

## Mainstreaming Project

The Mainstreaming Project, which was set up in March 2006, offers adults with epilepsy the chance to access education, training, voluntary and paid employment.

Congratulations to Group 3 who completed the Mainstreaming course in February this year. We wish them every success in their future endeavours.

In March we welcomed a new group of students to the course and they have recently completed the induction phase where they participated in courses such as Epilepsy Awareness, First Aid, Basic Computing, Confidence Building and Self Management. This group will now be attending classes in subjects including cookery, numeracy and literacy and creative writing.

The next group will begin on 29th July and if you are interested in joining the Mainstreaming course to meet new people and take part in new learning experiences **please contact Annamaria Rossi for more information on 0141.248.4125.**



## User Questionnaire

To enable Epilepsy Connections to monitor and evaluate the services it provides and also plan future services/activities, it is vital that we obtain your comments/ideas/suggestions.

We should be very grateful if you would take just a few minutes to complete the questionnaire enclosed with this Newsletter and return it to us in the envelope provided.

Alternatively, you can download the questionnaire online by visiting our website  
[www.epilepsyconnections.org.uk](http://www.epilepsyconnections.org.uk)

## Annual Review for people with epilepsy

Did you know that people with epilepsy should receive a review from their GP on an annual basis?

This means that someone from your GP's surgery—either the GP, a practice nurse or practice manager will be in touch with you. This could be in the form of an appointment, a telephone call or a questionnaire. It is an opportunity for you to discuss any problems you may have and a chance to obtain more information about any aspects of your life which are affected by epilepsy. This could be the number of seizures you are experiencing, concerns about your medication, problems with employment, driving or safety issues.

**Take this opportunity to discuss any aspect of your care with the primary care team at your surgery—it should be of benefit to you!**



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  
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Tel: 01324.692030

## EPILEPSY CONNECTIONS

Supporting people with epilepsy

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

### Gardening

Work on our allotment at Kelvinside Allotment Association in the west end of Glasgow is now in full swing and takes place on Thursdays between 11.00am and 1.00pm.



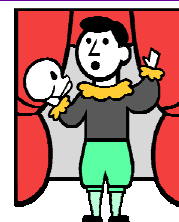
If you are interested in coming along please contact Annamaria at the office on 0141.248.4125.

## Forthcoming Events

### Drama Sessions in Glasgow

Wednesdays, 1.00pm—4.00pm

Due to the success of our previous Drama sessions, we intend to run a further series on Wednesday afternoons at The Annexe, Partick.



If you are interested in attending, please phone the office on 0141.248.4125 to reserve a place.

### New Support Groups in Forth Valley

Thanks to funds raised by Stuart McAllister as a result of his Madeira Trek, we intend to run new Support Groups across the Forth Valley area—venues will be in Falkirk, Alloa, Stirling and Callander.

These groups will be free of charge and will give you the opportunity to come along on your own, with a carer or friend, have a cup of tea/coffee, chat with other people who have epilepsy and also meet up with Epilepsy Connections' staff for information and advice.

For more information on dates, times and venues please contact the office on 01324.692030

### Living Well With Epilepsy Workshops, Alloa

Tuesdays 26th August—30th September 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.

### Website

Have a look at our Website [www.epilepsyconnections.org.uk](http://www.epilepsyconnections.org.uk), which has been updated. As the Newsletter can now be downloaded from the site, would you please let us know if you no longer wish us to send you a paper copy.