



in touch with



THANK YOU TO OUR WONDERFUL COMMUNITY OF DONORS

No one with epilepsy should go it alone. No one with epilepsy should struggle with their condition. No one with epilepsy should worry about finding the right information and support.

In the 2017/2018 financial year our donors collectively raised over \$1.2 million helping to fund vital programs and services. People with epilepsy are able to tap into a wealth of information and support. More and more people are able to be given an individualised program to help them better understand and manage their epilepsy.

Supporting more people is made possible because of the wonderful community of donors who have dug deep and have helped ensure that many people living with epilepsy are not alone.

Our donors gave in response to appeals, left generous bequests in their Wills, chose to give regular gifts as Epilepsy Champions Club members, organised or participated in community events and so much more.

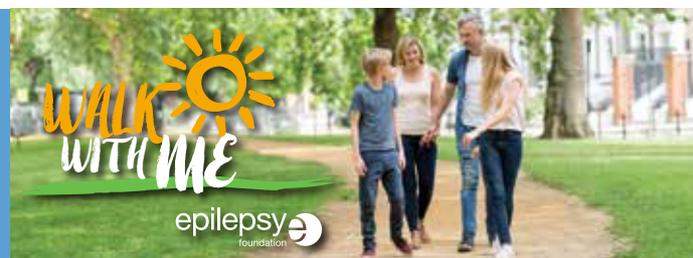
In this issue of InTouch, you will read heart-warming stories of the way our donors are making a real difference in the lives of those with epilepsy. You will read all about our latest initiatives, including the launch of Epilepsy Smart Schools program going national.

Graeme Shears
CEO



MARK YOUR DIARIES: SUNDAY 21 OCTOBER 2018

Get your loved ones together and join hundreds of Victorians who'll be showing their support for people with epilepsy. Turn to page 2 to read on...



WALK FOR THOSE YOU LOVE - WALK FOR EPILEPSY

SUNDAY 21 OCTOBER, PRINCES PARK CARLTON, 11.00AM START

Epilepsy is often a lonely and difficult journey. For some it is also a journey filled with stigma and isolation. It is so important that people living with epilepsy feel completely supported.

The Epilepsy Foundation works with individuals and families, organisations and the community to increase people's understanding of epilepsy. Our goal is to stop avoidable deaths, ensure children get a good education, help people get and keep their jobs, and help people feel safe and connected.

Every day we try to make life better for people living with epilepsy. But to do so, we need the caring support of the community.

This year we are launching our very first 'Walk for Epilepsy'. Join us on Sunday 21 October, 11:00am, Princes Park in Carlton for what promises to be a fun and wonderful event for people of all ages.

Together we can show our support for those we dearly love who have epilepsy and let them know they are not alone.

Just like Tracey who is walking for her children. *"I have three boys aged 8, 6 and 3 years. My middle son was diagnosed at 3 years old with epilepsy. My younger son has just started having seizures also at*

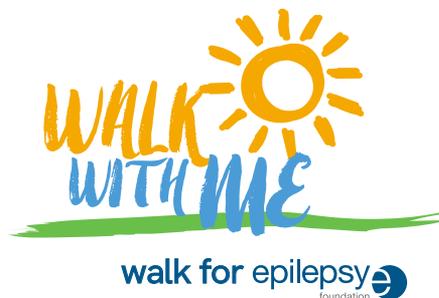
3 years old. Without the Epilepsy Foundation I would not know about half the assistance and contacts I needed. I will be forever grateful for their help in my time of need."

So grab your best walking shoes, get your family and friends together, and join other caring Victorians like Tracey, who will be walking for those they love.

You can also become a 'Walk Hero' and let your family and friends know they can sponsor you, helping to raise vital funds for people with epilepsy. Every dollar you raise will provide support, resources and information so people can better manage their epilepsy.

Whether you want to just walk or walk and raise funds visit www.walkforepilepsy.com.au and follow the prompts.

Together, let's show people with epilepsy they are not alone. Together, let's Walk for Epilepsy.



REGISTER TODAY TO BE PART OF OUR VERY FIRST 'WALK WITH EPILEPSY'.

A GREAT DAY OF FUN AND EXCITEMENT FOR YOUNG AND OLD, INDIVIDUALS AND FAMILIES.

VISIT WWW.WALKFOREPILEPSY.COM.AU TO LEARN MORE OR TO REGISTER

COME VISIT OUR BRAND NEW OP SHOP!

Set right in the heart of the famous 'Seaview Shopping Village' in Beaumaris, our newest Op Shop is brimming with fashion and home wares, just for you. Come down and say hi! You'll find a treasure or two so don't forget to bring a reusable shopping bag to take your purchases home!

