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The Stag On the River Host Meath Quiz Night



Meath Supporters enjoyed a great Quiz Night with Pie 'n' Mash dinner at The Stag On The River, Eashing. The fabulously fun and fully booked evening was packed with challenging questions, friendly team rivalry, great prizes and delicious food. The Meath Fundraising Team received lots of compliments from the guests and huge thanks must be extended to the wonderful team at The Stag who kindly hosted the event and provided such delicious fayre. The Meath is thrilled to be their charity of the year through Red Mist Leisure, the wonderful team at the local pub have already raised thousands of pounds for the Meath and the recent Quiz evening added an impressive £1,200 to the running total! Many thanks to loyal Quiz Master & Volunteer Extraordinaire Ian Lee who once again kindly delivered a fantastic quiz.

Welcome to Meath Matters, a monthly newsletter which celebrates achievements made by the people we support, volunteers and staff. A great way for friends, family and all supporters to keep informed of life at The Meath, exciting new projects and forthcoming fundraising events.



A Letter from Lindsay

Dear Reader

I hope that, like us you have made the most of the Indian summer before the late summer sun gave way to autumn winds and rain. On gloriously sunny September days residents enjoyed a trip to the sea-side, fun at Woking Park and a fantastic friends and family Wild West themed party. Pleasingly the sun also shone on all those who attended the Meath's 7th annual Heritage Open Day. Later this month as the autumn chill set in, supporters gathered in our cosy local pub, The Stag On The River at Eashing, to enjoy our fundraising quiz. In the colder weather residents have enjoyed a laid back Sunday pub

having a relaxing 'Meath Make Over' in the Skills Centre, or a slightly less relaxing morning enjoying the Skills Centre's new play group which sees local young children, their parents and the people we support all playing, chatting and singing together at The Meath.

This month we shine the 'Spotlight On' the Meath's Heritage & History. We are extremely proud of our beautiful listed grounds and their fascinating history which stretches back far beyond that of The Meath. Helen was pleased to share the story of Westbrook House with guests at our Heritage Open Day talks and tours and our 'Spotlight On' article shares some of the interesting historical highlights that you may be unaware of. We also include a feature on our young volunteers who contribute so much to The Meath.

The Fundraising Department has got an all singing all dancing schedule of festive events and perfect presents which offer you the opportunity to support the Meath while enjoying a family day out, evening event, or simply by making a start on your Christmas shopping. It may seem a long way off but the old festive favourites do tend to get booked up early!

I hope that you enjoy hearing about all that we've enjoyed in September and that you'll be able to join us at some of our forthcoming festive fundraising events.

With best wishes



We've Got Skills!
Let's Play!

The Skills Centre has launched a new playgroup at the Meath! 'Play House' runs as a Skills Centre session option but invites local parents and their young children to come along and join the fun!



Karen Buyers, Skills Centre Session leader and local mum to Layla explained what inspired her set up this session **"Sadly I found that a lot of play sessions in the area have closed due to lack of funding and I visited an established play scheme group at a local care home for the elderly with dementia and knew it would be a hit at The Meath! It's been lovely to see some of the people we support playing with the children, chatting to parents and to see the children and the people we support smiling."** Play House sessions offer the people we support, local children and their parents a chance to socialise together in a fun and relaxed setting.



Play House sessions have been really well received by the children, their parents and the people we support. The sessions have resulted in some of the people we support feeling able to step outside of their usual comfort zones, join in and interact with new people. One of the people we support used to enjoy regular volunteering at a local children's group for disabled children, sadly she had to stop her volunteering when her seizures got worse; she has been absolutely beaming away through the Play House sessions and always looks forward to the next week!

In addition to clearly positive outcomes for the people we support, Skills Centre staff are pleased to find that the parents are really keen for their children to interact with the people we support. This just goes to show that one should never underestimate the importance of playing together, chatting, singing and sharing tea and biscuits!

