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Let's Get Quizical!



Meath supporters enjoyed a Quiz & Curry Evening at our recently refurbished Café Meath. Organised by Gemma West, Events Co-Ordinator, and expertly hosted by volunteer Ian Lee of ICL Media, the evening provided our 50 guests delicious helpings of curry, laughter, various rounds of competitive and challenging quiz questions and some great prizes! The evening also raised **£1,170** for the Meath. If you missed this cracking evening with delicious curry please don't worry... we plan on holding another Meath Quiz evening in the New Year! Huge thanks to events volunteers Angus and Steven and to the wonderful Meath Catering team who once again provided a delicious spread for guests to enjoy. **Congratulations to winning team the 'Beech Babes'!**

A Letter from Lindsay



Dear Reader

November has been a month of reflection and remembrance as we looked back over the past 100 years since the end of WW1 on Remembrance Sunday. The Meath's handmade ceramic poppies adorned the entrance to the Skills Centre during the month as a reminder of all the brave, fallen service men and women, without whom the Meath would not have been able to offer the caring and supportive home life that residents are able to enjoy in the present day.

The end of November has also provided us with much to look forward to. The Godalming Christmas light switch on is always a key event for the Meath, and once again this year Changing Perceptions invited shoppers to step into Christmas by staying open late and serving mulled wine and mince pies after the excitement of the Christmas light switch on. We look forward to all the delights that next month has in store for us, from the beautiful Christmas Carol Service at St Clement Danes to our very own traditions and celebrations at the Meath.

Thank you to all those of you who have kindly supported us this month, whether you attended the Meath Quiz & Curry fundraising evening or kindly granted a wish from our updated 'Wish List', your generosity will have gone a long way. A browse through the Fundraising News section shows the tremendous range of heart-warming support that the Meath enjoys from the local community.

I hope you all enjoy catching up on this month's news and achievements and wish you all a Merry Christmas and Happy New Year.

Lindsay

CEO, The Meath Epilepsy Charity



We've Got Skills!

The Meath Photography group enjoys taking photographs around the Meath site and at local places of interest such as 'Winkworth Arboretum' which provides a range of photographic subjects and different challenges for the group.

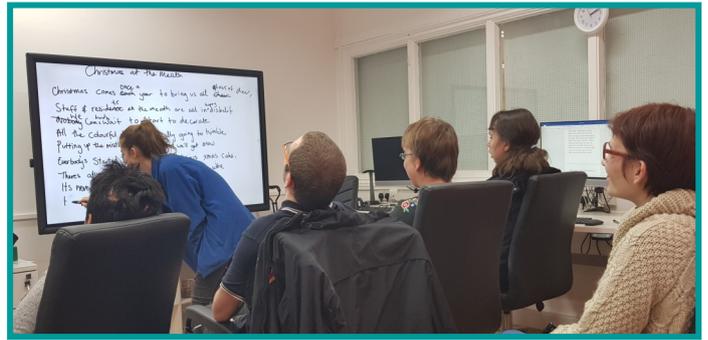


Recently the photography group has joined forces with the team at Changing Perceptions in an exciting new project which keen photographer John has named 'Visual Perceptions'. Having benefitted from a wonderful photographic workshop with professional photographer Paul Osborne at CP, the group is going to put their skills to good use and support the social enterprise by photographing the latest furniture creations for their website. The wonderful range of Nature Homes, which clients at CP have been busy making, will also be beautifully captured on celluloid in natural settings.

The group is currently also working on portraits of each other. We look forward to sharing the group's photographs in the next issue of Meath Matters. Some pictures of 'the group working on their Visual Perceptions' project can be seen on page 5.

Poetry Corner

The Skills Centre English group has been working on a new poem which encapsulates the excitement and anticipation felt by many at the Meath on the run up to Christmas! This popular group is led by Alice who supports residents to work collaboratively in a discussion group.



The group finds that the touchscreen computer is an invaluable tool for their creative process. Pictured above are Louise, Laura, Hannah, Camilla and Adam at work writing their Christmas poem, they hope you enjoy it!

Meath Christmas Cheer!

