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Meath Will Rock You!

This summer The Meath hosted our first outdoor cinema event in our grounds. 500 guests including residents, staff, volunteers, local Meath supporters and Queen fans alike enjoyed a starlit screening of the foot-stompingly fun and critically acclaimed 'Bohemian Rhapsody'.



Adding to the anticipation of the film and great atmosphere were our friends from Godalming & Guildford Jazz Choir. Followed by the Atom House Band who treated the settling crowd to their take on Queen classics as they stocked up on drinks from the bar, the Meath BBQ, freshly made pop-corn and delicious offerings from Moooh Ice Cream's vintage van.

This large scale and hugely enjoyable fundraising event was only made possible with the kind support of our army of volunteers and local businesses who kindly provided their services pro bono. We would like to give special thanks and mention to Paratus Security, Dan Britten, Man & a Pan, Ian Lee of ICL Media, Appetite for Work and our simply fantastic volunteers who together enabled us to provide a successful event for so many people while maximising our ability to fundraise. If you missed this great Meath event please be assured that you'll have another chance to enjoy our outdoor cinema next year! (Article continued on page 9).



Lindsay in Cornwall

A Letter from Lindsay



Dear Reader

I hope that, like me you have enjoyed the opportunity to rest, recharge and reflect a little over the summer. It's been wonderful to hear from many Meath residents, staff and volunteers who have enjoyed exploring new places, visiting old haunts, catching up with friends and family or simply enjoying the 'staycation' activities

on offer in our own town of Godalming.

July and August have offered residents a myriad of summer fun from a trip to the Isle of Wight and Shrek's Adventure World to some wonderful outdoor activity days. It was fantastic to see so many residents enjoying a simply stunning summer evening in their own garden along with 500 members of the local community as we hosted our first Meath Open Air Cinema evening in the grounds. Our fundraising activities continued off-site with another hugely successful Meath Annual Golf Day.

Once again this summer we have welcomed young people from the NCS Programme who have worked with the team in the Skills Centre on two great arts projects. We have also benefitted hugely from the contribution made by young volunteers in Changing Perceptions, Fundraising and with residents. This month, we shine the spotlight on the Meath's Training Department. The diverse and high quality training received by Meath staff and volunteers enables us to ensure that we continue to offer the very best services possible for the people we support. Training Manager Michelle Plumb tells us just how she delivers the excellent, bespoke in-house service (and in budget!) that's all too easy to take for granted.

Please do sit back and relax in the late summer sunshine while you take a look through our summer bumper newsletter edition.

Best wishes

Lindsay



We've Got Skills!

Sea, Sand, Sun & Fun

The Skills Centre organised an ambitious day trip to the Isle of Wight for the photography and orienteering groups earlier this summer. Like all of the best ideas, it came from the residents themselves. This great day out introduced many members of the group to some exciting new experiences; the hovercraft was a huge point of

interest! **"I loved the Hovercraft, even though I was a bit scared at first!"** said Louise. As well as enjoying honing skills in photography and orienteering in the fresh air the group also paid a visit to the Isle of Wight Museum and Butterfly House.



Residents enjoying the Isle of Wight



Thank you for the Music!

Many thanks to those who have funded the Life Enrichment Fund, it has funded some wonderful sessions, experiences and equipment that the people we support are hugely grateful for. The Physiotherapy Team were able to purchase a Bluetooth speaker from the Fund recently and it has been livening up many Physio sessions!

Pictured left: Julianne and Katherine enjoy a physio session dancing to 'Sweet Little Mystery' by Jules' favourite band 'Wet Wet Wet'.

"Residents can now choose what they would like to listen to during physio and we stream it through Spotify, making treatment sessions more fun for everyone. Our door is sound proof so we can turn it up as loud as we like and no one will ever know! Thanks again on behalf of us all in the Physio team."

Robbie, Physio Assistant

Take Me to the River

'Quest' group were lucky to be invited by the Masonic Fishing Charity to the Hazel Copse Trout Fishery in Rudgewick. The day was sponsored by the Surrey Freemasons who gave William, Sean and Chris the opportunity to try their hand at fly fishing. William (pictured right) was the first to land a fish, much to the envy of everyone else. His enjoyment and enthusiasm was apparent and this prompted a huge cheer from his fishing friends.