Meath Make Overs

A new Skills Centre session which has proved highly popular is Thursday morning 'Salon' time. So many of the people we support have been proudly showing off their newly painted nails, make-up and perfectly coiffured so this session just had to get a mention! The Skills Centre offers such an action packed schedule of exciting sessions and this session has proved that there is truly a time and a place for a bit of relaxation and pampering! The relaxed session is also a great opportunity for conversation while the group take pride in their appearance and leave feeling great. Sharon (pictured below) used to bite her nails but now looks forward to getting her nails done in the Salon Session...without breaking the bank!

If you have any new unwanted nail varnish The Meath Salon can make good use of it!



An Insight Into Hydrotherapy Sessions



“The Meath is fortunate in being able to hire a local hydrotherapy pool twice a week. *Hydrotherapy* is a therapeutic, whole-body treatment that involves moving and exercising in water; essentially physiotherapy in a pool. The pool is heated to a constant temperature of between 34 and 35 degrees. Each client will have been fully assessed in order to establish their suitability for this type of treatment. Every client is supported 1:1 in the water.

The treatment involves exercises that are adjusted to each individual, depending on their symptoms. The exercises consist of slow, controlled movements, gentle stretching, strengthening exercises against the resistance of the water, and relaxation.

In comparison with land-based physiotherapy, exercising in the water can eliminate any anxiety or fear of falling by providing postural support. This often enables improved relaxation and flexibility of the limbs.

Hydrotherapy also helps build up the strength of weak muscle groups, can improve range of movement and facilitates work on balance which has the potential to improve both fitness and general mobility and promotes a feeling of wellbeing.

Furthermore it can improve posture, reduce muscle tension and relieve pain. The weightlessness a person feels in the water can enable them to walk and balance in a way they often find very challenging on land.” Jo-Jo Newman, Meath Neuro Physiotherapist.

Young Volunteers



The Meath relies on the many volunteers who bring so much to the people we support each and every day. We are extremely proud that our team of dedicated volunteers come from all walks of life and bring with them a broad range of expertise and skills. From people who are able to fit in a few hours regular volunteering around work or study to retired people, The Meath is very fortunate to benefit from the kind help of volunteers across pretty much all areas of service. However we would like to take a moment to highlight the brilliant contribution made by our young volunteers.

From Duke of Edinburgh Award taking volunteers in the CP café to regular volunteering with the people we support in their home The Kids are more than alright; they’re quite simply awesome!

Meath Matters caught up with some of our Young Volunteers to hear how they feel their volunteering benefits them and the people we support at the Meath.



Grace is currently taking A Levels at Godalming Collage and she volunteers every Thursday morning during term time. English is a huge passion of hers and she soon found the perfect volunteering opportunity at The Meath that fits in with her studies. Grace meets with Siobhan who lives at Bradbury House once a week to read to her (Siobhan loves books and stories and is blind); a young woman herself, this weekly session with Grace is always something that Siobhan looks forward to. It seems that the beauty of Grace and Siobhan's time together is that they are able to share a joint interest and each benefit from the interaction.

“ I adore volunteering with Siobhan, usually I read to her however recently we have been undergoing a project of writing a memoire for Bon. Working with her has been a fabulous experience so far, partly because I definitely feel as though I have a wider knowledge and understanding of epilepsy and it's affects, but also because a wonderful friendship has blossomed from it. Siobhan is truly my friend and I hope and believe she feels the same! “



Sophie is taking her GCSEs and enjoyed a few days volunteering with the team at CP during the summer holidays, she explained **“It was really fun! I enjoyed working with the clients, learning about woodwork and paint effects. I think it was nice for the group to have someone new to interact with but especially for the younger clients to have someone similar in age. I felt so proud to be useful there, I sold three pieces of furniture which was very exciting and satisfying. The team at CP are so friendly and helpful and made me feel very welcome and I'd love to do some more in the future. I already had some understanding of the work of The Meath but seeing it in action was fascinating. I now know more about epilepsy and disabilities.” Sophie, Volunteer.**

Community Volunteers

Young people such as **Rudi** (Pictured Right) are also a huge help with volunteering at Community Fundraising Events. Rudi helped at our Godalming Town Show and Food Festival Stalls earlier this year and got some great experience in the process.



