

## New member of staff



We would like to welcome Annamaria Rossi to the Glasgow Office and to the organisation. Annamaria will be providing cover for the Schools Project during Colleen Wilson's maternity leave.

## Real Radio

5 participants from the Mainstreaming Project featured on REAL Radio, highlighting the various services offered by Epilepsy Connections. Each person recorded a



2 minute script and these were broadcast every day over the course of a week.

Everyone involved had a great time and one or two are now convinced they could host the Radio 1 breakfast show!

If you are interested in enrolling on the Mainstreaming Course or finding out more about it **contact Sam Whitmore at the office on 0141.248.4125.**

## Sponsored Trek in Madeira 17th October 2007

Stuart McAllister, who lives in the Forth Valley area, intends to do a trek across Madeira to raise funds for Epilepsy Connections. If you would like to sponsor Stuart, please visit his website on the Just Giving site at

<http://www.justgiving.com/staurtmcallister>

or send in your donation to one of the offices indicated on the reverse of this Newsletter, marking the envelope 'Madeira Trek'.



Congratulations to Hazel Smith who completed the Edinburgh Marathon, raising an amazing £2,126 for Epilepsy Connections.

## Winner 10km



## Winner 5km



Once again, thank you to Alex and Janet Webb for successfully organising the 3rd annual sponsored run in Barrow on 27th May in memory of their son Jack and to everyone who took part in this event. A staggering £3,443.80 was raised and this will be split between Epilepsy Connections and Epilepsy Bereaved.

**Thank you to everyone who sponsored both Hazel and all the participants in the Jack Webb Run—we are most grateful to you all**



Supporting people with epilepsy

#### Head Office

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E-mail: [info@epilepsyconnections.org.uk](mailto:info@epilepsyconnections.org.uk)

#### 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  
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Tel: 01324.692030

## EPILEPSY CONNECTIONS

Supporting people with  
epilepsy

Website:

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

## Adult Art Sessions

**Tuesday 9th October—  
Tuesday 27th November**

A new series of adult art workshops will be held on Tuesday afternoons (1.00pm—3.00pm) at The Annexe, Stewartville Street, Partick, Glasgow.

A small charge of £2.50 will be made for each session to help towards the cost of materials.

**If you would like to reserve a place, please phone the office on 0141.248.4125**

## Forthcoming Events

### Complementary Therapies

**Friday 3rd August—Friday 26th October 2007  
at 100 Wellington Street, Glasgow**

Mona McKeown is offering Reflexology, Indian Head Massage, Aromatherapy, Reiki and Shiatsu sessions to people with epilepsy and their carers. Information on the different therapies on offer is enclosed with this Newsletter.

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

### Living Well with Epilepsy Workshops Forth Valley

This programme of 6 free workshops will cover:

**Epilepsy Myths and Facts; Coping with stress; Living with long term medication; Epilepsy and memory**

Improve your knowledge and understanding of epilepsy related issues and make new friends.

**Alloa: Tuesday 28th August to Tuesday 2nd October 2007**

**Falkirk: Tuesday 30th October to Tuesday 4th December 2007**

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

### Living Well with Epilepsy Workshops Glasgow

All the following workshops will run from 7—9pm within our office at 100 Wellington Street, Glasgow:

**13th September: Healthy Living**

**20th September: Safety at home, school, work and leisure**

**4th October: Memory, Part 1**

**11th October: Memory, Part 2**

**If you are interested in attending any of the above sessions, please phone the office on 0141.248.4125 to reserve a place.**

### Complementary Therapies Pilot Project

**Friday 2nd November—Friday 14th December 2007  
at Stirling Health Council Buildings, 46 Barnton Street,  
Stirling**

Mona McKeown is offering Reflexology, Indian Head Massage, Aromatherapy, Reiki and Shiatsu sessions to people with epilepsy and their carers. Information on the different therapies on offer is enclosed with this Newsletter.

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