After a BBQ lunch, the group received Certificates of Achievement and a huge round of applause! Thank you to Liam Mallon for inviting Quest and for organising a brilliant day.



From Windsor Castle to Wittering Beach



The orienteering group have recently combined their walks with visiting historical and beautiful places of interest. After the group enjoyed a 4 mile walk around Windsor and its Castle, a packed lunch by the river proved to be 'just the ticket'.

The group then enjoyed a visit to West Wittering, Seaford and Southsea and took some leisurely walks along the beaches, collecting sea shells, pebbles and drift wood as they walked. Everyone appreciated the cooling coastal breeze, paddling in the sea and, of course, an ice cream before returning home.



Arty & Crafty



Philippa has spent the last few months working on a dolls' house kindly donated to the Meath. Progress is slow but Philippa is doing a fantastic job painstakingly painting, gluing and decorating the house in her weekly craft session. Her attention to detail and methodical approach to working on this project is starting to pay dividends and the doll's house is almost unrecognisable from the one that was donated. Well done Philippa and keep at it! Only another 500 roof tiles to paint and glue into position and you're finished!



Beth (Pictured Left) has also been busy working on a mosaic project which has taken several months, lots of concentration and care to complete.



Beth's precision, care and patience have been integral to the success of her project. As you can see from the 'photo, Beth was very pleased with her mosaic. Good things really do come to those who wait!



Nicola (pictured right) produced this beautiful painting using ink, a straw, cotton buds and a few craft embellishments to add the finishing touch. She used the straw to blow the inks to create the illusion of long grass, then added flowers by using cotton buds dipped into inks.

Teenage Kicks

The Meath is fortunate enough to benefit from so many dedicated volunteers of all ages and walks of life. While school's been out for summer some fantastic young volunteers have contributed to the work of the charity in many ways:

Once again the Skills Centre welcomed young people taking part in the National Citizen's Service Scheme (NCS). Helen Albany, Skills Centre Activity Co-Ordinator explained that **"each year we look back in history to see what notable things have happened on the first day of each NCS group coming in. This year the two groups joining us coincided with the anniversary of the first staging of Macbeth and the last ever Beatles tour- we gave these ideas as inspiration to the group of enthusiastic young people and before we knew it they were rehearsing their own version of Macbeth and brushing up on their Beatles lyrics"**.

Alisa, 16 took part in the NCS group and commented **"When I was told that our placement was in a care home I thought it would be quite quiet and I wasn't sure how I could really get involved but it's really vibrant and busy here with loads to do! I love the fact that the residents are so cheerful and are doing what makes them happy, I can't wait to come back next week for our Beatles Lip Sync Performance with the residents!"**



The Kindness of Customers

When a lady came in to CP to donate some furniture, Louise struck up a conversation and was very taken with her dog. Louise was also admiring her jewellery and the lady very kindly took off her pearl necklace and gave it to Louise! Louise was absolutely thrilled and it made her day! In case you are wondering, yes, they were fresh water pearls and fortunately the team were able to contact the customer to check that she had intended her generous gesture to be for keeps and to thank her.



Great Crates for St Luke's



The team at CP were only too pleased to make four lovely crates for The Fountain Centre in Guildford, a charity for cancer patients, their families and carers at the cancer unit in the Royal Surrey County Hospital, Guildford. The crates will be used as donation stations. They will go into local businesses with a list of items that staff can donate such as body lotions, tissues etc. We are so proud that the people we support can use their skills to help such a worthy cause.

CP Rules the Roost!

Local high street independent café Roost, found the perfect sideboard at CP and were pleased that they were able to source the ideal piece for their café from the social enterprise. They were so impressed with CP that they very kindly displayed a poster advertising CP to their customers which they have up above their sideboard!



