

**Epilepsy  
Connections**

**Connections**

**Issue 22**

**December 2007**

## **Multicultural Project—Dissemination Event**

Epilepsy Connections' Multicultural Project held a Dissemination Event in order to share findings from the report 'Epilepsy, Culture and Religion: Working with BME Groups in Glasgow'. This event also provided an opportunity to give details of the practical work that has been carried out by Epilepsy Connections since the publication of the report to improve access to services for BME people with epilepsy and the barriers/challenges still faced.

The event was of great interest to all who participated and gave Epilepsy Connections and other organisations attending an opportunity to look at ways of developing future models of successful practice in engaging with BME communities.

Guests included Epilepsy Specialist Nurses, representatives from BME organisation service providers and BME service users.



**If you would like to attend any similar events or would like to speak in confidence about epilepsy and how it affects you, contact the office to speak to our bilingual worker on 0141.248.4125.**

## **Can you help?**

Epilepsy Connections has an allotment in the west end of Glasgow and offers people with epilepsy the opportunity to grow their own fruit, vegetables and flowers. This year 4 adults with epilepsy supported by 1 member of staff and 1 volunteer were involved in activities on the plot and apart from maintaining a flower border, they planted and harvested beetroot, potatoes, beans, leeks, strawberries, peas and courgettes. We also inherited a shed which has been repaired and repainted.



One service user who attended weekly throughout the season commented: "Digging up the allotment and weeding it followed by planting vegetables and the more recent Spring bulbs has been well worthwhile and given me a sense of accomplishment. With more people and hard work we will hopefully turn our allotment into an even better plot, and the rewards will come next Spring when we start to reap what we sowed all over again!"

**However, we are short of basic gardening tools. Therefore, if you have any spare gardening tools you would like to donate to this project, we would be very grateful to receive them.**

**Please phone Sam Whitmore on 0141.248.4125 to arrange collection.**

**Seasons Greetings to all our readers**



Supporting people with epilepsy

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**EPILEPSY  
CONNECTIONS**

*Supporting people with  
epilepsy*

Website:

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



## Forthcoming Events



### Living Well With Epilepsy Workshops, Stirling

**Tuesdays 15th January—19th February 2008**

**11.00am—1.00pm**

This programme of 6 free workshops is for adults with a confirmed diagnosis of epilepsy, and for a partner, carer or family member.

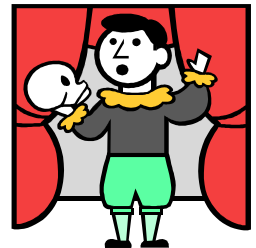
Topics will include: **epilepsy myths and facts, coping with stress, living with long-term medication and epilepsy and memory.**

At the end of the workshops you will understand more about epilepsy and how to manage it.

**If you are interested in attending, please phone the office on 01324.692030 to reserve a place.**

### Drama Classes, Glasgow

Do you fancy the chance to come along and enjoy some informal drama classes for absolute beginners?



The course will be starting in January 2008 and will run for a period of 10 weeks. So, if you've always fancied giving this a try but have never had the opportunity to do so, then **phone the office on 0141.248.4125 for more information.**

### Complementary Therapies, Glasgow

**Friday 1st February—Friday 28th March 2008**

We are delighted to announce that once again Mona McKeown will be offering Reflexology, Indian Head Massage, Aromatherapy, Reiki and Shiatsu sessions to people with epilepsy and their carers.

Appointments will last approximately one hour and there will be a small charge of £5 per session to help cover the cost of materials.

**If you are interested in attending, please phone the office on 0141.248.4125 to make an appointment.**

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