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Going for Gold!



Move over 91st Oscar Academy Awards Ceremony, the Meath Skills Centre Awards have arrived! The Skills Centre celebrated the many achievements and accomplishments of the people we support at the Meath during our annual Awards Ceremony last month. The ever resourceful Chrissie and Julie from Backstage transformed the Oglethorpe room into a befittingly glitzy and glamorous Awards reception room. Around the Meath, pride and excitement exuded from every family member and resident as people gathered to celebrate the many personal goals that residents have achieved over the past year. Huge thanks must go to Janine and the Skills Centre team for co-ordinating the successful event as well as the many relatives and friends who came to support their loved ones. Changing Perceptions made stunning awards that residents were truly proud to receive. Sharon won a coveted 'Gold Award' for her sterling hard work and progress made in the gym over the past year **"I was over the moon, I could not believe it! I phoned my mum straight away to tell her and she's so proud! It's not easy for me because I have a bad arm, but I don't give up!"**. Feature continues on page 3.





A Letter from Lindsay



Dear Reader

January is not generally the most celebrated month of the year. After the excitement and often excesses of Christmas January can seem rather bleak, cold and lacking in sparkle. I'm pleased to say that we've had plenty of exciting and positive projects and activities going on at the Meath to chase away any hint of the January blues. Residents have enjoyed the first of our new monthly social evenings 'Minglers'. We're all feeling good and eating well with the launch of an exciting new nutrition training programme which encourages residents to be mindful of their diet by eating the colours of the rainbow. We hosted our annual Skills Centre Awards Day which saw many proud residents and family members celebrating the fantastic achievements that residents have made over the past year. The Fundraising and Marketing Department have launched their plans for our biggest ever Awareness & Fundraising Purple Day Campaign. Purple Day (International Epilepsy Awareness Day) will include local landmarks being lit up Purple and many local community groups and businesses holding an awareness and fundraising activity in support of the Meath. Many of you may well have received our Purple Day Participation Pack which is full of simple but effective ways to fundraise for the Meath on or around Purple Day. If you've not yet seen our brand new Purple Day Video you can find it on www.meath.org.uk

This month's Spot Light On Features our HR and Reception team whose work is key to supporting staff so that Meath residents are able to receive the very best of care and support. It's all too easy to take for granted the very services that we all rely upon every day and I hope that you'll enjoy hearing about some of the new projects that HR are running which aim to streamline processes and further empower staff.

January has been great start to 2019 and we all look forward to some exciting times ahead!

Best Wishes

Lindsay



CEO, The Meath Epilepsy Charity



We've Got Skills!

Over the Rainbow

There's no place like home but residents from different houses around the Meath were treated to a fantastic evening in the land of Oz courtesy of our friends at The Witley Pantomime company who invited them to enjoy their production of 'Over the Rainbow'. This high energy and fun filled community production went down a storm with Meath residents! Molly and Rosie were especially keen to 'boo' the wicked witch and the actors were fantastic at getting the audience involved.



Skills Centre Annual Awards Ceremony Continued



The Skills Centre team together with Lindsay, CEO, proudly presented the awards and were elated to offer the people they support this platform to celebrate their special personal achievements. Lindsay received some lovely feedback from relatives, while many enjoyed the ceremony. One family member also kindly asserted that **“recognising, valuing different people’s efforts and celebrating in the public domain is a vital pathway for each and every resident. The impact of these awards, I’m sure, will enable many residents to further thrive and develop. On another level, it must be gratifying for the Meath to gain a much deeper sense of the impact their hugely creative services have on the lives of residents. If there was any tangible outcome of the success of these awards, it was from my vantage point of seeing the happiness glow of the face of each resident as they received their award and returned to their place. That is unquantifiable. I know that much work, debate and preparations will have gone into the event. Please convey my sincere thanks to all contributing to the success of the event.”**



After Awards Party! ★

After a long hard day of celebrating each others many achievements residents enjoyed a fabulous after awards ceremony party with a live band, plenty of dancing and smiles all round. The Meath were delighted to be able to fund such a wonderful day for the people we support with funds donated to the Life Enrichment Fund.