Around the Houses

Reaching New Heights



David, Chris and Nicky from Bradbury Wing each took turns to fly an aeroplane with Naomi at Farnborough and they had a terrific time. While Chris most enjoyed the taking off and landing, David proved to be a smooth operator and listened to instructions impressively well and fearless Nicky took some daring turns that even the pilot's students wouldn't do!



Naomi commented “This was such a huge success and a fantastic experience to be able to offer residents that we plan on going back with some other residents in the future. Well done to all our pilots!”

Molly Rocks Rockwood & Has a Birthday Blast!

Molly had a great time at Rockwood Disco with Lisa. The pair went along with purple hair and face paint and Molly was very pleased with the pretty flower headdress that Lisa gave her to complete the look.

Later this summer, Molly celebrated her birthday with friends from Cedar View at lovely pub dinner out. Many Happy returns Molly!



A Fairy Tale Adventure

A lucky group of Cedar View residents enjoyed a fantastic and sunny day out at Shrek World in London by train. Maria’s favourite part was seeing ‘Gingy’ the gingerbread man, she even brought the gingerbread toy, while Hannah was made up by meeting Shrek! Everyone loved the 4D tour bus and there was lots of laughter when they got sprayed with water! The group then enjoyed a walk along the South Bank and stopped for ice cream.

Thomas to the Rescue!



Thomas, who lives at The Cottages, has reached cape worthy levels of heroism this summer! It’s been one busy week for our super hero Thomas when he heroically helped two local people in isolated instances.

Firstly Thomas spotted an elderly women who had fallen over in Godalming. He went to help the lady up and walked her to her group meeting. Just days after that he was in McDonald’s with his support worker Sarah and his Dad when a nearby man had collapsed. While Sarah went to help, Thomas reassured and calmed the man’s wife and granddaughter. Thomas was very patient while they waited together for the paramedics. Well done Thomas for being so calm and caring while many other customers looked on.

A Purrfect Day Out

Amy and Kiri paid a visit to Pause Cat Café in Bournemouth with Naomi. The ladies loved enjoying a cuppa and cake with some new feline friends. Sorry CP; your homemade cakes may be amazing but when it comes to the fur factor you can't compete!



Spot Light On...Training



Training is one of the many things that The Meath does very well; It's a given that only with regular training in a variety of relevant topics can staff be expected to perform their duties safely, efficiently and in the best way for those that we support. Michelle Plumb, Training Manager, explains more about the many benefits that the varied programme of training on offer for staff, volunteers and residents at the Meath.

"We deliver the majority of our training in house which ensures that it is kept relevant to the Meath, keeps costs down and it also makes it more easily accessible by being held on site." Michelle reeled off an impressive list of training topics which includes: Deprivation of Liberty,

Epilepsy Awareness, First Aid, Manual Handling, Fire, Safe Guarding, Makaton, and the Mental Capacity Act. As part of The Meath's best practice, training is delivered annually for all staff. Michelle explained that **"The Meath is registered as a Training Centre and staff, volunteers and the people we support can complete QCFs (Qualification Credit Framework) with Meath training. As a registered provider we can assess courses internally (which Pam Knight leads on) and I then complete our internal quality assurance. I'm constantly looking to see what updates to our training portfolio we need to be made as a result of new government policies, in addition to listening carefully to staff feedback. I also ensure that we receive the best training for the best price and, with funding from the Work Force Development Fund, our training is cost neutral."**

The Meath has also trained apprentices in Health & Social Care, IT, Catering and Health & Fitness. Following a successfully completed apprenticeship, The Meath and the young apprentices have gone on to benefit from employment in a relevant role at The Meath. It is hugely satisfying as a charity to be able to nurture young people who are looking to join the work force and make a difference, while also satisfying the key aims of the organisation. Former IT & Business Apprentice Jamie Elson commented **"I am extremely grateful for the opportunity to complete my apprenticeship, I feel that having done so, has improved my knowledge of the IT sector"**

Michelle has worked at The Meath for 23 years and in that time has seen and instigated many improvements. Clearly, she is extremely proud that her role ensures that the people we support benefit by knowledgeable, confident and efficient staff and volunteers.