Proving that a person can make a difference at any age are mini Meath helpers **Matilda** and **Pip** who helped at our Christmas Wrapping and Collection last year. Matilda has also enjoyed helping at other events with the raffle and selling cakes. Community Fundraising offers lots of family-friendly ad-hoc volunteering!



Around the Houses

Park Life

Cedar View residents Louise, Molly, Chris and Rosie enjoyed a sunny trip to Woking Park with Lisa. This warm late summer day called for ice cream all round and, as Lisa explained **“It’s good to take advantage of the last of summer, the trip was inexpensive and really easy but the residents had such a lovely time together. It’s great to just have the freedom to ask what they want to do, hop in the mini bus and go!”**



Strictly Come Line Dancing



120 friends, relatives and residents supported by many staff enjoyed a fantastic Country & Western & BBQ at the Wilfrid Noyce Centre Godalming. Erica’s excellent social event saw everyone joining in the line dancing lead by Sally Marjoram & and kindly supported by 10 members of her line dancing club. The residents did have a head start as Sally had already held two sessions at The Meath so they could squeeze in some sneaky practise time!

We are immensely grateful to Guildford RRT UK who generously donated all the refreshments, cooked the BBQ and served all the food & drinks with a smile. Erica told Meath Matters **“Other costs of this event were met by the Life Enrichment Fund, our thanks must go to all those who have kindly donated towards this important fund, it ensures that we are able to provide a little extra sparkle or a rootin-tootin’ fun event such as this!”**

“I liked the dancing and the food and I wore my cowboy hat.” Richard, Resident.

“I had a great time and I got most of the steps!” Regan, Resident.

Thursley At Home and Away



Thursley residents celebrated John's Birthday with a colourful tea party and when blessed with warmer weather enjoyed a trip to Portsmouth Quays. The trip to Portsmouth was the perfect way to make the most of the end of the summer sun with a spot of shopping and lunch by the sea.



Mel and Sarah enjoyed a relaxing afternoon tea at Watt's Gallery Tea Room. This little jaunt proved to be an uplifting treat for the ladies. Meath Matters would like to give special mention to Mel, who despite experiencing hugely challenging health issues of late, never ceases to amaze us all at Meath with her good humour and determination. Mel's treatment and recovery time means that she needs to spend more time at home than previously, and The Meath team have been thrilled to support her and to be able to give her bedroom a stylish makeover. Well done Mel for being such a trooper!



Spot Light On...Heritage & History

Earlier this month The Meath opened its doors for the 25th Annual Heritage Open Day, a national event which sees thousands of private buildings of historical interest open to the public. This year once again The Meath's HOD talks and tours proved popular with local history enthusiasts and Helen Jackson, Marketing Manager, was only too pleased to share the fascinating story of Westbrook House, and its many custodians. With so much going on every day at The Meath it can be hard to find time to look back to our past but Helen explains to Meath Matters that the history of Westbrook and that of the Meath itself is more relevant to the present day than you may at first think.

"It's remarkable enough for The Meath to have its own history stretching back 127 years but the story of the Westbrook Estate goes back to the 1500s. The impact made by some of the former estate custodians has been impressively far reaching and commendably philanthropic. I've really enjoyed learning about it and sharing some of our heritage and history with interested guests at our Heritage Open Days."