Frenchic Furniture Paint

Keep In the Picture

For a long time Changing Perceptions have hoped for a digital photo frame to display photos of the people we support at work at CP. Thanks to a kind supporter who funded the digital frame from the Wish List, CP are now able to get the message across to new customers who may otherwise think that they're in 'just a café'. The digital frame has proven perfect for the new Purple Day video...which naturally features CP!



All That Glitters

Ewbank's Auctioneers are once again showing their sterling support for the Meath by holding a jewellery valuation at Changing Perceptions on Wednesday 13th February from 10am-1pm. If you have jewellery that you'd like dated or valued bring it along to CP and enjoy delicious home made cake and coffee while you find out more about your treasured trinkets. £5 per 10 items, includes a hot beverage.



Exhibitionists

You may have been lucky enough to have visited one of the Meath's past exhibitions at Cranleigh Arts Centre, and if so we hope you'll be inspired to come along and see the work of everyone's favourite social enterprise on exhibition. This exhibition will showcase the quirky creations of the team at CP who transform unwanted donated wooden furniture into sought after chic additions for any home.






Exhibition at Cranleigh Arts Centre

1 High St, Cranleigh GU6 8AS

Tuesday 19th February – Friday 1st March

An exhibition of reclaimed, repurposed and repainted furniture from Changing Perceptions. This innovative and environmentally responsible social enterprise is part of the Meath Epilepsy Charity. All the work on display has been created by adults who live with complex epilepsy and associated disabilities.



www.meath.org.uk
Registered Charity No.200359



Around the Houses

Residents at **Cedar View** enjoyed a trip to Notcutts Garden Centre in Cranleigh one cold January Sunday. Having caught up with support worker Chloe who accompanied the residents it's clear to Meath Matters that it's not only the treat day trips that should make the news!



Sunday lunch out was clearly very much appreciated by the group, as was the chance to enjoy the many animals on sale in the pet section. Louise who was previously scared of dogs enjoyed saying hello and stroking two friendly canine visitors to the garden centre. Sometimes it's good to celebrate the little things in life!

Eat A Rainbow!



Residents, staff and volunteers have enjoyed a fantastic demonstration in healthy eating by nutritionist Sarah Green. The session encouraged participants to 'eat a rainbow' and was packed with fresh food and vitamins but also included so many helpful tips for quick healthy meals on a budget. Residents left with colourful, easy to follow recipe cards and Sue Green Catering Manager will be following up with sessions in each house to ensure that support workers feel enabled to support residents with implementing these colourful, healthy changes. Meath Matters' favourite tip is to simply save time preparing difficult to cut vegetables such as butternut squash by simply roasting them whole, allowing them to cool and cutting them up when they've cooled! This makes life easier for everyone but especially so for people who due to disabilities find cutting difficult.



We Don't Like Reggae...

We Love It!

Jo and Kay have relaunched the regular Meath social evenings, 'Minglers' runs every two weeks and kick starting the new social gathering were fabulous Reggae performers I Jay. The evening went down very well and residents can look forward to some great social evenings with darts, movies, refreshments and games.





Spot Light On...HR & Reception

The HR team which includes Reception, work every day to support staff across the Meath. **Chris Ward-Miller, HR Manager** who joined the Meath last November explained his role to Meath Matters and asserted that it is his role to “ensure the resource is in place and that there is a framework for staff being able to work proficiently, with confidence, also that they have the tools in place to give them the best opportunity of realising their potential and performing the work to the highest possible standard”.



Above left: Pam Knight, Chris Ward– Miller and Dawn Bromley

Clearly Chris is acutely aware that ultimately, Meath staff are here for residents, the importance of ensuring that the staff we employ offer residents the highest possible levels of care and support. The HR team is currently small in number comprising Chris, HR Administrator Dawn Bromley and Receptionist Pam Knight, so Chris’ role is extremely varied, and this is something that he fully embraces. While making clear progress on the streamlining of policies and procedures Chris is also delivering a suite of custom made, modular HR training sessions to Meath Managers. Through the training sessions, Chris aims to ensure managers feel more equipped, better supported and confident to handle staff related issues.

Chris is extremely keen for “the Meath to continue to be known as a truly great place for people to work” and he also explained that we “aspire to be among the very best in the health and social care industry”. Whether strategic planning, delivering operational manager training, or doing the day to day essentials of HR work, Chris is pleased to make a positive difference as part of a team.