The fact that some of the people we support have completed training in Makaton, First Aid and Food Safety which benefits them in their daily lives and volunteering roles is also the source of a huge sense of job satisfaction for Michelle. **"By providing a high quality training programme in-house the charity benefits by being able to set a precedence and standard of care but it also allows new and continuing staff members to ask questions or raise concerns immediately so that staff can be supported as soon as any issues arise."**



Fundraising News

Meath Will Rock You!...Continued

Peter (resident at Little Meath) is a huge fan of Queen and was absolutely ecstatic that our outdoor screening of Bohemian Rhapsody was at his home. Peter was made up to spend the evening with some special friends. **“It was a great evening, I will always remember it. My eyes were full of happy tears. I love Queen and I had the best seat, my wheelchair and I was next to my**



friends Penny who is the Mayor and Paul who is her driver and her husband!”

The Meath were of course, equally thrilled to welcome our VIP Guests Cllr. Penny Rivers Godalming Town Mayor and her consort Paul Rivers (pictured above). Penny is a long standing supporter of and a friend to The Meath, we were all thrilled that she is kindly supporting the charity during her mayoral year.



Golf Day Success? It's a Fore-Gone Conclusion

The Meath Annual Golf Day held at Worplesdon Golf Club was a great success with the added bonus of playing the beautiful course on a lovely sunny day with clear blue skies. Congratulations to ‘The HAGS’ who came first, captained by Justin Yaxley, second place was ‘Four Play’ captained by Tony Röbin and in 3rd place ‘Seymours’, captained by Nick Lees. The Fundraising Team were delighted to welcome new as well as loyal supporters and even had Shirley and Rodney Higgins (part of the ‘Hampshire Hogs’) fly in from Barbados!

We raised a record breaking **£12,650**, every penny of which benefits the people that we support. Many thanks to our sponsors and players who together made the day a resounding success. Special thanks must go to Guest Speaker Dan Adams for talking so eloquently about why he supports The Meath just prior to the auction, and professional Auctioneer Jonathan Pratt, who so kindly offered his services pro bono ,and without a shadow of a doubt very successfully persuaded the golfers to part with their money.

The Potts family were magnificent volunteering for the day registering players, co-ordinating the competitions and scoring. Their help was invaluable, as was Ian Lee of ICL Media, for providing the pro bono photography. Keen golfer and Trustee Tony Röbin worked tirelessly with the Fundraising office to support this event. Worplesdon Golf Club were superb hosts and we received marvellous feedback on the day from all our players.



Winning Team the HAGS on the course (above left) and receiving their prizes (above right)



'Four Play' in Second Place



'Seymours' in Third Place

Cheam Come True

Cheam 412 Club kindly fundraised for the Meath at the end of last year. Helen was delighted to welcome the group for a talk and take on the role of assistant tour guide to Hannah, resident at Cedar View and proud Granddaughter of two of the group's members. All support from the community makes a huge difference but it was lovely that, in this instance, the group had such a personal connection with the Meath.



It was immensely touching for all to see Hannah's pride when showing the group around her home and Changing Perceptions - at Hannah's insistence no tour can ever be complete without lunch at CP! The Fundraising & Marketing Team would like to extend their heart-felt thanks to all at Cheam 41 Club for their generous donation and genuine interest in all that we do.

Meath on Film



This summer the Meath has been the subject for two small filming projects! Local film maker Amber Bardell has received funding from Godalming Film Society to produce her short film entitled 'Art as Catharsis', Helen Jackson, Marketing Manager was only too pleased to show Amber around the Meath so that she could see the wealth of arts activities in action here. Amber jumped at the chance to use the Meath for her filming. After welcoming her and her colleague Levi to sessions in Ceramics, Crafts and furniture up-cycling at Changing Perceptions she is very much looking forward to seeing the rushes before working with Amber to arrange the premier screening at the Meath. Thank you Amber for your thoughtful interest, insightful conversations and interviews with staff, volunteers and the people we support.



Helen was also delighted to welcome Cllr. Mary Forszewska, Mayor of Waverley to The Meath, together with Cllr. Penny Rivers, Godalming Town Mayor (pictured above). Following the visit Mary kindly posted a brief film about what she feels makes the Meath such a special place. Huge thanks to both of our wonderful Mayors for their on-going support.