Christmas comes but once a year,
to bring us all lots of cheer.
Staff and residents at the Meath,
happily wait in disbelief,
that Santa Claus and his laden sleigh,
will soon be heading Godalming way.
We can hardly wait to celebrate,
Looking forward to that special date.
The dark skies lit up nice and bright,
as houses twinkle in festive lights.
Couples pucker under mistletoe,
while outside flutters crisp white snow.
Inside the smell of Christmas cheer,
to help us celebrate the year.
On the festive table there's lots to eat,
with a glass of wine, what a treat!
Across the roofs we hear reindeer canter,
as with friends we laugh and exchange banter.
We wish you all a joyful time,
And hope you all enjoyed our rhyme!



Decking the Halls with Boughs of Holly

Following a talk from Helen Jackson, Fundraising & Communications Coordinator, Milford Mothers' Union visited residents at the Skills Centre to take part in a Christmas floristry workshop. The afternoon was highly enjoyable for residents and our 17 guests who all embraced the activity and opportunity to make a new friend with openness, appreciation and good humour. Thanks to the help of the Mothers' Union and kind donation of carnations, residents made some lovely Christmas table decorations using roses, carnations and holly and other foliage which residents had gathered from the grounds.

After enjoying tea and cake that was made by the Skills Centre Cookery group earlier that day the delighted residents thanked our guests for coming and many of them very much hope to invite them back! The many lovely floral decorations now have pride of place on tables and mantelpieces throughout the Meath.

The afternoon was coordinated by both Fundraising and Skills Centre staff who were pleased to see residents and our visitors from the local community having fun and working together to create something that residents were truly proud of.

“ I'm so glad I came to this session, I've had a really lovely time. I love my flower decoration and I hope that the visitors will come back...I would like to do this again” Pepita, Resident.



“The residents got an awful lot out of the activity with the visitors, it's great for them to challenge themselves with new activities and the need to chat to new people. Working with local community groups has clear benefits for all.” Helen Albany, Skills Centre Session Leader.



“Thank you so much for your very warm welcome to the Meath, our members really enjoyed meeting you all and helping with the Christmas decorations. What a lovely atmosphere pervades the place. We would love to come again and in the meantime support Changing Perceptions and come to some of the forthcoming Meath Fundraising events!” Penny, Mothers' Union.



Resident and keen photographer Andrew Prizeman has his stunning nature themed 2019 Calendar on sale at Changing Perceptions. After making a Calendar as a present for friends and family last year Andrew had the idea of creating a calendar to put on sale for 2019. Staff, volunteers and members of Andrew’s family have supported him to achieve this excellent personal goal, they and Andrew are delighted that his great idea has come to fruition and that his photography is ready to offer a year-long treat.

Andrew explained that capturing wildlife for the perfect photo can be tricky. **“I enjoy the challenge of taking a good photo, the most challenging picture in the calendar was the close up of a sunflower with a bee on it because bees don’t stay still for very long.”** Clearly Andrew’s quiet, observant nature, partnered with his patience, serves him well as a wildlife photographer. **“Today I was determined to photograph a robin and on the third time of going to his favourite feeding spot I managed to take his picture! Robins are my favourite bird.”** Andrew hopes that people will enjoy his Calendar and would like to thank photography volunteer Det for his encouragement, Fiona and staff at CP, support workers at Bradbury House and his family.



Above, Andrew at work capturing wildlife in the Meath grounds and his photo of ice which features in the calendar.

The very best of Andrew’s stunning nature themed photography offers a year-long treat in his limited edition calendar, available at Changing Perceptions or Skills Centre Reception, £7. 10% of all sales go the Meath.

Visual Perceptions

Changing Perceptions are excited to be teaming up with the Skills Centre photography group with the joint ‘Visual Perceptions’ project. While Skills Centre photography group members hone their skills, the social enterprise benefits from having some excellent photos of their latest products.



Far left: John at work capturing the latest workshop creations.

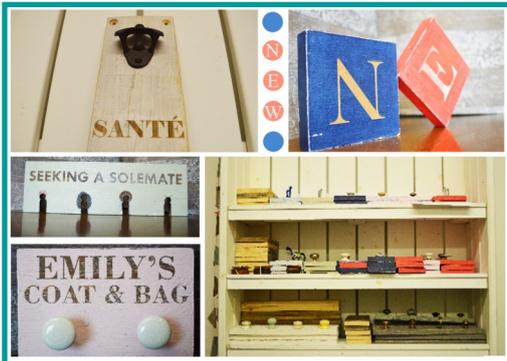
Right: Simon felt so inspired by ‘Visual Perceptions’ that he decided to capture a plate of biscuits.