Dawn Bromley, HR Administrator, Dawn’s role involves liaising with all staff, dealing with annual leave, recruitment, employee relations issues and general HR admin. Dawn explained that she most enjoys interaction with Meath Staff and seeing how she can make a positive difference to them. Dawn also enjoys the opportunity to learn from Chris’s extensive HR experience.

Pam Knight, Receptionist has worked at the Meath in other roles and knows it inside out. Pam explained that she loves her role as receptionist as every day is different. Having Pam, who is a knowledgeable, efficient and friendly as a first point of contact for many people who are new to the Meath is a huge asset and the Meath. As well as welcoming new visitors Pam is also extremely adept at helping the people we support who often go to her for help with being reminder of their next session. In her words “it’s a busy environment because we have so much going on each day and that’s how I like it”.



Fundraising News

Count Down to Purple Day!

Listen out for our **Purple Day** radio advert which goes out on Eagle Radio from February until **Purple Day**. As well as raising funds for the Meath we hope that by encouraging supporters to hold an event on **Purple Day** we will be increasing awareness of epilepsy as a whole. If you’re a member of a local community organisation or sports club and would be interested in having a talk about epilepsy and the Meath do get in touch. Please contact helenj@meath.org.uk



Don't miss our Purple Light up for Epilepsy Awareness! You'll find the following landmarks lit with a purple hue in honour of Purple Day: Guildford Castle, Yvonne Arnaud, Guildhall, Tunsgate Square, G Live, The Peppercot, The Wilfred Noyce Centre, Manns of Cranleigh and many more!

We're so lucky to have the support from many wonderful local community groups, school and businesses but we really need you! If you're able to hold a supper party, tea party or feel inspired to complete a sponsored challenge for the Meath this Purple Day you will make a huge difference to the people we support at the Meath.



the Meath epilepsy charity **Purple Day 2019** 

Get Involved!

#SupportMeath

-  Host a Supper Party!
-  Hold a Tea Party!
-  Have a Purple Mufti Day!

March 26th

Find out more ways to help on our website www.meath.org.uk
And download the Purple Day Participation Pack!
or call the Fundraising & Marketing Office on 01483 411071

#PurpleDay Participation Pack

Get your pack from the Fundraising office today

call 01483 411071 or visit our website www.meath.org.uk

March 26th

the Meath epilepsy charity 

#InternationalEpilepsyAwarenessDay2019




Illuminating Support From Catteshall Light Display

Once again Meath supporter Richard Atkinson kindly fundraised for the Meath with his spectacular Christmas Light Display at Catteshall Lane, Godalming. A visit to see the Catteshall lights is a firm festive favourite for many locals. Generous visitors donated a fantastic £443.18! In addition to raising much needed funds for the Meath the light display was a great way to raise the profile of the charity within the local community. Huge thanks to Richard who has also kindly offered to help us with our forthcoming Purple Day lights!

Pupil Power!

Helen Jackson, marketing Co-ordinator was thrilled to visit children at Busbridge Junior School to give an assembly talk. Meath supporter Darcy had led her own Meath fundraising cake sale and 'Name the Teddy' competition which raised £160 for the Meath. The assembly was a great opportunity to thank Darcy and her friends who worked hard to fundraise for the charity. The winner of the 'Name the Teddy Competition' was school secretary Liz Mitchell who very kindly donated her prize, a large cuddly yellow dog so that a resident could enjoy him and give him a good home. Richard at Cedar View was keen to adopt the dog who now answers to the name Charlie and lives at the end of his bed!



Thanks to Moss Lane Infant School, Godalming for their continued support. Children attended an assembly about epilepsy and the work of the Meath and were pleased to hear that Head Teacher Mrs Abbott has kindly agreed for the school to hold a Purple Mufti Day on Tuesday 26th March– Purple Day! The Moss Lane Mini Meath Supporters also feature in our Purple Day Video!

Picture Perfect

The Meath are extremely lucky to have support in many forms. Ivan Brown, brother of Karen who lives in Bradbury Wing has kindly used his artistic talent to benefit the Meath. His stunning pen and ink drawing of Westbrook House is now available as limited edition gifts cards.