Epilepsy Foundation Op Shop can be found at 341 Balcombe Road, Beaumaris.



FIRST RESPONDER TRAINING

The recent media coverage of First Responders' interactions with people having seizures has highlighted the need for developing appropriate resources for this important community service sector. The challenges First Responders face on a daily basis make for a complex and potentially dangerous workplace.

Seeing someone acting strangely may be interpreted as them being drunk, under the influence of drugs, a psychotic episode, a hypoglycaemic attack or another trigger. How to respond to any given situation is complex, and a challenge to determine an appropriate response.

The Epilepsy Foundation has been communicating with government to work collaboratively with the Victorian Police, Ambulance Victoria and Public Transport Officers (PTO's) to raise awareness about epilepsy. We have been successful in having the Government Department of Education and Training make epilepsy training mandatory in government schools and we want to have the same for first responders and PTO's.

We want to work with First Responders to help assist them in their role and get better outcomes for all when they are responding to someone having a seizure.

We must develop the best training and resources for an Australian context. We will draw on best practice programs from around the world. Our experience in developing on line training for Schools, Aged Care and the Disability services means we are well placed to develop Epilepsy Smart programs for first responders.

The Epilepsy Smart programs require a substantial investment however they have a huge impact on improving people living with epilepsy lives through greater awareness, knowledge and understanding.

In the case of first responders, the program will reinforce existing training in how to support people during and after a seizure and to keep them safe, to minimise self-damage and harm, reduce Ambulance call outs and Accident and Emergency presentations.

COMING TOGETHER TO REMEMBER

On Sunday 27 May the Epilepsy Foundation held its ninth biennial Epilepsy Memorial Service. This was a wonderful opportunity for the community to come together to remember and celebrate those who have died through epilepsy. The Memorial Service enabled family, friends and Epilepsy Foundation staff to support each other and share in the memories of those no longer with us.

Many who came to the Service commented on how this was their chance to remember their loved one in a supportive and understanding environment. They also were able to connect with and support others who know only too well what a loss through epilepsy means.

The Epilepsy Foundation is here to support anyone who has experienced the loss of a loved one through epilepsy. Our belief is that no with epilepsy should go it alone, and we extend our support to anyone affected by loss through epilepsy.



SUPPORTING PEOPLE ON THEIR JOURNEY WITH EPILEPSY

Epilepsy is a chronic disorder of the brain that can affect any person regardless of their age, ethnicity, beliefs or socio-economic status. Today, around 250,000 Australians have epilepsy. The Epilepsy Foundation is here for every person living with epilepsy. We are here for their loved ones and their carers to help them understand this condition and how best to manage epilepsy.

Peer support is a wonderful way of connecting with others who may be in a similar situation. The Epilepsy Foundation runs a number of peer support groups and events throughout the year to help people living with epilepsy and their families connect with others.

A day of family fun and understanding

In March, our Family Activity Day brought together families from across Victoria who care for a child or children with epilepsy. Parents, children and siblings 'let loose' having some well-needed fun and joy in a safe and understanding environment. There was hardly a dull moment. Families met wild animals, had comic drawing lessons, had their faces painted, and so much more!

More importantly, it provided families with an opportunity to see that there were others just like them, providing an opportunity to connect and to provide each other with support.

Our Family Activity Day was made possible because of a very generous donation from two Epilepsy Foundation volunteers. We look forward to running more family days in the future.

Sharing stories and experiences in a safe space

The 'Parent 2 Parent' morning tea provided parents with an opportunity to meet, share their personal stories and experiences and connect with each other in a safe and understanding space.

Two parents opened the event by sharing their personal journeys of parenting a child with epilepsy. There was laughter and tears, with many parents speaking of the benefits of realising that they are not alone in their experience. The response was overwhelmingly positive and as one parent commented "it was what we needed".

The Epilepsy Foundation runs a range of Peer Support Groups and events running throughout the year. If you or a loved one is living with epilepsy you can find out more about our peer support groups by visiting epilepsyfoundation.org.au/groupsupport/ or call our Information Line on 1300 761 487.



EPILEPSY SMART SCHOOLS IS NOW NATIONAL!

Around 1 in 200 Australian students attending school live with epilepsy. Most schools have one or more students with epilepsy amongst their population. Not surprisingly, when the Epilepsy Foundation makes people aware of this statistic they are often quite shocked.

Seizure activity, anti-epilepsy medications, medical appointments and the stigma still associated with epilepsy can have a negative effect on children's school performance and social relationships. Consequently, children miss days at school, fall behind in their school work, experience memory issues and fatigue, and can feel isolated from school friends and peers.

