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Meath Goes to Town Medieval Style!

This year the annual Godalming Town Show was more spectacular than ever, and the Meath had great fun joining in the Medieval themed Town Carnival and Fete. Residents from across the Meath proudly took part in the Carnival procession alongside other organisations from the local community. Our Meath stall was hugely popular as we sold cakes, Meath made gifts from Skills Centre Groups and Changing Perceptions, but most importantly the people we support at the Meath were at the heart of this great day for the local community. Read on for more!





A Letter from Lindsay

Dear Reader

We've reached the longest day of the year and here we are half way through 2018 with many plans at the Meath fully in bloom. A look through the month of June captures some fantastic achievements, from the arrival of our brand new 17 seater mini bus, the fitting of a beautiful new bathroom at Little Meath and funding secured to refurbish the Pottery room, to the making of another Meath short film – this time capturing life at the Meath and our residential services.

As June is the month of National Volunteering we are proud to put the 'Spot Light On' our wonderfully dedicated and passionate team of volunteers who truly enable us to provide the wide range of activities and services for the people we support. We simply could not offer the diversity of activities without the tremendous support we receive from volunteers. On behalf of everyone at the Meath I would like to extend my warm thanks to all of our volunteers across the organisation.

I hope that you enjoy catching up on the highlights of the past month and I look forward to all that the rest of summer has in store for us at the Meath.

Best wishes

CEO, The Meath Epilepsy Charity



We've Got Skills!



The Town Carnival was enjoyed by residents across the Meath and the Creative & Expressive Arts Group 'Backstage' kindly supported the event by making shields, hats and swords to add colour to the Meath procession. Backstage put their finely tuned up-cycling skills to work and created a range of wearable flags from donated office folders, these were cleverly strung up for participants to wear or hang on the back of their wheelchair. Thank you to Chrissie, backstage staff and volunteers for supporting the group to create these Medieval masterpieces, they helped the Meath Carnival entry to stand out from the crowd and we even got a mention in the Surrey Advertiser!



Backstage Are Ready to Take Centre Stage at G Live!

Join us at a special

Choir Concert

to Celebrate the 70th Anniversary of the NHS



Tickets £5.00 each
plus a small booking fee, with proceeds going to the Fountain Centre, a cancer support charity based at Royal Surrey County Hospital.

70 YEARS OF THE NHS 1948 - 2018

On **Thursday 5th July**, the 70th anniversary of the NHS, we are holding a **special choir concert** to celebrate at G-Live in Guildford (with NHS, Surrey County Council and local community choirs).

Doors open at 6.30pm with the concert beginning at 7.00pm

The programme is a fantastic mix of modern and traditional songs to suit all tastes, including popular contemporary and traditional songs, gospel and other pieces.

To book your tickets please see the link on our website at:
www.surreyheartlands.uk

Surrey Heartlands
Health and Care Partnership



The Meath choir has been meeting for weekly rehearsals and having grown and developed since receiving some funding from Cllr Peter Martin, Chairman of Surrey County Council. The Meath Choir are delighted to have joined the local community choir 'Whole Notes' and are taking to the GLive stage for a concert which celebrates 70 years of the NHS.

Performing in front of an audience at a large and unfamiliar venue is both a fantastic opportunity for the people we support and a huge achievement. We look forward to sharing pictures of the concert with you in our next issue of Meath Matters. Tickets for the concert are available at:

www.surreyheartlands.uk



25 Years at the Meath!

Annie Mills, Health Care Coordinator celebrated 25 years of working at the Meath this June. Staff and residents are so grateful to Annie's dedication, her impeccable attention to detail, combined with a truly caring and gentle manner that has reassured the people we support over the years. Annie commented that working with the fantastic Meath Health Team has been key to her job satisfaction. Thank you Annie, we are lucky to have you and may you continue to enjoy working at the Meath for many years to come!

Pictured left, Annie with her beautiful flowers which were presented to her from the Meath on the day of her 25 year anniversary of working at the Charity.



