stephen Grant Comedian

Rupert Toovey

Steve Hewlett Ventriloquist

Blush Hair Boutique

Wiston Estate

Wakefields Jewellers

Goodwood Health Club

The Shanly Foundation

Cowfold WI

Pulborough WI

Fittleworth Short Mat Bowls Club

and all of YOU who attended our quiz night & carol evening, visit our charity shop, and that continue to support us with donations!

Thank you

HOW YOU CAN SUPPORT US

Our service is entirely supported by donations. We need your help to ensure we can be here to help generations to come. There are so many ways to support us. Why not consider...

- Getting a **screening gift voucher** for a loved one
- Buying a ticket in support of MHT from the **Horsham lottery**
- Donating your unwanted items to our **charity shop** - don't forget that we can get money for your old rags too!
- Purchasing an item from our **Amazon wishlist**
- Leaving us a **gift in your will** - ask us for a legacy pack today
- Use **Give As You Live** to generate free donations with your online shopping
- Holding a **charity collection box** - great for clubs, businesses or if you're planning to fundraise for us!

With any donation no matter the size, don't forget to *giftaid it*

Are you due your 2 yearly screening?



Apply for your screening online today