

Events for Children and Young People

Over the next few months we have planned a programme of activities for young people with epilepsy, their brothers, sisters and friends.

The main aims of these activities are for the young people to meet new friends and to take part in fun things and for parents to get together with other parents who understand the impact epilepsy can have.

For further information, or to register for any of the activities, please contact the office on 0141.248.4125.

Thanks to the fundraising activities of Janet and Alex Webb and Hazel Smith, all these activities will be free of charge.

Date/Time	Event	Venue
Sunday 20/09/09 12.30—2.15pm	Indoor climbing (Ages 7 upwards)	Glasgow Climbing Centre, Glasgow
Saturday 5/10/09 12. noon	Cinema—Ice Age 3 (All ages—part of the autism friendly programme)	Glasgow Film Theatre, Glasgow
Wednesday 14/10/09 9.30am—4.30pm	Memory Workshop (For pupils attending Secondary School)	Epilepsy Connections' office, Glasgow
Sunday 13/12/09	Workshop carried out on the theatre stage, followed by a performance of the pantomime Aladdin (All ages)	Kings Theatre, Glasgow

Swine flu

We all have a part to play in tackling this winter's anticipated flu epidemic by helping to reduce the risk of catching or spreading swine flu.

If you have flu-like symptoms, or if you have been in close contact with someone who has swine flu :

- **Do not attend any of Epilepsy Connections' activities or come into the office.**
- **Stay at home.**
- **Seek medical advice.**
- **If you are not sure whether or not you should attend one of our courses then please phone us to discuss your situation with a member of staff.**

Befriending Project—Summer outing to Millport

This year the Befriending Project's Summer trip was to Millport. 23 befrienders, befriendeds plus 3 members of staff took part in this outing. The group took the train to Largs, where they stopped for a lovely lunch. After lunch they boarded the ferry and enjoyed the fresh breeze and the beautiful scenery as they crossed over to Millport.

In Millport everyone had a good time whether it be having a walk along the shore or playing some crazy golf and eating ice cream. Then, after a busy day, the return journey was made to Glasgow.





Supporting people with epilepsy

Epilepsy Connections

Head Office

100 Wellington Street
Glasgow G2 6DH
Tel: 0141.248.4125

Forth Valley Project

Neurology 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

Living Well With Epilepsy Project

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

Art and Drama Classes

We are hoping to start another series of **Art classes** on 4th September. These will run for a period of 8 weeks at Touch Base in Glasgow.

Drama classes will be starting on 1st October and will run for a period of 8 weeks at Landsdowne Church in Glasgow.

If you are interested in attending either/both of the above classes then please phone Anna at the office on 0141.248.4125

Forthcoming Events

Epilepsy Support Groups in Forth Valley

You are most welcome to come along and meet informally for a chat and a cuppa with other people with epilepsy and also a friendly fieldworker. **All groups take place from 2.30—4.00pm.**

FALKIRK— Tuesdays; 8th September, 20th October and 1st December

The Almond Tree, 7 Melrose Place, Dundee Court, beside Williamson Street car park.

ALLOA— Thursdays; 24th September, 5th November and 17th December

Claremont Lodge Hotel, Kellie Place

STIRLING— Tuesdays; 6th October and 17th November

Golden Lion Hotel, 6 King Street.

You do not need to reserve a place—just drop in.

Confidence-Building Course

13th and 15th October 2009, 10.00am—4.30pm

at Epilepsy Connections' office, 100 Wellington Street, Glasgow

COURSE CONTENT:

- Get motivated
- Take the next step towards your goals
- Build on your strengths
- Work on overcoming your current difficulties.

To make a booking please contact Irene on 0141.248.4125

Mainstreaming Project

Supported by

BIG LOTTERY FUND

The next Mainstreaming group starts in October in Glasgow. **If you are interested in joining this group, or finding out more about this course, then please contact Anna Rossi on 0141.248.4125.**



Philip Lee, Chief Executive of Epilepsy Action along with some participants from our Mainstreaming Course, who attended Epilepsy Action's National Conference in Newcastle on 13th June.