The Skills Centre group **'Quest'** takes Meath clients out to a variety of activities and places of interest. Recently Quest took clients for a day out at the Seaside at Southsea and took the opportunity to link up with Andrew's art class. It was great for the art group to experience the setting as sensory stimulus for their painting rather than painting in the Skills Centre studio. The group also enjoyed a long costal walk and had a go at kite flying.



Quest took residents and staff on a wonderfully scenic 4 hour river boat cruise along the Basingstoke Canal. Meath residents enjoyed a beautifully relaxing outing and saw a variety of birds and wildlife. The group enjoyed lunch within the ruins of a 13/14th Century castle before starting their return journey.

Julianne commented to Jacki, Quest leader, that she had loved her time on the boat and would definitely do it again. Mel said that she had her 'reservations' about missing her swimming session that morning but that she was pleasantly surprised at how much she enjoyed it and that it was worth the sacrifice! Sometimes there is just too much going on at the Meath!



A great day was had by all. Thank you to Chris and Tash who helped support this outing with Quest.

Meath Swimming Group Goes the Distance...from Source

The Meath Swimming Club are now 142 miles into their 215 mile Source to Sea Thames Swim Challenge. With the challenge over half way completed, the team are looking forward to celebrating at the end with some fish and chips at The Meath.





“Changing Perceptions would not be the inclusive, inspiring and innovative enterprise it is without the invaluable support of our dedicated team of volunteers. On behalf of the entire team I’d like to express my heart-felt thanks as we continue to thrive and grow.”

Fiona Collier, Manager of Changing Perceptions



Pictured Right: Volunteers Jacki and Andy enjoying a brief break in the sun in between supporting Meath clients with their up-cycling.

“I was attracted to volunteering at CP by the idea of being able to **integrate** myself into a group of people who, despite having health problems, are totally sincere and spontaneous - a rare reality.”

Alessandro Crostarosa



“Other voluntary roles like sorting clothes in charity shops did not appeal. My past experience as a Special Needs Teacher and the fact that I had always loved painting meant it was a good match for me. I love the furniture workshop!”

“I think of each individual client and like to help develop their abilities while being aware of any limitations they may have. **‘Encourage and praise’** is my mantra. I love the involvement and interaction.”

“**I get back so much; the smiles of satisfaction from staff and clients and the finished furniture is a good exchange for the time I give.**”

Yvonne Donovan



Changing Perceptions is much loved within the local community but for some it still remains a treasure yet to be discovered. Changing Perceptions recently ran a colouring-in competition and promo day at Specsavers Godalming which was supported by the Fundraising Department. This was a great opportunity to get some new customers through the door having enticed them with delicious tasters of Changing Perception's trademark Gluten Free Chocolate Cheesecake Brownies. Local children were pleased to enter the free colouring-in competition and be in with a change of winning afternoon tea at Changing perceptions with Miss Earth Surrey, a lovely princess who just so happens to work at Specsavers Godalming in her spare time.

Congratulations to Georgina, aged 7 who wowed our panel of judges – despite some very stiff competition! We are delighted to invite Georgina, her mother and little brother to attend afternoon tea at Changing Perceptions. Well done Georgina and thank you to all of our young supporters who entered the competition.



Specsavers Godalming are proud to sponsor Esta, Miss Earth Surrey, who is able to support the Meath as part of her role.

Changing Perceptions have a delicious summer range of home-made preserves including Meath Marmalade, Cherry Plum Jam and Tomato Chutney. With this mouth watering range of preserves you can support the Meath while enjoying a cream tea or a ploughman's lunch in your garden.





Around the Houses

There IS such a thing as a Gruffalo!

Lucy and Amanda from **Little Meath** enjoyed a day out at Alice Holt forest. Katharine and Sarah escorted and spent the whole day there walking over 2 miles. Amanda said she had enjoyed seeing ‘the bear’ which was the large wooden Gruffalo sculpture.



