

Epilepsy Connections

Connections

Issue 34

Spring 2011

Purple Day—26th March 2011

Purple Day, celebrated on 26th March each year, is an international grassroots effort to raise awareness about epilepsy.

Epilepsy Connections is delighted to have received permission from **Falkirk Football Club** to hold our own Purple Day event at their stadium on **Saturday 26th March**, when they're due to play Raith Rovers. Volunteers and staff will be out in force to spread the message about epilepsy and raise funds to support our local services by holding a bucket collection inside the stadium.

If you are coming to the match, why don't you wear something purple to support us and come and see us inside the stadium.

Epilepsy Society (formerly National Society for Epilepsy) are conducting a survey about the needs of carers of people with epilepsy and they need your help! If you would like to share your experiences with them, visit their website www.epilepsysociety.org.uk/carers where you can access the surveys online.

User Questionnaire

Your views on the services we provide are important to us and help provide a picture of what we are doing well and things we need to change or improve.

We would really appreciate it if you would take a few minutes to complete the enclosed Questionnaire and return it in the envelope provided (you will need to put a stamp on the envelope).

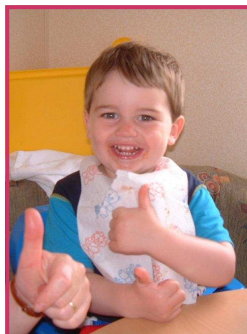
Many thanks.

Jack Webb Sponsored Run

The sponsored run in memory of Jack Webb is to be held in Barrow-on-Furness on **Sunday 29th May 2011**. All the funds raised from this event will be split between Epilepsy Connections and Epilepsy Bereaved.

Our very own Sam Whitmore intends to cycle from Glasgow to Barrow (350km) and then take part in the run.

If you would like to support Sam and donate money to this event you can either send a cheque/Postal Order, made payable to Epilepsy Connections, to the office in Glasgow or donate online at www.justgiving.co.uk

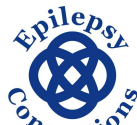


Jack Webb
31.05.2002—17.10.2004

Missed appointments

We have been advised by epilepsy specialist staff that sometimes patients fail to turn up for their appointments at outpatients clinics. The same situation applies to appointments with Epilepsy Connections' staff. The result is that waiting times for appointments can be longer than necessary because of these 'missed' appointments, especially when people who don't keep their appointment have to be given another one.

If you are unable to keep an appointment, for whatever reason, it is really important that you let the hospital/Epilepsy Connections know as soon as possible in order that your appointment can be offered to someone else. In this way hopefully we can all help to reduce waiting times.



Supporting people with epilepsy

Epilepsy Connections Head Office

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

Forth Valley Service

Epilepsy Connections Fieldwork Service
Estates Corridor, Falkirk Community Hospital
Major's Loan
Falkirk FK1 5QE
Tel: 01324 692030, Ext 6022

EPILEPSY CONNECTIONS

Supporting people with epilepsy

Website:

www.epilepsyconnections.org.uk

E-mail: info@epilepsyconnections.org.uk

Thank you to everyone who is using www.everyclick.com as their search engine and nominated Epilepsy Connections—to-date you have raised £707.96 for us. Well done and keep using it!



Confidence Building Event

Thursday 9th June 2011,
10.00am—4.00pm at
Epilepsy Connections' office
in Glasgow.

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**.

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

Forthcoming Events

Allotment

Gardening at our allotment at Kirklee starts on **Friday 18th March** and runs each Friday from 11.00am—1.00pm.

Pictured is one of our enthusiasts, Constance, getting useful tips on how to grow vegetables from Peter Murphy, our expert gardener.



If you are interested in taking part, contact Anna on **0141 248 4125**.

BME Women's Group

The Multicultural Project will be holding a Women's Group for ethnic minority women with epilepsy and their carers on **Wednesday 30th March 2011, 11.00am—2.30pm** at Epilepsy Connections' office in Glasgow.

This **free event** will consist of Tai Chi, Complementary Therapies, henna painting and threading treatments. **Free refreshments will also be provided.**

If you are interested in attending, please contact the Multicultural Worker on **0141 248 4125** to book a place.

Mainstreaming Project

This Project is now in its 5th year of helping people with epilepsy take part in new experiences and activities.

A new group, aged 16+, will be starting in April and there are still a few places available.



If you would like to meet others and gain new skills and knowledge, **contact Anna on 0141 248 4125** to register interest or obtain further information.

Memory Workshop

Thursday 5th May 2011, 10.00am—5.00pm at Epilepsy Connections' office in Glasgow. This is a **free event**.

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.

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