A more complete history of The Meath and the Westbrook Estate entitled 'Footprints across Westbrook' is available from The Meath but here are Helen's History highlights:

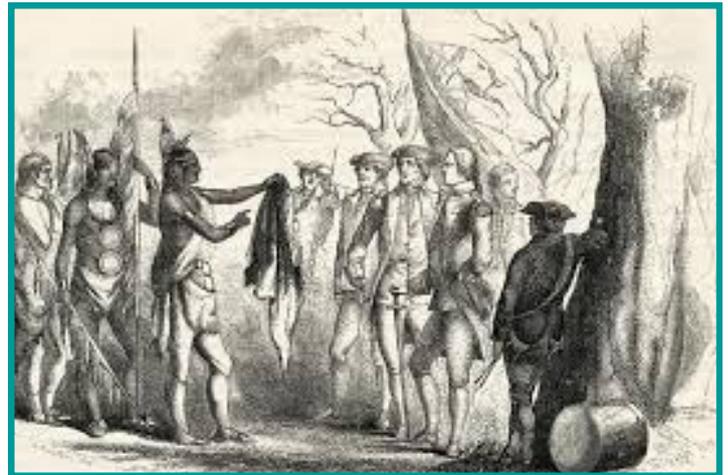
The Oglethorpe Legacy



In 1688 Westbrook Manor was purchased by Sir Theodore Oglethorpe, who later became MP for Haslemere. James Oglethorpe was to inherit the title of the estate and, following in his father's footsteps, James took the seat of MP for Haslemere in 1722. James felt inspired to lead a prominent campaign for prison reform after the tragic death of his friend, a writer who died of smallpox during a brief stint in debtors' prison. James' political prominence attracted high profile guests to Westbrook and, eager to impress, he installed a stone wall made from local Bargate Stone. To this day this wall provides the perimeter of The Meath's 'walled garden'. James also had an ice house built, still intact this is situated on the upper section of Meath land beyond the walled garden.

Having met with like minded philanthropic men during his campaign for penal reform, James later founded the state of Georgia, USA with help from his ex colleagues. In 1732 the charter to establish James' colony in Georgia was signed. James' vision for the state was to be a humanitarian refuge for the poverty stricken and persecuted. Unlike the founding of many states, Oglethorpe ruled that there was to be "no slavery or rum and religious tolerance was to be practised". His fair treatment of the Native Americans is thought to have saved Georgia from much bloodshed.

James befriended the Yamacraw Tribe of Native Americans who lived in Georgia, and invited Tomachichi, the Chief, his wife and nephew back to England. The Native Americans were greeted by King George ii and dignitaries at Parliament and later visited Westbrook and the White Hart Inn on Godalming High Street, this attracted much interest from locals!



"Oglethorpe's legacy is of course the founding of the state of Georgia but it's so pleasing that at the heart of this enormous undertaking was the desire to improve lives. It's great to think that Oglethorpe's humanitarian vision was created from Westbrook House."

The Coming of the Railway



In 1844, shortly after Westbrook House was gutted by fire, the estate was purchased by Sir Thomas Brassey, with backing from the Portsmouth Railway Company. They purchased the estate with the specific intention of extending the train line from London to Havant and building Godalming Train Station. This massively reduced the size of the former estate but of course it means that the train station is but a stone's throw away from The Meath to this very day!

The Countess Of Meath



The Earl and Countess of Meath were inspired by charitable work at workhouses in England and by a trip they made in 1890 to the then named 'Bethel Epileptic Colony' in Germany, a charity which now operates as the Bethel Epilepsy Centre. Here Lady Meath was intrigued by the methods used to care for people with a variety of neurological conditions and physical disabilities in an environment that supported residents to develop skills.

The germ of the concept behind the charity took root and the Earl and Countess of Meath set about searching for a suitable location to set up their own charity. In 1891 Lady Meath purchased Westbrook House and set about adapting it for the purpose of it becoming a 'Home for Epileptic Women and Girls'.

In 1892 the first 60 privately paying 'patients' were admitted. Lady Meath intended the Meath to be a "happy and industrious place in a lovely setting". Lady Meath made one key alteration to one of the buildings on site. The former cart barn was transformed into the small but perfectly formed little chapel that is now used as a gym. While the Countess had the very best of intentions and was forward thinking for her time, however life at the Meath was strictly regulated and institutionalised. 'Patients' lived in dorms and had many duties.