At the Heart of the Local Community at Christmas



Changing Perceptions threw open its doors on Saturday 24th November for their annual Godalming Christmas Light Switch on Celebrations! Revellers, Residents, long standing customers and Volunteers all flooded in to warm themselves with a glass of mulled wine and a delicious mince pie.



Remember that CP has so much more than furniture! A wonderful selection of reasonably priced, handmade and laser cut Christmas gifts are available to buy. Make someone happy with a gift from Changing Perceptions and support our fantastic social enterprise at the same time. Shopping doesn't come any easier, the friendly team are on hand to help and there is plenty of delicious cake available for a post shopping treat!



Around the Houses

The Kindness of Strangers



Meath Support Workers are highly adept at planning every outing and activity to the nth degree yet being prepared for the unexpected. However, when taking a full mini bus of residents back home from a trip one day in November a Meath Support worker was extremely grateful for some very kind help that she received— during the week that World Kindness Day fell on! After filling up the mini bus with fuel it transpired that there was a fault on the charity fuel card, after 3 attempts of it not working a very kind member of the public paid the fuel bill of £45 in order to quickly solve the problem and allow the Meath group to be on their way.

Having taken contact details from the kind member of the public, the Support Worker later passed them on to Lindsay, CEO of the Meath who got in touch to thank them and to arrange reimbursement. The kind member of the public, who wishes to remain anonymous, explained that they themselves have epilepsy and that they would like the fuel money to be a donation.

This act of kindness and generosity made a huge difference to the Meath residents and staff. We feel extremely lucky to live in such a friendly community that has such a great level of compassion and understanding about epilepsy and associated disabilities.





Spot Light On...Gordon Hennessy

Many of us, whether residents, families, staff or trustees, will have fond memories of Gordon, who was the CEO of the Meath from 1999 until 2010. Recently Tim Bloomfield, Meath trustee caught up with Gordon over lunch with him and he agreed to have the spotlight turned on him for this feature.



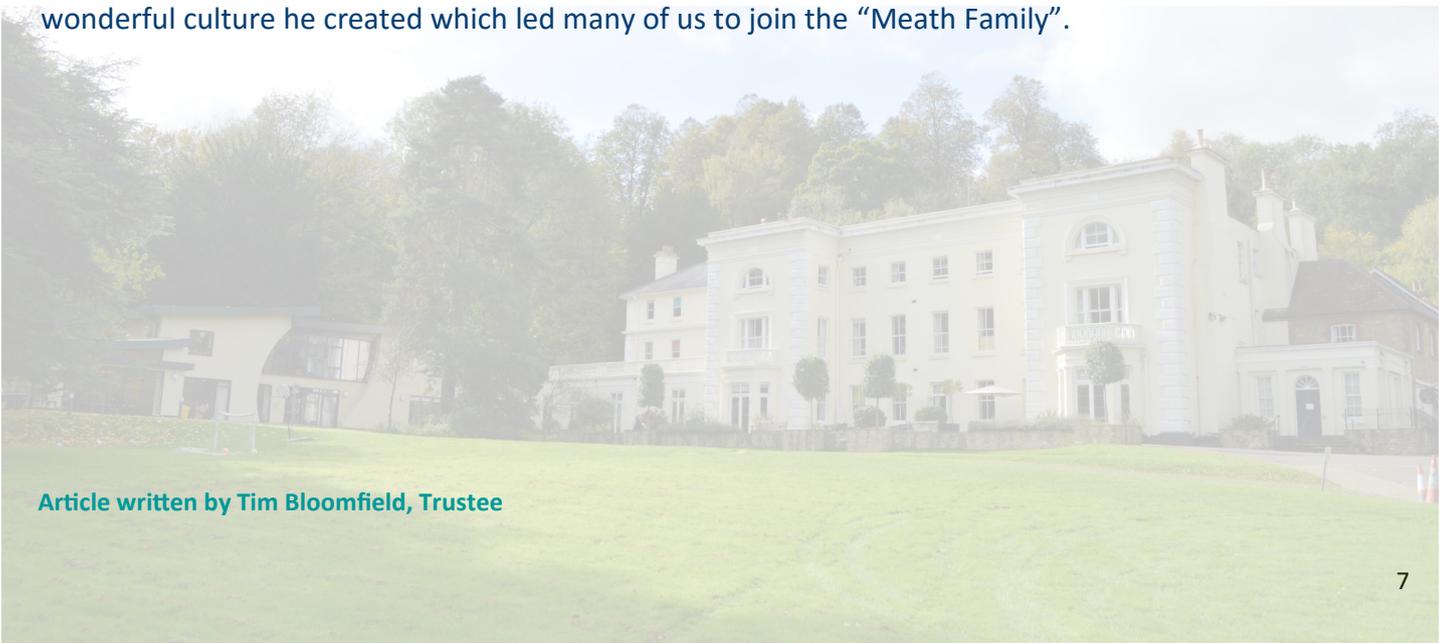
Gordon, who came from a background of many years working in the mental health sector, joined the Meath when it was experiencing financial difficulties, with many local authorities paying fees well below the costs of providing care and together with Trustees Colin Stokes and John Jeffries, countless hours were spent in negotiations to put the Meath back into surplus.

