

## **Epilepsy Services in Forth Valley**

Now that the new Forth Valley Royal Hospital (FVRH) has opened its doors for business, you may be wondering how to contact Epilepsy Connections fieldwork staff. The good news is that our contact telephone numbers remain the same: 01324 624000 Ext 6022 for Morag Miller Thompson (Monday—Wednesday), and 01324 692030 for Barbara Buddie (Wednesday—Friday). Or you can contact Epilepsy Connections Headquarters (0141 248 4125), and staff will pass on a message for you. Morag will still be based at Falkirk Royal, but within the Estates Department and Barbara will continue to operate from Callendar Business Park.

If you have been attending epilepsy clinics at Falkirk Royal Infirmary, epilepsy clinics will now be held in the outpatient department in the new hospital. Parking is limited, but there are new transport options including buses which take you to the front door. You can find out the best route for you by calling Traveline Scotland on 0871 200 22 33.

### **Special point of interest**

For anyone with a personal or professional interest in dietary treatments for epilepsy, you may be interested in a symposium being organised by Matthew's Friends—

**Global Symposium on the Dietary Treatments for Epilepsy and Other Neurological Disorders**

- to be held in **The Sheraton Hotel, Edinburgh** from **Tuesday 5th—Friday 8th October 2010**

For full programme information, please visit [www.matthewsfriends.org](http://www.matthewsfriends.org)

All queries/bookings, please contact Julie Edwards by e-mail on [julie@matthewsfriends.org](mailto:julie@matthewsfriends.org) or phone 0774.880.0438

### **Just 4 Women Information Event**

The Women's Information Event, held in Glasgow at the end of June, proved to be another great success. Epilepsy Specialist Nurses Pamela Parker and Susan Yule delivered invaluable information on Epilepsy and Bone Health and Epilepsy and Mood and Mental Health. Participants also enjoyed complementary therapies, henna painting and threading treatments.



*Participants at the Women's Event*

### **Befriending Project—Summer Trip**

On 10th July, 24 volunteers and befriendees enjoyed a great day out to Stirling. They took the train from Glasgow, stopped for lunch in the historic town centre and headed up to the castle for a very pleasant couple of hours before heading home.



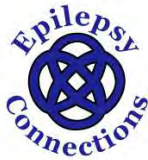
### **Schools Project Art Competition**

The winning artwork from the Art Competition, plus other works by primary school pupils are on display at the People's Palace, Glasgow Green until 19th September.

If you are a pupil, parent or school staff member and want to know more about the Schools Project, call the office on 0141.248.4125 and speak to Colleen Wilson (Primary Schools) or Nicola Small (Secondary Schools).



*Participants at the Befriending Outing*



Supporting people with epilepsy

### **Epilepsy Connections Head Office**

100 Wellington Street  
Glasgow G2 6DH  
Tel: 0141.248.4125

### **Forth Valley Project**

Estates Department, Falkirk Royal Infirmary  
Major's Loan, Falkirk FK1 5QE  
Tel: 01324.624000, Ext 6022

**OR**

Unit 6, The Courtyard, Callendar Business  
Park  
Callendar Road, Falkirk FK1 1XR  
Tel: 01324.692030

## **EPILEPSY CONNECTIONS**

*Supporting people with epilepsy*

**Website:**

[www.epilepsyconnections.org.uk](http://www.epilepsyconnections.org.uk)

*E-mail: [info@epilepsyconnections.org.uk](mailto:info@epilepsyconnections.org.uk)*



Some of the participants in the Walk in the Park event, held in Queen's Park on 22nd May 2010.

A massive thank you to everyone who participated. Sponsorship monies have raised a total of £2,118.21 to-date, with the Raffle raising £166.40.

Epilepsy Connections is a company limited by guarantee and Registered in Scotland No 212813. Registered Office: 109 Douglas Street, Glasgow G2 4HB. Recognised as a Scottish Charity No SC030677.

## **Forthcoming Events**

### **CHILDREN'S EVENT**

A picnic/family day takes place on **Saturday 28th August at 12 noon** at the Winter Gardens/People's Palace on Glasgow Green.

Contact Colleen Wilson at the office on 0141.248.4125 if you would like to come along.

### **CONFIDENCE BUILDING COURSES**

Want to improve your self-confidence?

If the answer to the above is YES, then sign up for a day's fun and positive thinking.

Content will include oral and DVD presentations, group discussions, case studies and questionnaires.

If you are interested in attending any of these courses, please phone 0141.248.4125 to reserve a place.

**Tuesday 14th September, 10.00am—4.30pm,  
100 Wellington Street, GLASGOW.**

**Thursday 11th November, 10.30am—3.00pm,  
Large Meeting Room, CVS Falkirk, Unit 6, The  
Courtyard, Callendar Business Park, FALKIRK.**

**Tuesday 23rd November, 10.30am—3.00pm  
Health Education Room, Health Centre Building,  
Clackmannanshire Community Healthcare Centre,  
Hallpark, SAUCHIE.**

### **MEMORY WORKSHOPS**

Many people with epilepsy experience memory problems. Our popular 1-day workshops explain how memory works, how epilepsy and lifestyle can affect memory and how to make the most of your memory by using practical strategies, techniques and technology.

**Friday 3rd September, 10.30am—3.00pm  
Large Meeting Room, CVS Falkirk  
Unit 6, The Courtyard, Callendar Business Park,  
FALKIRK**

**Wednesday 8th September, 10.30am—3.00pm  
Health Education Room  
Clackmannanshire Community Healthcare Centre  
Hallpark, SAUCHIE**

If you are interested in attending, please phone the office on 0141.248.4125 to reserve a place.