The Epilepsy Foundation is working hard to change this. This is the reason why we developed the Epilepsy Smart Schools program. The national implementation of the Epilepsy Smart Schools will have a positive impact on everyone in school communities and seeks to create generational change through a better understanding of epilepsy across Australia.

More principals, teachers, peers and parents will be 'epilepsy aware' and know just what to do if a student at their school has a seizure or is affected by the negative impacts which accompany epilepsy.

Naturally, parents and carers want to know that their child is in safe hands, getting the best education they can and be able to participate in school activities. Educators also want to know that students with epilepsy enjoy a positive schooling experience which will assist in setting them up for a positive future. Through the *Epilepsy Smart Schools* program we aim to meet these needs.

All Australian pre-schools, primary schools and secondary schools are eligible to become recognised as an *Epilepsy Smart School*.

Please spread the word about the *Epilepsy Smart Schools* program or make a donation today so that we can sustain this invaluable program into the future. Visit www.epilepsysmartschools.org.au



PLAY FOR PURPOSE

Imagine living the life you've always wanted. Driving away in the car of your dreams. Taking your family and friends on that trip of a lifetime. This is your opportunity to enter our Play For Purpose raffle and help people living with epilepsy. **First prize is \$500,000 Gold Bullion to invest or spend as you see fit.** Over \$1 million worth of prizes is up for grabs with one in 19 chance of winning!

Enter our Play for Purpose Raffle today. Each raffle ticket costs \$25. Visit: playforpurpose.com.au/epilepsy-foundation



 **PLAY FOR PURPOSE**
The Charity Lottery

“A YEAR WITHOUT BEER” IN SUPPORT OF PEOPLE WITH EPILEPSY

Brendan, Josh and Daniel are the beer boys. In fact, Brendan, Josh and Daniel are three brothers who made a pact in October 2017 to go without beer for an entire year and raise awareness and vital funds for people with epilepsy.

Brendan suggested this innovative idea after Daniel had a seizure at the Bulldogs best and fairest dinner last year. *“Epilepsy is a horrible condition that impacts so many people. 10% of the population will have a seizure at some point in their life, while 3 to 4% will go on to be diagnosed with epilepsy. We want to raise awareness and funds to assist those either living with the disorder or have a friend or family member who does,”* said Brendan.

Brendan, Josh and Daniel’s original goal was to raise \$10,000 for the Epilepsy Foundation. Within the first 24 hours of launching their campaign the boys had raised \$3,500! *“This is 365 days, 8760 hours, 525,600 minutes, 31,536,000 seconds WITHOUT A SINGLE, ICE-COLD (ALCOHOLIC) BEER. Meanwhile, United Breweries shares have plummeted,”* joked Brendan.

Because of the wonderful generosity of family, friends and strangers the boys have set a new target of \$30,000. As at the end of July, the boys had raised over \$25,000.

Brendan, Josh and Daniel, from everyone at the Epilepsy Foundation and every person who lives with epilepsy a huge THANK YOU! You guys rock!



PURPLE DAY A HUGE SUCCESS!

This year’s Purple Day was a resounding success with cities and towns across Victoria and New South Wales going purple for people with epilepsy. Here are some of the wonderful highlights of Purple Day 2018.

- Ash Waring, manager of Bunnings in Byron Bay, inspired stores across New South Wales to go purple for March, raising nearly \$5,400 from barbecues, cake stalls and the sale of Purple Day merchandise.
- Closer to home, Trisha Ranchod organised the Epilepsy Bike Ride. Starting from Cardinia Park Hotel in Geelong, Trisha and 50 friends from the Rotary Club of Casey rode over 100kms to Berwick RSL, raising \$7,300 for epilepsy support and information along the way.
- Berwick Primary School went all out purple with 600 students wearing purple, 7 Purple Day

merchandise boxes sold, and 921 Subway orders placed with part proceeds going to the Epilepsy Foundation. Huge thanks to Lisa, her daughter Ava who attends Berwick Primary, and all family and friends for getting involved.

- Led by Kathleen Gray, the Town Hall of Glen Innes turned purple and the community came out in full support. Kathleen was driven to raise awareness and funds as her husband had died because of epilepsy. Her efforts saw her raise over \$4,600.
- Every year Tania Cardell holds her annual Trivia Night the at the Lang Lang memorial hall in honour of her son Brian who passed away because of epilepsy. This year over \$24,500 was raised from auction and raffle, with all items donated by the local business community.

No one should go it alone

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