However, when asked for what he thought was his best achievement, Gordon thought this was possibly changing the charity's culture from providing institutional care to one where the residents felt it to be their home. Gordon was keen to point out that this was a team effort and that he relied on his team of outstanding staff, trustees and volunteers, many of whom are still with us today.

Unfortunately Gordon had to leave the Meath in 2009 and eventually retire due to ill health. Eight years later he has successfully fought two types of cancer and is enjoying his retirement, albeit with regular treatment including Chemotherapy to keep illness at bay. One of his joys in life includes many hours with his family on their narrow boat on the River Wey.

Gordon's wife Rachael, whom he met when working before his Meath career, has had a successful career in the mental health sector and is currently Deputy Medical Director of Surrey & Borders Partnership NHS Trust. Gordon readily admits that when he was first diagnosed with cancer his determination to beat it was largely based upon wanting to see his three daughters educated and settled in life. He has achieved that and a lot more, with his eldest now working for the Financial Conduct Authority, having worked in the Houses of Parliament, Vicky is a social worker living in Guildford, and Lucy, the youngest, is working and studying to become a Chartered Accountant.

Gordon has asked to be remembered to the many friends he made at the Meath and explained that his years at the Meath were the happiest of his career. Those of us who knew him then can testify to the wonderful culture he created which led many of us to join the "Meath Family".



Article written by Tim Bloomfield, Trustee



Fundraising News



Baby It's Cold Outside



We hope that you keep warm and cosy in the cold winter months. If you were born before 1953 and are a UK tax payer who lives in the UK you may be eligible for a Winter Fuel payment of between £100-£300. If you are lucky enough to be able to keep your home warm over the winter months and would like to donate your non-means tested Winter Fuel Allowance it would go a long way in helping us to keep the Meath buildings nice and warm for residents over the colder months. For more information about the winter fuel allowance visit www.gov.uk/winter-fuel-payment.



Support from Colgate is far from Pasty

Following their Corporate Social Responsibility Volunteering day in the summer, the amazing team at Colgate Palmolive have generously donated 4 Samsung Tablets for Meath residents to use. This is absolutely fantastic news at a time when staff at the Meath are working hard to increase access to user friendly home technology. From online shopping to meal planning and skyping friends and family, the donated tablets will help residents to maximise their independence and maintain important technological skills.



Siobhan's Uplifting Experience



Earlier this year the Meath Fundraising department raised the funds required for a new tracking hoist to be installed in the treatment room. Previously, residents who are wheelchair users could only access physio treatment in their bedrooms.

Siobhan who lives at Bradbury House was keen to tell Meath Matters how the hoist is of benefit to her and her wheelchair using peers. **"I like coming to the treatment room for physio because it's what everyone else does. I love my bedroom but I prefer to use it for relaxing and physio is hard work! There is so much more space in the physio room too."**

Jo Jo Newman, Meath Physio also commented that "It's great to finally be able to offer the same level of service to wheelchair users as ambulant residents. The hoist also minimises manual handling which reduces risk and because it is a tracking hoist is far more pleasant for the client."

Cllr Penny Rivers' Support for the Meath Runs Deep

As the Meath are in need of some iPads for houses across the Meath we made an application to local Cllr. Penny Rivers which asked for her to consider granting some of her Member's Allocation Funding to the Meath in order for an iPad for Little Meath to be purchased. We are delighted that Penny was able to fund this for us and the iPad is a much loved and well used addition to Little Meath. Penny came to visit the Meath and enjoyed chatting to residents, in fact for her finding Peter using the I Pad in his home at Little Meath was a wonderful moment— Penny and Peter remembered each other fondly from years ago when he used to attend her church.



