

Changes in Forth Valley

People in Forth Valley may be aware that Keir Grajewski, the Epilepsy Specialist Nurse has now left the NHS. We believe that access to an Epilepsy Specialist Nurse is vital and improves the quality of care for people with epilepsy. We look forward to welcoming Keir's successor later in the

year to continue the extremely valuable and successful service he developed for 100s of patients.

Morag and Barbara, our Epilepsy Fieldworkers, are still available to provide information, advice and support. You can contact them on (01324) 624000 Ext 6022 – this goes through to the switchboard in

Stirling Royal Infirmary, but just ask for the extension 6022. If no-one is in, please leave a message on the answerphone and they will return your call as soon as possible. In the meantime, if you have any concerns about your medication, please contact your GP for advice.

Purple Day—Saturday 26th March 2011

Purple Day began in Canada in 2008 and has taken off in a big way, with over 100 countries taking part worldwide. This year, in partnership with Falkirk FC, Epilepsy Connections held Scotland's biggest Purple Day celebration to-date. Our volunteers were out in force at the Falkirk vs Raith Rovers match on 26th March to raise awareness of epilepsy and were joined by Cathy Peattie MSP and Richard Simpson MSP, who've championed epilepsy in the Scottish Parliament for many years, along with Gordon Banks MP. Thanks go to Adam Nelson for the initial idea, George Craig, Managing Director of Falkirk FC for allowing us to be present within Falkirk's football stadium and Sharon McGuire, PA for all her help with this event. Thanks also go to both the Falkirk and Raith Rovers fans who contributed an amazing £590, which will be used to support our services in the Forth Valley area.



Our band of willing volunteers and staff outside Falkirk FC Stadium, armed with their collecting buckets and cans.



The Falkirk team at their pre-match warm-up, wearing Epilepsy Connections' T-shirts.



From L to R: Shirley Maxwell, Executive Director of Epilepsy Connections, Barbara Buddie and Morag Miller Thompson, Forth Valley Fieldworkers.



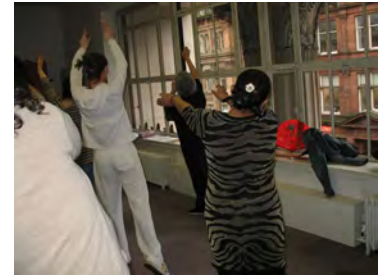
Some of the Falkirk FC team during a practice session at their training ground. Back row: Barbara Buddie, Epilepsy Fieldworker, (left) with Adam Nelson (centre) and Sharon McGuire Falkirk FC (right)

Black Minority Ethnic (BME) Women's Group

Our March event for BME women affected by epilepsy proved popular, offering a fun and relaxing day with a chance to try Tai Chi, complementary therapy taster sessions, henna painting and threading, and a lunchtime feedback session on our services, the results of which will help with

our forward planning.

Please get in touch with our Multicultural Outreach & Liaison Worker on 0141 248 4125 if you would be interested in attending similar future events.



Some of the participants trying out Tai Chi

Mainstreaming Project

On 21st April 2011, an event was held at the Pentagon Centre to celebrate the past two years of the Mainstreaming Project and was a platform for people to exhibit the work they had done in art and drama. The Drama Group was proud to premier a DVD of their work entitled 'Epilepsy through the ages'.

It was an opportunity to share experiences of Mainstreaming and some of the positive feedback obtained that day included people describing how their confidence had grown whilst many saw

Mainstreaming as a chance to make friends, learn new skills and take part in activities such as drama and art. The overwhelming feeling was that it gave people a chance to get involved and not feel so alone.

A big thank you to everyone who came along and took part in the event that day.



LOTTERY FUNDED



Participants at the Pentagon Centre

If you would like to find out more about the Mainstreaming Project or drama classes, please contact Anna Rossi on 0141 248 4125

Befriending Service

Film Fanatics

We're currently trying out "group befriending". The idea is to bring together small groups of people currently on the waiting list for a befriender and then set up group outings based on their shared interests. Film Fanatics is the first group to be set up and 2 films recently watched, the comedy 'Paul' and the award winning 'The King's Speech' are reviewed below by our

very own critics.

"Paul was a good laugh. It was the first time I had been in a cinema for 17 years."

Thomas

Rating: ★★★★★

"The King's Speech' was very interesting, especially for those interested in history. It was really enjoyable to have the company of a group to go to

the cinema with." Geoff.

Rating: ★★★★★

If you are currently on the waiting list for a Befriender and would like more information on Film Fanatics, contact Louise Gibson on 0141 248 4125

Spring Outing

In March, befrienders and befriendees enjoyed a trip to Balloch in glorious Spring weather.

