

## Epilepsy Services in Greater Glasgow & Clyde

Our services are available to people of all ages who have epilepsy, their families, friends and carers.

Our **Fieldwork Service** provides:

- ◆ **information and self-management** about epilepsy and a range of related issues to help you live well with epilepsy
- ◆ **advice** on housing, benefits, transport, travel and on managing your epilepsy at home, school, college, university or work
- ◆ **support and informal counselling** on a one-to-one, family and group basis to allow you to deal with your feelings about epilepsy and its impact
- ◆ **guidance** on safety issues to help you manage risk
- ◆ **Links with professionals** contact with your GP and specialist staff and liaison with other professionals about your epilepsy needs
- ◆ **a drop-in service** in Epilepsy Connections' room at the Outpatients Department, Western Infirmary, Church Street, Glasgow on Tuesdays from 1.30pm—4.30pm.

The above service is free of charge and all you have to do is simply phone the office on 0141 248 4125 or e-mail us at [info@epilepsyconnections.org.uk](mailto:info@epilepsyconnections.org.uk) to make a referral.

Our **Ethnic Minority Project** provides:

- ◆ bilingual and confidential **advice and information** about epilepsy and related issues in a non-judgemental friendly environment to people from Black and Minority Ethnic (BME) Communities and extends that support to include their families and friends
- ◆ **cultural understanding** of the experiences you are going through, the wide range of different views and ways of thinking about epilepsy among different ethnic communities and the difficulty in talking about epilepsy outside immediate family in ethnic communities
- ◆ listening ear **support** from staff
- ◆ staff can provide **assistance at epilepsy-related appointments** to ensure that people with epilepsy fully understand their epilepsy, what treatment options are possible and other sources of support they can access
- ◆ delivers **bilingual and culturally appropriate epilepsy awareness programmes** to ethnic groups where we aim to:
  - raise awareness of the condition
  - ensure a good understanding of how best to manage seizures
  - reduce the stigma surrounding epilepsy in ethnic communities
- ◆ culturally appropriate **activities and support groups** such as Carers' Groups and Women's Groups to reduce isolation and offer individuals within ethnic communities the opportunity to get together with others affected by similar concerns and issues

The above service is free of charge and all you have to do is simply phone the office on 0141 248 4125 or e-mail us at [info@epilepsyconnections.org.uk](mailto:info@epilepsyconnections.org.uk) to make a referral.

Our **Befriending Service** helps improve the well-being and quality of life of people isolated by epilepsy by encouraging social involvement. It does this by matching people with like-minded trained volunteers who can help them take part in a range of social activities such as:

- ◆ sport/physical exercise
- ◆ cultural activities
- ◆ eating out
- ◆ informal learning opportunities
- ◆ shopping
- ◆ going to the cinema/theatre.

Within reason, it can be anything .... A joint decision between befriender and befriendee.

The Befriending Service is available to people over 18 years of age and is free of charge. For further information or to apply for a Befriender contact Epilepsy Connections' office.

Our **Schools Project** delivers interactive talks to pupils of all ages and epilepsy awareness sessions for teachers and staff. Epilepsy Connections can deliver these sessions at schools free of charge. Sessions can be tailored to meet the needs of each school and can be delivered to staff as a twilight session or on an in service day.

The Project aims to:

- ◆ provide age appropriate information about epilepsy and seizures to school communities
- ◆ raise awareness of the challenges of living with epilepsy
- ◆ promote open and positive attitudes and behaviour towards epilepsy
- ◆ reduce stigma and misunderstanding
- ◆ assist children and young people in need of support with epilepsy issues
- ◆ complement the Curriculum for Excellence Framework—in particular, Health and Well-being outcomes and experiences.

For more information or to request a session, contact the office on 0141 248 4125 or by e-mail: [info@epilepsyconnections.org.uk](mailto:info@epilepsyconnections.org.uk)

## Activities

We run regular social activities for adults with epilepsy and for children with epilepsy and their siblings. Contact the office if you would like to be added to the mailing list for these events.

We also run sessions on Epilepsy Awareness, Memory and Confidence Building throughout the year and details of these are advertised on our website or in our quarterly Newsletter. If you would like to be added to our Newsletter mailing list contact the office.

## Training

We also provide training in Epilepsy Awareness and Rescue Medication to anyone with a professional or personal interest in epilepsy including health, social work and housing staff and employers. Contact the office for further information and details of costs.

This is one of a series of information leaflets available to download from our website for personal use only, subject to the Terms and Conditions for use of our site, which are shown on our Home Page.



Supporting people with epilepsy

**Head Office**

100 Wellington Street  
Glasgow G2 6DH  
tel: 0141.248.4125  
fax: 0141.248.5887

**Forth Valley Fieldwork Service**

Administration Offices  
Falkirk Community Hospital  
Westburn Avenue  
Falkirk FK1 5QE  
tel: 01324 673750

**Email: [info@epilepsyconnections.org.uk](mailto:info@epilepsyconnections.org.uk)**  
**Website: [www.epilepsyconnections.org.uk](http://www.epilepsyconnections.org.uk)**