Peter was made up to see her! We are very grateful to Penny for her generous donation and heart felt interest in all the we do at the Meath.



"Thank you very much for the I Pad Penny , I enjoy playing some of the games on it with my friend Adam" Peter, Little Meath Resident.

"Thank you so much for showing me around the Meath. I really loved meeting some of those who live there and seeing and hearing the activities. The Meath has long been in my heart and I'm so pleased to be able to channel some Surrey County Council funds into such a wonderful charity."

Cllr. Penny Rivers

Wish List Update



Residents are lucky enough to have had lots of their wishes granted after we published our first 'Wish List' in July. The wishes granted to date have provided residents with some lovely new furniture, a super social event and a new i Pad for residents working with our Occupational Therapist. We have been overwhelmed by the kind support of relatives, local organisations and companies who have granted so many wishes. Our updated Wish List, is now available on our website, if you're able to consider granting a Wish in time for Christmas, no matter how small, your generosity will make a big difference to the lives of Meath residents.

Please contact the Fundraising & Communications Team if you would like to request a hard copy of the Wish List.



Something BIG is Coming...Something PURPLE!



The Fundraising & Communications Team are busy making preparations for their exciting 2019 Purple Day Plans. Last year's Purple Day saw Godalming landmarks, including the Meath building, lit up purple. For 2019 the Meath Fundraising Team are thinking much bigger! The team have been working with 96.4 Eagle Radio and their many supportive contacts in the local area and they look forward to launching their biggest, purpliest, awareness and fundraising campaign to date! Watch this space for more information on our Purple Day Campaign and how you can join in on **26th March 2019**.



Local Community groups, sports clubs, Companies and schools have let us know that they will be proud to support Purple Day in order to raise awareness of epilepsy in our local community. Some groups are also able to hold a fundraising activity for the Meath too which is fantastic.

Pictured Right: St Peter & St Paul's Scout Group. Helen Jackson visited the group and gave a talk about epilepsy and the work of the Meath. When Helen explained about the Purple Day plans that the Meath have for Purple Day on 26th March the Scouts proved really keen to join the campaign and do something to raise money for the Meath and raise awareness of epilepsy.



Look out for our Purple Day Fundraising Packs available from January for some great ideas to help you support the Meath on Purple Day.

**Civic Dinner Invitation for Tania,
Head of Fundraising & Communications**

Cllr. Dan Adams, Mayor of Surrey Heath and Sarah Adams, Mayoress are supporting the Meath as one of the Mayor's chosen charities. The Meath are thrilled with the wonderful support that Dan and Sarah have kindly offered the Meath. Dan has utilised his social media business when drumming up supporters and attendees for his many fundraising events this year. Sarah even jumped out of a plane in support of the Mayor's Charities! Tania Cantoni, Head of Fundraising & Communications was delighted to attend Dan's Civic Dinner last month. The fantastic company and kind hospitality was rivalled by the stunning setting of Pennyhill Park.



Coming Soon...

the *Meath*
epilepsy charity

Christmas Carol Service at St. Clement Danes

The Strand, London, WC2R 1DH

CCLI Number 1413839

Monday 10th December 2018

7pm - 9pm

Featuring

The Band of The Honourable Artillery Company
The Choir of St. Clement Danes
The Meath Choir supported by members of
The Godalming Jazz Choir
Professional Tenor Stephen Petch
Internationally acclaimed British Bass Brindley Sherratt

"All profit raised will directly support Meath residents who live with complex epilepsy and associated disabilities."

TICKETS: £25

To book tickets please contact
Gemma 01483 411071
or gemmaw@meath.org.uk
www.meath.org.uk



The Band of the
Honourable Artillery Company



Please join us for drinks and mince pies after the service

The Meath Epilepsy Charity, Westbrook Road, Godalming, Surrey GU7 2QH
Registered Charity No 200359



To order your beautifully presented gift pack of Meath preserves at £15 each, or our Magical Meath Christmas Cards please contact the Fundraising & Communications Department on 01483 411071 or fundraising@meath.org.uk. Also available at Changing Perceptions.