Sybella, OT and Adam using the new cutlery

A big thank you to Councillor Penny Rivers for kindly funding two specialist cutlery assessment kits for Sybella, Occupational Therapist, to use with the people she supports. The new equipment has already proved extremely useful!

It's Good to Talk

The Meath's Digital Marketing Co-ordinator Jamie Elson had a great day with supporter Dan Adams of Conquest Media as the two talked all things social media. Jamie has come back with some great fresh ideas to maximise our impact on social media and to reach as many people as possible. Dan's generous pro bono work was gratefully received by Jamie and all in the Fundraising & Marketing Team.

Dan supporting The Meath on International Epilepsy Awareness Day



Every Little Helps



Thanks to all who voted for The Meath with blue tokens in store at local Tesco branches as part of their 'Bags of Help' community fundraising scheme. We are thrilled that supporters raised £2,000 for the charity in this way. It just goes to show that Tesco's are right; every little really does help!

Red Mist Leisure

Recently staff from The Stag on the River at Eashing and other Red Mist Leisure pubs completed a hugely successful fundraising Jurassic Coast Walk! It was great to be able to show the team some of the wonderful work that their money will support. The Stag have kindly chosen the Meath as their Charity of the Year and are hosting our Quiz Evening on 26th September. This event is now sold out! Please look out for other great events at The Stag in support of The Meath over the coming months.

Thank you Red Mist Leisure!



Food Festival

Huge thanks to our wonderful team of volunteers, Godalming Town Council and Godalming Chamber of Commerce for a fantastic day at Godalming Food Festival on Sunday, 7th July. We were thrilled to run our fun Kiddies Corner stall where lots of children enjoyed fruity face paints, magic fruit wand making and cool crafts while grown ups enjoyed our terrific tombola and perfect preserves. We were also lucky enough to hold a street collection during this busy day and are thrilled to have fundraised £500 for the people we support.



Godalming & Guildford Jazz Choir Sing for the Meath—Guildford High Street



Once again our talented friends from Godalming & Guildford Jazz Choir treated shoppers on Guildford High Street to their fun repertoire of cool classics and hot hits while collecting for the Meath! Thanks so much for your wonderful support as always.

**What a great way to raise some smiles, awareness and money for the Meath all at once.
Thank you Jazz Choir!**

Valuation Day

with Ewbank's



WEDNESDAY 9TH OCTOBER 2019

10AM-3PM

AT CHANGING PERCEPTIONS

133A HIGH ST, GODALMING GU7 1AF

£10 PER PERSON, WITH ALL MONEY RAISED GOING TO THE MEATH EPILEPSY CHARITY*

ANY SMALL ITEM VALUED ON THE SPOT (MAXIMUM 5 ITEMS)

***INCLUDES A HOT BEVERAGE**

ITEMS LEFT CAN BE DONATED TO THE MEATH FOR SELLING AT AUCTION WITH PROCEEDS GOING TO THE MEATH

FOR MORE INFORMATION CONTACT SARAH.STEELE@MEATH.ORG.UK



[@TheMeathCharity](https://www.instagram.com/TheMeathCharity)



[@MeathCharity](https://twitter.com/MeathCharity)



[@TheMeathEpilepsyCharity](https://www.facebook.com/TheMeathEpilepsyCharity)

www.meath.org.uk

Registered Charity No: 200359

Curry Evening



In aid of The Meath Epilepsy Charity

10th October, 6:30pm

Fetcham Tandoori Fetcham,
Leatherhead KT22 9JF

£25 per person

Includes mixed starter & choice of

Chicken Tikka Massala, Railway Lamb or Vegetable Curry
with rice & naan and entertainment

Tables of 2, 4 or 6

To book your place call **01372 374927**
or visit www.meath.org.uk for more information



the *Meath*
epilepsy charity

Christmas Carol Service at St. Clement Danes

The Strand, London, WC2R 1DH

CCLI Number 1413839

Monday 9th December 2019

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

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

TICKETS: £25

To book tickets please contact
Sarah 01483 411071
or sarah.steele@meath.org.uk
www.meath.org.uk