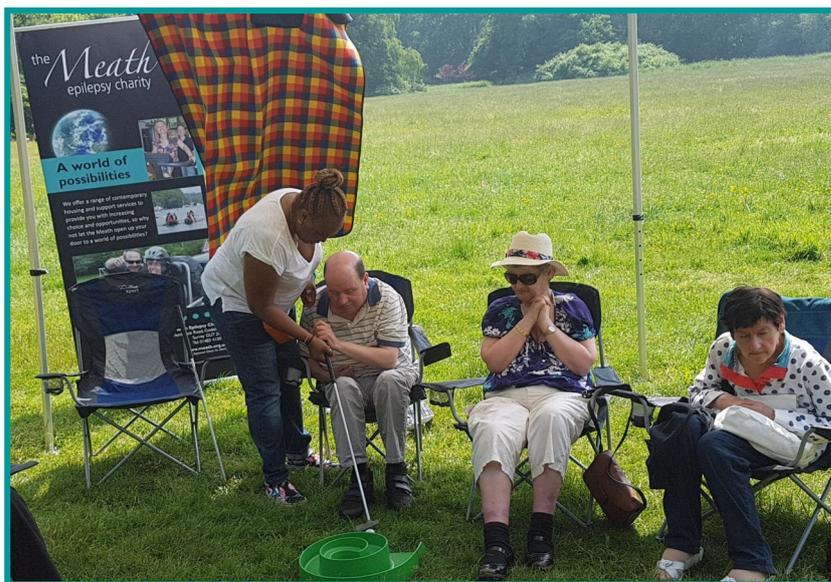
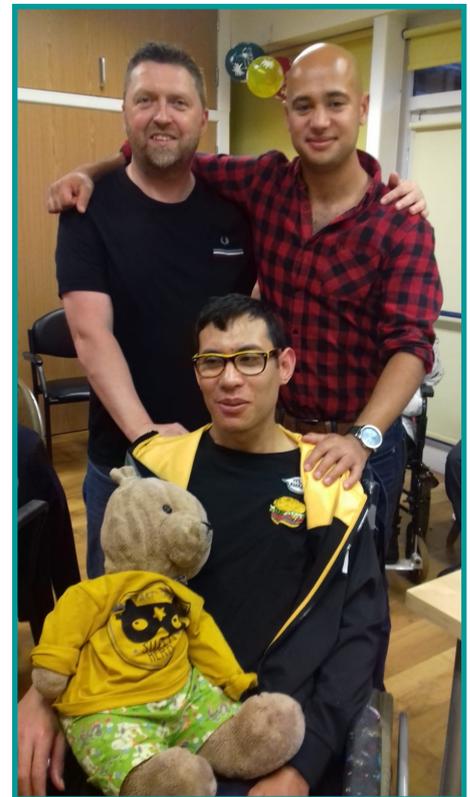
Phil from **Little Meath** enjoyed a day out at Wisley Gardens. The gardens have great wheelchair access, a lovely waterfall and lots of sculptures. The beautiful garden surroundings and waterfall proved calming for Phil.



Little Meath have had a sparkling new bathroom fitted which is proving very popular with residents. The newly fitted bathroom with specialist equipment makes having a bath or shower an easier and more relaxing experience. Residents especially love the sparkly walls.



Dom from **Bradbury Wing** celebrated his 30th Birthday in style with a party with his friends and family and a fabulous steel drum band. The tropical themed decorations went perfectly with the weather as the sun shone on Dom to help him celebrate his 30th!



Residents from **Thursley** enjoyed playing outside games and having a BBQ at Frimley Park.

Meath residents from all houses and support staff made the most of a beautiful day and had a great afternoon of outdoor games in the garden. In addition to old favourites such as football, cricket and croquet, residents had fun with brand new games. The Nerf Howlers and Giant Connect 4 were especially popular.

A video of life at the Meath and residential services has been made and footage of this fun day of outdoor activities features in the film! Visit www.meath.org.uk to view the video.





Spot Light On... Meath Volunteers

“We are so fortunate at the Meath to have such a wonderful band of dedicated volunteers. Our volunteers offer support across a wide spectrum of activities at the Meath from playing cards with our residents, supporting swimming, photography, cooking, pottery, craft and sewing club, gym, administration fundraising, current affairs, driving, gardening and Changing Perceptions. We are eternally grateful for their tireless and cheerful continued support.”