Packs of 6 Cards are available for £9, with a Meath Pen. Individual cards are £1.50. Available from the Fundraising Office, Reception or Changing Perceptions.



the *Meath*
epilepsy charity

Over
125
Years
of **CARE**



Bridge Afternoon Tea

Tuesday 2nd April 2019,

2pm-5.30pm at

The Meath Epilepsy Charity

Tickets £13.50 per person



Join us for a relaxing afternoon of Bridge

with delicious afternoon tea at this sociable event in support of The Meath Epilepsy Charity.

Great Bridge team prizes to be won and don't miss our raffle with more fantastic Prizes! Bridge tables will be provided, please let us know if you would prefer to bring your own table.

To book your place please visit www.meath.org.uk or phone Gemma West, Fundraising Events Coordinator: 01483 411071 to arrange payment.

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

Registered Charity number: 200359



Jewellery Valuation

with Ewbank's



Wednesday 13th February

10am-1pm

At Changing Perceptions

133A High St, Godalming GU7 1AF



Dates for Your Diary

- Wednesday 13th February** Jewellery Valuation, Changing Perceptions, 10am-1pm—**NEW!**
- Tue 19th Feb- Fri 1st Mar** Changing Perceptions, an Exhibition at Cranleigh Arts Centre, 10am-4pm— **NEW!**
- Saturday 16th February** Ladies Night, The Guildford Rugby Club, 7pm-12.30am
- Saturday 23rd February** Occam Singers Concert, St Nicolas Church, Guildford, 7.30pm-9.30pm
- Tuesday 26th February** **Private Screening with Spanish Food, 'A Star is Born', Cranleigh Arts Centre— SOLD OUT!**
- Tuesday 26th March** **Purple Day (International Epilepsy Awareness Day)**
- Tuesday 2nd April** Bridge Tea Afternoon at The Meath, 2pm - 5pm
- Saturday 27th April** AAT Events The Fox Ultra, Godalming, 7am
- Saturday 1st June** Godalming Town Show, Burys Field, Godalming, 1pm-6pm-**NEW!**
- Saturday 8th June** Occam Singers Concert, Cranmore School, 7.30pm—**NEW!**
- Sunday 7th July** Godalming Food Festival, in support of the Meath—**NEW!**
- Saturday 20th July** Outdoor Cinema Event (Film TBC), Guildford Rugby Club, 7.30pm— **NEW!**
- Wednesday 24th July** Meath Charity Golf Day, Worplesdon Golf Club

For more information visit www.meath.org.uk

or contact Gemma West on 01483 411071/ gemmaw@meath.org.uk

Thank you

We are very grateful to have been supported by the following organisations and individuals during January, thank you to you all...

- ACCU
- Busbridge Junior School
- CD Feller
- Darcy Alder
- Drake & Kannemeyer LLP
- Harris + Hoole
- Kate Gilbert
- Kelbray Charitable Foundation
- Lightscares Ltd
- Margaret Travis
- Moss Lane Infant School
- Mr & Mrs Jackson
- Mr & Mrs Johnson-Hill
- Mr & Mrs Phillips
- Noah & Leslie Prince Charitable Trust
- Mrs Sue Parks
- Mrs Tregallas
- NJM Ltd
- Sue Parks

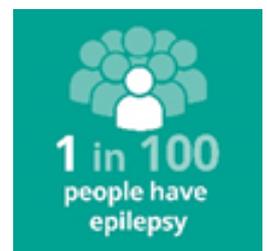


This month's winners are Mr & Mrs Jackson who won £150 and kindly donated it to the Meath! Marion O'Sullivan and Mrs A L Osborne both won £50. Congratulations!

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. visit www.meath.org.uk to join.



amazon smile
You shop. Amazon gives.
#Support Meath



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

www.meath.org.uk

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

Registered Charity number No: 200359

We are recruiting Support Workers



For an application form
visit our website
www.meath.org.uk or
for more information
contact
Dawn Bromley at
dawnb@meath.org.uk
tel: 01483 415095

Can you make a difference?
if you are enthusiastic and motivated
the Meath would like to hear from you.
Support Workers care for residents and enable
them to live as independently as possible.

You'll be working as part of the friendly
Meath team at our stunning grounds, which is
just 2 minutes walk from Godalming train station.

Depending on your experience you
could earn up to £10.30 per hour and
be eligible for qualification bonuses of
up to £1,000!