Get Christmas All Wrapped Up! Waitrose

Once again the Meath will be wrapping up Christmas presents in exchange for donations to the charity outside Waitrose Godalming. If the prospect of wrapping your pile of gifts fills you with dread just come and see our friendly volunteers outside Waitrose Godalming who will beautifully wrap them while you shop or enjoy a coffee in the café. **Thursday 20th & Friday 21st December, 10am-3pm outside Waitrose Godalming.**



Harris + Hoole Guildford Giving Tree

We are delighted that this year customers at Harris & Hoole, Guildford are encouraged to support the Meath by leaving a small gift for Meath residents under the Café's 'Giving Tree'. Customers can also support the Meath by making a donation at the till and we are extremely grateful for any donations or little gifts for the people we support. We look forward to spreading lots of Christmas Cheer around the Meath and are thrilled that Harris & Hoole and their customers are kindly supporting the Meath with this heart-warming Christmas Initiative.



The donations of small gifts such as socks, toiletries, novelty stationary, puzzles and confectionary will shared out by the Skills Centre Team as part of their 'Santa's Grotto'.



Dates for Your Diary

Monday 10th December	Christmas Carol Service, St Clement Danes, London, 7pm–9pm
Thursday 20th December	Christmas Wrapping, Waitrose Godalming, 10am - 3pm
Friday 21st December	Christmas Wrapping, Waitrose Godalming, 10am - 3pm

Saturday 16th February 2019	Ladies Night, The Guildford Rugby Club, 7pm-12.30am
Saturday 23rd February 2019	Occam Singers Concert, St Nicolas Church, Guildford, 7.30pm-9.30pm
Tuesday 2nd April 2019	Bridge Tea Afternoon at The Meath, 2pm - 5pm
Saturday 27th April 2019	AAT Events The Fox Ultra, Godalming, 7am



Our latest Meath 100 winners are Mr J Jackson (winner of £150), J Chapman & C Mompalao (each winning £50). Congratulations!



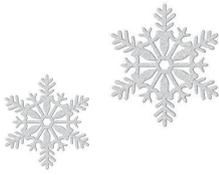
The Meath 100 is our very own lottery! It's super easy to join, you'll be in with a good chance of winning monthly cash prizes and it's a great way to #SupportMeath. You can either choose to pay your £5 Meath 100 Membership monthly via BACS or cheque or you can pay a one-off annual fee of £60 via PayPal.

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

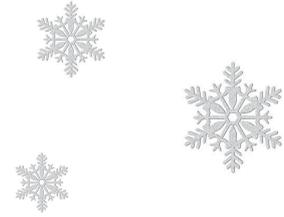
amazonsmile
You shop. Amazon gives.
#Support Meath



With Christmas just around the corner you may need to shop online with Amazon. It's very quick and easy to support the Meath while you shop by using Amazon Smile! Simply visit Amazon Smile first, select the Meath as your nominated charity and start your shopping. You can donate to the Meath with every purchase you make online and it really adds up.



Thank you



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

- Andrew Kerr
- Angus Murray
- Annie Butler
- Atria Shenassa
- Barlow Robins
- Bentley Brown
- Changing Perceptions
- Changing Perceptions
- Charterhouse School
- Colgate Palmolive
- Cranleigh Arts Centre
- Dover Garage Ash
- Eagle Radio
- Estelle Cook
- Mr Fergusson
- Guildford Rugby Club
- Guildford Signs
- Mrs Harbot
- Harris & Hoole
- Ian Lee ICL Media
- Kate Gilbert
- Kate Plowright Sales & Events
- Knight Frank
- Lloyds Bank Godalming
- Lucy Matthewsons
- Lucy Stevenson
- Marni Hewitt
- Moss Lane School
- NJM Stationers
- One 40, Cranleigh
- Penny Rivers
- Rebecca Lakh
- Richard Atkinson
- Sanofi
- Saskia Baron
- Seymours Godalming
- Shanley Foundation
- Specsavers
- St Hilary's School
- St Peter & St Paul's Scout Group
- Steven Knowles
- Sue Green
- Surrey Masons
- Taurus Wines
- The David Solomons Charitable Trust
- The Greenhouse
- The Party Company
- The Shanly Foundation
- The Woodhill Charitable Trust
- Thyme For Tea
- Vantage Publications
- Waitrose Godalming
- Wightman & Parrish
- Yard Market



Wishing you a Very Merry Christmas

And a Happy New Year!



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

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

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

Scan me



www.meath.org.uk

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

Registered Charity number No: 200359