While staff took on heavy work or cookery the patients were expected to help in the laundry and kitchen garden and were encouraged to produce craft work.

Over the years the charity found new ways to keep residents engaged in meaningful activities while engaging support from the local community for essential funding, such as the instigation of 'Pound Day' in 1898; A day when locals were invited in to donate a pound in groceries, in a good year these gifts could feed the residents for up to 3 months.

"Medication and scientific understanding of epilepsy today is of course incomparable to that available during the Victorian era, yet Lady Meath's basic principle remains today and is alive and kicking.

Without the advantages of modern-day medication and insight into epilepsy, Lady Meath knew that a safe and happy home was important to the people she cared for and that meaningful activities led to a greater sense of wellbeing and a reduction in seizures. The Meath continues this principle in the present day by encouraging the people they support to take part in a varied programme of skills-based activities.

One area that sees the Meath going back to the roots planted by lady Meath is the expansion of the Horticulture programme. Many residents enjoy gardening and the charity is planning to build a Victorian style (but fully accessible) greenhouse in the walled garden which will serve as a kitchen garden. As has been the case since 1892, The Meath has to work hard to fundraise for such projects to be made possible."



Fundraising News

Feeling Good at Wellness Day



The Holistic Centre, Godalming held a 'Wellness Day' at G Live Guildford and kindly nominated The Meath as their chosen charity. The event saw lots of people taking part in workshops, attending talks and trying new products. Marni, Events Co-Ordinator, together with volunteers James and Emily were on hand to explain more about the work of The Meath and entice fayre goers to enter The Meath raffle. The event included a display of pictures created by the people we

support during skills centre art sessions in response to the question 'What makes you feel happy?'

Many thanks to all who came to discover more about the history of Westbrook and The Meath on **Heritage Open Day**. We were especially honoured to enjoy the company of Godalming Town Mayor, Councillor Penny Rivers and her consort Paul Rivers. Special thanks to local historian and Meath supporter Duncan Mirylees who kindly surprised Helen with the perfect gift for the day; this beautifully framed drawing which depicts the house as it appeared during James Oglethorpe's ownership. The picture represents an exciting discovery for us at The Meath and will be cherished for years to come.



Cranleigh Community Tea

The Meath was lucky enough to be nominated as chosen charity of the proceeds of Cranleigh Community Tea. Organiser Sheila Smith commented **"I was very impressed by The Meath's last exhibition at Cranleigh Arts Centre and I realised that many of the people in my church group didn't know much about the great work of The Meath."**



I was so pleased that Helen could join us at our Cranleigh Community tea to give a talk and help with the raffle." Many attendees at the event had not yet paid a visit to Changing Perceptions and now know a little more about how they can support the work of the charity simply by shopping, enjoying coffee and cake or enjoying one of our forthcoming fundraising events. Many thanks to Sheila for organising the event and for raising £118 in the raffle while also enabling us to increase awareness of The Meath.

An Unashamedly Very Christmassy Feature

The Fundraising and Marketing Department is pretty busy all year round, but it has to be said: they do Christmas with bells on! As the most wonderful time of year can see your diary getting booked up early, Meath Matters didn't want you to miss out on the chance to support the charity by simply having a wonderful Christmas Time! Here's your one stop guide to 10 ways that you can support the Meath this Christmas!

1) Our Magical Meath Cards are on sale at CP and at The Meath Reception. Support The Meath with every Christmas greeting you write!



2) The Meath sells a range of tasty home made marmalade, jam and chutney and a beautifully wrapped gift packed selection makes a great gift. Our delicious preserves are available all year round from CP and wrapped gift pack selections can be made to order at the Fundraising Department.

