

Art Project at Kirklee Allotment

Over an 8 week period during the summer, Arts Practitioner Iona Grey worked with our Art Group and Allotment Team to produce a permanent sculpture for Epilepsy Connections' Plot 68 at Kirklee Allotment. The group worked hard to overcome the challenges of working with unpredictable ceramics and glazes and learned new skills and techniques to produce a colourful and unique sculpture which promotes the benefits of gardening and healthy living.

Suzanne, whose hard work and creativity contributed to producing the sculpture, commented, "Making the ceramic tiles was one of the most relaxing experiences I have had during the art classes. I think this was because I used my hands more. At some points the room was completely silent because everyone was concentrating so hard. We really let our imagination run away with us". Now in place on Plot 68, the sculpture has attracted the admiration of other plottolders and visitors. Thank you to everyone who took part and to Iona who made it all possible.



Mainstreaming Project



LOTTERY FUNDED

On 15th October, 8 members of the Mainstreaming Group travelled to Newcastle to take part in Epilepsy Action's conference. The group contributed to an interactive session entitled 'Sharing your experience of epilepsy—what you want from your service' and attended workshops covering topics including 'Welfare Rights' and 'Epilepsy and Men'.

Thank you to everyone who made the long journey to represent Epilepsy Connections in Newcastle and to Epilepsy Action for an enjoyable and informative day.



Forth Valley Fieldwork Service on the move...

Our Forth Valley office has moved. You can now contact Epilepsy Fieldworker Morag Miller Thompson directly by phone at 01324 673750 or by mail at:

Epilepsy Connections Fieldwork Service
Administration Offices
Falkirk Community Hospital
Westburn Avenue
Falkirk FK1 5SU

Fundraising

Golf Competition, West Lothian Golf Club, Saturday 8th October

- A massive thank you goes to Peter McBride for organising a 4-Ball Competition to raise funds for us. Despite dreadful weather, everyone managed to finish their round, making it a really successful day. Peter had worked hard along with Ann Brunton to obtain a fantastic selection of prizes, not only for the competition winners but also for a Raffle and Tombola and we would like to thank everyone who donated prizes.
- We would also like to thank West Lothian Golf Club for allowing this event to take place and for their generosity in donating prizes.
- All funds raised will be used to support the continuation of the services we provide to people with epilepsy, their families, friends and carers in the Forth Valley area.



Peter McBride and family present a cheque for £888.00 to Morag Miller Thompson, Epilepsy Fieldworker in Forth Valley.



Competition winners celebrate their success.



Peter McBride with volunteers Linda and Maureen who generously gave up their time to run the raffle and tombola as well as marking up the scores in the 4-Ball Competition.

Charity Race Night, Western Baths Club, Glasgow, Saturday 8th October

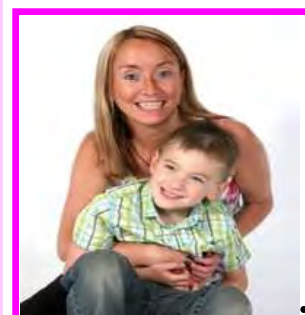
A big thanks to members and friends of the western Baths Club who raised funds for us by holding a Race Night. A great night was had by all and the total raised was £335. We'll use these funds to support the services we deliver in the Glasgow area.

Would you like a family portrait for Christmas?

For a minimum donation of £25, we will arrange a sitting for you with Mike Shankster at House of Photography, with time to view and choose your favourite photo, and we'll provide you with one 8" x 6" print.

Louise Porteous and her son Robbie (pictured right) recently booked a session. Afterwards Louise said "I've had professional photos taken before but I've not felt as relaxed as I did with Mike. I'm delighted with the results".

Thanks to everyone who has donated their unwanted CDs and DVDs so far to raise funds for us. It's not too late to help. If your old albums and films on CD or DVD have a barcode, drop them off at the Glasgow office, or put them in the post, and we'll turn them into cash!