The Band of the
Honourable Artillery Company



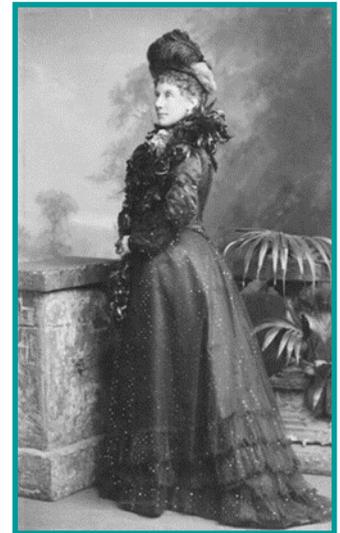
Please join us for drinks and mince pies after the service

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



Heritage Open Day

Our annual Heritage Open Day is soon upon us, spaces are still available for our free talks and tours on Saturday 14th September. Come along to learn more about the history of the beautiful estate from the 1500's to the present day; 4 Centuries of history packed into an hour with time for tea and cake at our pop-up museum! Book your free place at Godalming Museum: 01483 426510.



Dates for Your Diary

Saturday 14th September	Heritage Open Day, 10am-3pm, booking via Godalming Museum
Saturday 21st September	Wellness Day– G Live
Thursday, 26th September	Quiz Night at The Stag on the River—Eashing— SOLD OUT
Wednesday 9th October	Ewbanks' Valuation Day—Changing Perceptions
Thursday 10th October	Curry Night—Fetcham Tandoori— NEW!
Saturday 2nd November	Occam Singers—Holy Trinity Church, Guildford
Saturday 16th November	Santa's Grotto Launch in support of the Meath— Squire's Garden Centre, Milford— NEW!
Saturday 30th November	Godalming Christmas Festival in support of The Meath
Monday 9th December	Carols at St Clement Danes—London



July's winners were Erica Moulton who won £150, Mr John Wilkinson and Mr Don Ostle who both won £50. August's winners were Zoe Beaumont who won £150, Jacqueline Masson and Iris Todd who 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.

The Meath 100 Lottery raises £3,000 over the course of a year while giving members great cash prizes every month. All money raised directly enhances the lives of the people we support via the Meath Life Enrichment Fund.

Thank you

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

Amanda O'Keafe	ICL Media	Rachel, Dominic, Wyedun and Toby Upton
Annabel Foster	JM Finn	Rebecca Lakh
Anne Williams	John Belsey	Red Mist Leisure
Appetite 4 work	John Pennington	Richard Gordon
Baroness Pidding	Jonathan Pratt	Ron Collins
Bespoke Golf Experiences	Julian Smith	Rudi Dimbylow
Brindley Sherratt	Justin Yaxley	Sanofi
Chloe Yaxley	Kate Gilbert	Sean Carroll
Dan Adams	Lesley Gerhold	Squires Garden Centre Milford
David Brazier	Man & a Pan	Steven Knowles
Daniel Britten	Mark Dumas	St George's Hill Golf Club
David Cokbill	Matilda Thorp	Sunrise Senior Living
David Jones	Mr & Mrs Thorp	Surrey Freemasons
Drake and Kannemeyer	Mr Byrne	Tim Banks
Duncan Brown	Mrs & Mrs Stansbury	The Masonic Fishing Charity
Esta Mua	NCS	Tony Röbin
Ewbank's Actioneers	New Zealand Golf Club	Walton Heath Golf Club
Fiona Yaxley	Norman Whapshott	West Surrey Golf Club
Geoff High	PA Smith	Wightman and Parrish
Guildford Golf Club	Paratus	William Hewitt
Guildford and Godalming Jazz Choir	Peter Craig	Wingate Electrical Plc
Hannah Steele	Phoebe Gaydon	Worplesdon Golf Club
	Potts Family	

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

Helen Jackson, Marketing Manager: helenj@meath.org.uk

www.meath.org.uk

The Meath Epilepsy Charity,

Registered Charity number No: 200359