3) Step into Christmas at our joyful and triumphant Christmas Carol Service on Monday, 9th December. This magical start to the festive season will include the magnificent 37 piece Honourable Artillery Band, the stunning St Clement Danes Choir, Professional Tenor Stephen Petch and our very own Meath Choir. Prosecco and Mince Pies to be enjoyed by all! Tickets are on sale now from the website.



4) Make your own beautiful Christmas Wreath in this festively fun and informal workshop. Back by popular demand, local florists from 'The Greenhouse' will guide you through the process of making your own Christmas Wreath, held in the relaxed setting of Changing Perceptions and with plenty of mulled wine and nibbles. A great way to combine Christmas craft, catching up with friends and supporting The Meath!

5) If you're due for a catch up with Santa a trip to see the great man at Squire's Garden Centre Milford will help The Meath! This year £1 of every £6 spent on a Santa's Grotto trip to this local garden centre will be donated to The Meath! The Meath Fundraising Team will be at Squire's Garden Centre Milford on Saturday 16th November to greet Santa and sell some Meath goodies while increasing awareness of the work of the charity.



6) Enjoy Christmas Carols At The Stag On The River, Eashing in support of The Meath. Let The Meath Choir and members of the Guildford & Godalming Jazz Choir sing you into the festive season on Monday 16th December from 7pm at our favourite cosy local pub!



7) Visit the Godalming Town Christmas Festival on Saturday 30th November and pay a visit to our Pop up Meath Café at the Wilfred Noyce Centre from 10am-4pm. All Café proceeds and street collection donations taken will support the work



8) Get Christmas all wrapped up by The Meath at Waitrose, Godalming on Thursday 18th and Friday 19th December from 10am-3pm. Once again Waitrose are supporting The Meath by donating their beautiful gift wrap and gift cards and the trusty Meath Fundraising Volunteers will be on hand to wrap your gifts in exchange for a donation to The Meath.

9) Give a mini Meath Bear a loving home this Christmas, our super soft little bears make a perfect stocking filler for mini Meath supporters.

10) Double your donation this Christmas! If you'd like to give a donation in lieu of the cost of posting cards or simply to exercise the Christmas spirit of giving you can double your online donation during our December BIG GIVE CAMPAIGN! More details to follow!





Dates for Your Diary

Wednesday 9th October	Ewbanks' Valuation Day—Changing Perceptions
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!
Thursday 28th November	Luxury Christmas Wreath Making Workshop, Changing Perceptions— NEW!
Saturday 30th November	Godalming Christmas Festival in support of The Meath
Tuesday 3rd December	Luxury Christmas Wreath Making Workshop, Changing Perceptions— NEW!
Monday 9th December	Carols at St Clement Danes—London
Monday 16th December	Carols at The Stag On The River, Eashing— NEW!
Thursday 18th &	
Friday 19th December	Christmas Wrapping & Collection, Waitrose Godalming— NEW!
Saturday 21st December	Occam Singers— St Nicolas Church, Guildford— NEW!
2020	
Sunday 2nd February	Body & Mind Event— Holistic Centre, Godalming— NEW!



September winners were Alison Brockman who won £150, Sarah Leigh and John Jeffrey who both won £50.



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.

Thank you

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

David Hughes	Margaret Travis	Sanofi
Duncan Brown	Matt Pinches	Seymours
Give It Away	Mr L Lochner	Sheila Smith
Guildford Shakespeare Company	National Lottery	Surrey County Council
Ian Lee, ICL Media	Penny Rivers, Godalming Town Mayor	The David & Julia Childs Trust
James Wiseman Trust	Peter Regan	The Holistic Centre, Godalming
John Pennington	Priorsfield School	The Stag
Julia Robin	Red Mist Leisure	The Wates Family Foundation
Margaret Jackson		Women In Fellowship
		Zoe Arundel



It's super easy to select The Meath as your nominated charity on Amazon Smile. The Meath can benefit from a percentage of your every online shop. It's surprising how these donations add up and make a real difference!

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,
Westbrook Road, Godalming,
Surrey,

Registered Charity number No: 200359

