

**Epilepsy  
Connections**

# Connections

Issue 35

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Epilepsy Connections is now on Facebook. If you have a Facebook account, sign on and 'like' our page and keep up-to-date with what's happening at Epilepsy Connections.

## Farewell

We are sorry to say goodbye to Epilepsy Fieldworkers Barbara Buddie (Forth Valley) and Julie Flaherty (Glasgow). Barbara is already enjoying her retirement and Julie will be bringing up her daughter.

We thank them both for their commitment and hard work over the years to support people with epilepsy and wish them well in their new lives.

## Disability Living Allowance (DLA) Surgery

Epilepsy Connections' new Welfare Rights Adviser, Laura Glassford, is now running a surgery within the Glasgow Office every Monday from 10.00am—1.00pm to assist with applications for DLA.

If you would like more information on this, or wish to arrange an appointment, please contact the Fieldwork Team on 0141.248.4125.

## Survey

2011 marks the 50th Anniversary of the founding of the International Bureau for Epilepsy (IBE), an international umbrella organisation of groups dedicated to supporting people with epilepsy. Much has changed over the past 50 years, and IBE has set up an online survey to find out how people feel about their epilepsy, the daily challenges they face, and their hopes for the future. By taking a few minutes to complete the survey, YOU could help shape developments in epilepsy care in the future.

<http://www.whatreallymatterssurvey.com/epilepsy>

## Volunteers Wanted

Do you have any spare time and wish to help other people with epilepsy, their families and carers learn about Epilepsy Connections' services? If the answer is YES, then please contact the office on 0141.248.4125 as we are currently looking for people to help us distribute leaflets and posters detailing our services around Glasgow.

## The Epilepsy Hub

Evaluation of the Epilepsy Hub pilot project is currently underway and a decision will soon be taken regarding its future.

Paul Findley attended meetings of the Epilepsy Hub and said "I first heard about Epilepsy Connections about 2 years ago. I didn't follow it up because I felt embarrassed about meeting people other than doctors. I changed my mind when my friend said that there was a group which had been set up by volunteers that all have epilepsy themselves. I felt that this would boost my morale.

I went along and the group was very relaxed. I was given a warm welcome and shown around. I saw pictures of the allotment, which is something I am very interested in.

In the future I can see myself getting up and around doing courses again as the people in the Hub have assured me that if they can move on then so can I".



# Fundraising Events



Sponsored Run, in memory of Jack Webb, held in Barrow-in-Furness on 29th May 2011, which raised a fantastic £2,341.50, for Epilepsy Connections and Epilepsy Bereaved.



Lauren Stewart, Gail Comerford and Karen Hamilton competed in the Ignis Management Women's 10k race on Sunday 8th May 2011 and raised a fantastic £573—well done!

## Bucket Collection

We held a collection in Marks & Spencer, Bothwell Street, Glasgow on 29th July, which raised £365.

Thanks go to the generous customers at M&S and to Stuart Raphael (shown) and Shaila Sharif for shaking buckets along with members of staff!

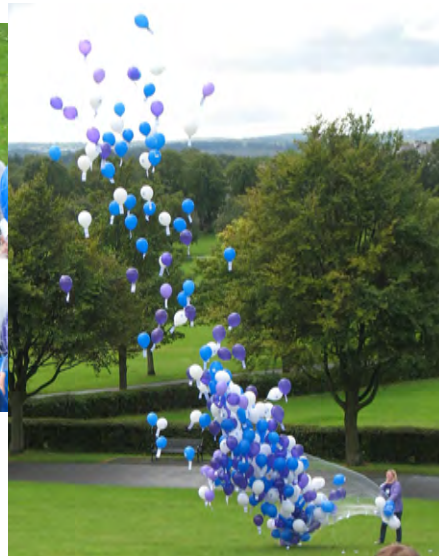


If you intend to enter one of the many races held throughout the year, then why not raise money for Epilepsy Connections at the same time. We can arrange for sponsorship forms and T-shirts. Or, if you have a fundraising idea, we would be delighted to hear from you.

If you have any spare time and would be interested in helping us out at a Fundraising event, we would be delighted to hear from you. Contact the office on 0141.248.4125.



Members of staff from the Nursing Homes Medical Practice & Care Home Services, some of their pets and our very own Executive Director, Shirley Maxwell, spent Saturday 23rd July walking part of the West Highland Way and at the time of going to press they had raised an amazing £2,479.50.



The photos shown above are from the Big Balloon Race, held in Bellahouston Park on Sunday 14th August. The amount raised was a terrific £743.94 and thanks go to everyone who bought a balloon or made a donation. Thanks also go to all the volunteers who turned up on the day and made this such a successful event.



The photos shown above are from the QV Foods Fun Day held on Saturday 23rd July, with the monies raised being split between Epilepsy Connections and Storm UK Holbeach Kickboxing Club. Therefore we were delighted to receive £625 from the Fun Day plus a donation of £400 from QV Foods Ltd. A massive thank you goes to everyone involved for their generosity.



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  
Major's Loan  
Falkirk FK1 5QE  
Tel: 01324 624000, Ext 6022

## EPILEPSY CONNECTIONS

Supporting people with epilepsy

Website:

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



Friends Connected outing on 9th July to the set of River City. Photo courtesy of Paul Whiland

## MAINSTREAMING PROJECT

There are some places available for the next intake of the Mainstreaming Project **starting on Wednesday 19th October.**

If you are over the age of 16 and wish to increase your confidence, gain new skills or meet new people then Mainstreaming could be for you!

Previous participants have gone on to find employment, enrol in college courses and engage in voluntary work.

**Contact Anna on 0141.248.4125**

## Forthcoming Events

### YOGA TASTER SESSION FOR CHILDREN

Sunday 11th September, 11.30am—12.30pm, at The Old Sheriff Court Building, 105 Brunswick Street, Glasgow.

This session for children aged 8—12 years, will be run by yoga teacher, Ali Boyd. A long-standing friend of Epilepsy Connections, Ali has completed additional training at the Special Yoga Centre in London, which has a growing reputation for its yoga classes for children and young people with additional needs. You can find out more about their work at [www.specialyoga.org.uk](http://www.specialyoga.org.uk)

If you want to find out more about the class, or to discuss whether it's suitable for your child, please phone Ali Boyd on 07977 127847. Numbers will be limited to 12 children. This activity is free through fundraising donations. **To book your place please phone Irene at the office on 0141.248.4125.**

### MEMORY WORKSHOP—FALKIRK

Wednesday 21st September 2011, 10.30am—3.00pm

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 Park Street Community Education Base, Park Street, Falkirk.

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

### MEMORY WORKSHOP

Saturday 12th November 2011, the Teacher Building, Glasgow.

We understand the memory problems that people with epilepsy often have and we've been running regular Epilepsy and Memory workshops for many years, so we're delighted to be working with Epilepsy Action to bring you a Memory Workshop presented by Prof Gus Baker and his team from the Walton Centre for Neurology and Neurosurgery in Liverpool.

The workshop will include presentations, memory skills practice and other exercises. You can book your place for this informative and fun day at <http://www.epilepsy.org.uk/services/local-events> If you don't have access to a PC, call us and we'll send you a booking form.

Confidence Building Workshop held in Falkirk on 22nd June 2011