Erica Moulton, Event Manager & Volunteer Co-Ordinator



Pictured left: Ryan who volunteers at the **Meath Gym**, is a much loved member of the Meath fitness team and is fantastic at motivating Meath clients and supporting them to reach their fitness goals. Ryan is the very embodiment of the Meath’s proactive ‘can-do’ attitude and is a real asset to the Meath.



Pictured Right: Francesca and Emily volunteer with a **Community Fundraising Christmas Wrapping** activity. And volunteers join the fun at town show.



Pictured Left: Daniel volunteers by leading a healthy eating cookery class at the **Skills Centre**.



“I get as much satisfaction out of coming to the Meath as the clients do! I have a laugh with the people we support at the Meath, enjoy using my skills and get so much out of the interactive groups.” **James, Volunteer**

Attracting an increased number of volunteers has enabled the Meath to build upon and increase the range of activities provided. The excellent volunteer force of around 150 at The Meath and their sterling efforts has an estimated benefit of over £265,000 per year. We would like to extend our gratitude in these challenging times to all those who support the Meath by volunteering. It is with such collective generosity and kindness that we can enhance the experiences of all those for whom we care in such unique surroundings.

<https://www.meath.org.uk/get-involved/volunteering/>

*“Volunteers are not paid - not because they are worthless, but because **they are priceless.**”*



Fundraising News

Wheely Good News!

The Meath are absolutely delighted to have taken delivery of a brand new Peugeot Lite courtesy of The Lockwood Family Foundation. It is a 17 seater bus which has the capacity to take 3 wheel chairs. Everyone here at the Meath is over the moon and busy planning outings and trips. The brilliant thing is that this bus can be driven on a normal licence so can be used by most staff. The bus was first used to take some residents to the hydro pool in Haslemere with the physio department and volunteers. The bus will be used for day trips and outings to the seaside or London and when we go further afield for Meath Ability trips or Meath Extreme. The world is an exciting place when you have a brand new mini bus! Thank you also to Guildford Signs as always for supporting us with the signwriting.



Changing Rooms

Sanofi visited the Meath for a staff challenge day, the fundraising department were delighted to welcome 35 members of their team. Sanofi staff kindly volunteered to paint the Gym, Oglethorpe Suite and outside railings. This is a hugely helpful contribution to the Meath and enables us to save the substantial cost of re-decorating.



Play It Again Sam!

Huge thanks to singer songwriter Samantha Faulkner who sang her heart and soul in support of Meath Epilepsy Charity at her pub gig on Saturday 2nd June. Sam is kindly playing again in support of the Meath on 25th August at the Triangle Centre, Liss.

The Fundraising Department are delighted to have received a generous donation from the Borrowers Trust which will enable us to refurbish the much loved Pottery Room and purchase a new kiln. Pottery is an all inclusive activity which suits clients with a wide range of needs. The Meath Pottery Group have created beautiful poppies for the Meath grounds to mark Remembrance Day, ceramic hearts which went on exhibition at Cranleigh Arts Centre and more recently created a range of Medieval inspired tiles which were on sale at the Town Show. We look forward to the improvements to the Pottery Room and equipment and the future creations of the group.



Now the sun is out it's truly Gazebo time for Community Fundraising! Over the past month The Meath has held an awareness stall outside Specsavers Godalming, ran a very popular Town Show Stall which raised £350 and attended a 'Mum's Night Out' evening at local nursery 'Little Harriers' in Dunsfold. It's always great to get out and about and chat to new supporters about the work of the Meath and epilepsy.



Mayor of Surrey Heath Supports Meath!

Cllr Dan Adams, Mayor of Surrey Heath is supporting the Meath as part of his Mayors Charity. The Mayor's Charity has been shortlisted for Charity of the Year at Sainsbury's Watchmoor Park and the Meath needs your vote! Please follow the link and take 10 seconds to find Watchmoor Park branch and vote for the Mayor's Charity! This will make a huge difference to the Meath. The Meath is one of the shortlisted charities at Sainsbury's Watchmoor Park and the Meath needs your vote!