Louise and Robbie

Epilepsy and Memory

Memory Workshop for Young People with Epilepsy

On Wednesday the 19th of November, 6 members of the TEA Room at the Scottish Epilepsy Initiative took part in a Memory Workshop run by Epilepsy Connections' Schools Project. The workshops are for young people aged 12-19 who could benefit from techniques that will aid their memory especially at a time where they may be making a transition to high school or college or working toward exams.

If you are aged between 12 and 19 and you would like to come along to a memory workshop, please contact the office to register your interest.



Memory Workshop with Prof Gus Baker

Nearly 30 people affected by epilepsy came along to a recent Memory Workshop at the Teacher Building in Glasgow, organised in conjunction with Epilepsy Action. The speaker was Professor Gus Baker, Clinical Neuropsychologist at the Walton Centre for Neurology in Liverpool. Gus (pictured right) has a special interest and expertise in epilepsy and memory and shared his insights and practical strategies during an informative and fun day.

See back page for details of our next Memory Workshop.



Women's Event

Guest speakers at our successful Women's Event in November included Epilepsy Specialist Nurse Eleanor Arthur and staff from Lifelink who talked about diet, lifestyle and managing stress, and Epilepsy Fieldworker Gayle Weir who discussed self-help for anxiety and low mood. After lunch everyone had the chance to relax with manicures (courtesy of students from City of Glasgow College) and complementary therapy sessions from therapist Mona McKeown.

If you'd like to come along to a similar event, call the Glasgow office to register your interest.



Ability Fest 2011

Hazel Telfer (right), winner of our Mystery Prize Draw at Abilityfest 2011, drops into the Glasgow office to collect her prize from Shirley Maxwell, Executive Director.



Purple Day
Monday 26 March 2012

Go to www.epilepsyconnections.org.uk
or find us on Facebook



Supporting people with epilepsy

Epilepsy Connections Head Office

100 Wellington Street
Glasgow G2 6DH
Tel: 0141 248 4125

Epilepsy Connections Forth Valley Fieldwork Service

Administration Offices
Falkirk Community Hospital
Westburn Avenue
Falkirk FK1 5SU
Tel: 01324 673750

EPILEPSY CONNECTIONS

Supporting people with epilepsy

Website:

www.epilepsyconnections.org.uk

Forthcoming Events

THE EPILEPSY HUB holds its final meeting of the year at the Wellington Street office on Thursday 15th December from 11am - 1pm. The Hub is run by volunteers and anyone affected by epilepsy is welcome to drop in for a chat and a cup of tea.

MEMORY WORKSHOP, GLASGOW

Thursday 9th February 2012, 10am - 4pm

Our popular 1-day memory workshops can't cure memory problems but will help you learn how to make the most of your memory by using practical strategies, techniques and technology. Contact the office to book your FREE place today!

CONFIDENCE BUILDING WORKSHOP, GLASGOW

Thursday 8th March 2012, 10am - 4pm

Life can be an uphill struggle if you're unsure of yourself and lack confidence in your abilities. If this sounds like you, attending our Confidence Building Workshop could be the first step towards achieving your goals. Epilepsy Connections' Sam Whitmore will lead a day's fun and positive thinking to help you get yourself on the right track. This is a FREE event but places are limited, so book early.

We're delighted to be working with the Scottish Paediatric Epilepsy Network to bring children and young people with epilepsy and their families a **Conference and Fun Day** in the New Year. Details are currently being finalised and the programme will include guests speakers, presentations and workshops on a range of epilepsy-related topics for parents and carers and fun activities for children and young people. A similar and very successful event at Edinburgh International Climbing Centre last year attracted 60 delegates. Next year's event will take place on the Tall Ship next to Glasgow's Riverside Museum. If you'd like to register your interest, please contact Irene on 0141 248 4125, and we'll keep you posted.



Merry Christmas and Happy New Year

from everyone at
Epilepsy Connections



Message from Epilepsy Hub Volunteers:

"We're organising a Christmas gathering after the Hub meeting on Thursday 15th December. If you've been to Hub meetings this year you're welcome to attend. Contact Alec Mullen on 07854 720626 for details of time, venue and cost."

Please note that this event is independent of Epilepsy Connections' activities.