After lunch at the Balloch House Hotel we visited the Sealife Centre

on the shores of Loch Lomond and enjoyed the sun and the views from the roof garden.

This trip was funded by Awards for All.



Befriending Spring Outing to Balloch

Calendar of Events

Epilepsy Hub

The Epilepsy Hub is now up and running and the initial meetings have proved very successful. The aim of these events is to provide support and encouragement in a secure and trusting environment to anyone living with epilepsy.

Meetings will be held at the Wellington Street office on 26th May and 30th June from 11am—1.00pm.

Contact Irene on 0141 248 4125 to register your interest.



Our volunteers who will be available at the Epilepsy Hub meetings

Confidence Building Event—Glasgow Thursday 9th June, 10.00am—4.00pm

Do you want to improve your self-confidence? If the answer is YES, then sign up for a day's fun and positive thinking. **This is a free event**, which will be held in our offices in Wellington Street, Glasgow.

If you are interested in attending, please contact Irene on 0141 248 4125 to book a place.

Confidence Building Event—Falkirk Wednesday 22nd June, 10.30am—3.00pm

Do you want to improve your self-confidence? If the answer is YES, then sign up for a day's fun and positive thinking. **This is a free event**, which will be held in Park Street Community Education Base, Park Street, Falkirk.

If you are interested in attending, please contact Morag or Barbara on 01324 624000, Ext 6022 for more details or to book a place.

Memory Workshop—Glasgow Thursday 11th August, 10.00am—4.00pm

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. **This is a free event**, which will be held in our offices in Wellington Street, Glasgow.

If you are interested in attending, please contact Irene on 0141 248 4125 to book a place.

Memory Workshop—Falkirk Wednesday 21st September, 10.30am—3.00pm

Same details as the one above. **This is a free event**, which will be held in Park Street Community Education Base, Park Street, Falkirk.

If you are interested in attending, please contact Morag or Barbara on 01324 624000, Ext 6022 for more details or to book a place.



Supporting people with epilepsy

Epilepsy Connections Head Office

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

Forth Valley Fieldwork Service

Epilepsy Connections Fieldwork Office
Estates Corridor
Falkirk Community Hospital
Majors Loan
Falkirk FK1 5QE
Tel: 01324 624000, Ext 6022

EPILEPSY CONNECTIONS

Supporting people with epilepsy

Website:

www.epilepsyconnections.org.uk

St John's-Renfield Church Charity Fair

In May, Epilepsy Connections' staff got involved in a little competitive home-baking! We sold the results at the Charity Fair, raising £120 in total.

Thank you to everyone who contributed.



Anna Rossi and Shirley Maxwell at the Epilepsy Connections stall.

FUNDRAISING

Jack Webb Sponsored Run

As we advised in the last Newsletter, the sponsored run in memory of Jack Webb is being held in Barrow-in-Furness on **Sunday 29th May 2011**, with all the funds raised being split between Epilepsy Connections and Epilepsy Bereaved.



Jack Webb
31.05.2002—17.10.2004

It's not too late to sponsor Sam Whitmore who is cycling from Glasgow to Barrow (350km) and then taking part in the run. You can make a donation

either by sending a cheque/Postal Order, made payable to Epilepsy Connections, to the office in Glasgow or donate online to Epilepsy Connections at <http://www.justgiving.com/Dorothy-McNulty>

Please help us raise funds

Do you use a computer?

If so, please visit <http://www.everyclick.com> which is a search engine, and nominate Epilepsy Connections as your chosen charity. Then make everyclick your home page for searching on the internet. It is very easy to do.



From then on, each time you click on your mouse to search for something you will be raising funds for Epilepsy Connections and it's amazing how all these pennies add up!

It will not cost you anything to do this, nor will we have to pay any fees.

Do you have any CDs or DVDs (music/films) that you no longer want?

If so, we would be delighted if you would let us have them as we can raise money from them. Just drop them into the office, or pop them in the post to us.

ALL items must have a barcode and CDs must be albums only—no singles or EPs please. We can not accept promotional CDs (from newspapers, magazines etc).

Would you like a family portrait?

If yes, then we have the perfect thing for you. House of Photography will arrange a sitting, with time to view and choose your favourite photo and will provide you with one 8" x 6" print. (One voucher per household). All we ask is that you make a minimum donation of £25 to Epilepsy Connections. For more details please contact the office on 0141 248 4125.

Are you are going in for a marathon, 10K or 5K run/walk? Then why not raise funds for us at the same time. We would be delighted to hear from you and will provide you with sponsor forms and T-shirts etc.