<https://www.sainsburyslocalcharity.co.uk/>



Cllr Dan Adams, Mayor of Surrey Heath and Sarah Adams, Mayoress, with Helen Jackson, Fundraising & Communications Co-ordinator at the Mayor's inauguration service at Sandhurst Military Academy. Dan is supporting the Meath as one of his nominated charities during his year as Mayor and has some fantastic plans to raise awareness and funds.

We are looking forward to the Mayor's first charity fundraising event which is a Gin Tasting Garden Party in Camberley. For tickets and more information please visit:

<https://www.eventbrite.co.uk/e/surrey-heath-mayors-gin-tasting-garden-party-tickets-47425534049>



SURREY HEATH MAYOR'S GIN TASTING GARDEN PARTY

Surrey Heath Mayor's Charity proudly supporting
Frimley Health, Health Amplifier & The Meath





Dates for Your Diary

Wednesday 18th July	Meath Charity Golf Day, Cowdray Park
Sunday 29th July	Singing Charity Collection for The Meath (Guildford Fringe Festival)
Friday 10th August	Open Air Cinema Screening of 'Grease', Guildford Rugby Club, 6.30pm
Saturday 15th September	Heritage Open Day at the Meath
Saturday 29th September	Sing Out The Summer, Charterhouse, 7.30pm - 10.30pm NEW
Tuesday 9th October	Meath Autumn Gift Fair, Ramster Hall, Chiddingfold, 1pm - 4pm "No Bambino Enjoy Vino", 5pm- 8pm
Wednesday 10th October	Meath Autumn Gift Fair, Ramster Hall, Chiddingfold, 1pm - 4pm
Tuesday 16th October	Meath Open Day, 2pm - 4pm
Saturday 20th October	Godalming Lloyds Bank Meath Mini Market, 10am - 1pm
Friday 9th November	Quiz & Curry Night at the Meath, 7pm
Monday 10th December	Christmas Carol Service, St Clement Danes, London, 7pm
Thursday 20th December	Christmas Wrapping at Waitrose, 9.30am - 3pm
Friday 21st December	Christmas Wrapping at Waitrose, 9.30am - 3pm

Tuesday 2nd April 2019 Bridge Tea Afternoon at The Meath, 2pm - 5pm — **NEW**



Our latest Meath 100 winners are Mr Lee (winner of £150), Mr & Mrs Brown & Mr Ostle (each winning £50). Congratulations!

Pictured right: Lauren McKenna, Manager of The Cottages with her winnings. Lauren won £50 in last month's draw just in time for a sunny weekend! Lauren commented **"It's a nice way to support the Meath regularly and great to get something back too!"**

The Meath 100 is our very own lottery! It's super easy to join, you'll be in with a good chance of winning monthly cash prizes and it's a great way to **#SupportMeath**. You can either choose to pay your £5 Meath 100 Membership monthly via BACS or cheque or you can pay a one-off annual fee of £60 via PayPal. Please click below to pay for your annual Meath 100 Membership.



For more information or to join the Meath 100 visit www.meath.org.uk

Thank you

We have been extremely fortunate to have been supported by the following organisations and individuals during June, thank you to you all...

- AAT Events
- Cllr Dan Adams, Mayor of Surrey Heath
- Dom's friends and family
- Godalming Pharmacy
- Godalming Round Table
- Guildford Wives
- John & Teresa Crocker
- Kendrews
- Lloyds Bank
- Samantha Faulkner
- Sanofi
- Specsavers Godalming
- Squires Garden Centre
- The Borrows Trust
- The Garden Room
- The Lockwood Family Foundation
- The Milford Probus Club



If you are interested in supporting the Meath by volunteering, making a donation or have an idea for a fundraiser please contact the Fundraising Office: 01483 411071

Helen Jackson, Fundraising & Communications Co-ordinator: helenj@meath.org.uk

Gemma West, Fundraising Events Co-ordinator: gemmaw@meath.org.uk

www.meath.org.uk

The Meath Epilepsy Charity, Westbrook Road, Godalming, Surrey, GU7 2QH



Registered Charity number No: 200359

Text To Donate: Text TMEC11 £5/other amount to 70070

