

Today is Purple Day!

Photo-story exhibition depicts life with epilepsy.

My Journey ... everyday Tasmanians living with or affected by epilepsy is an exhibition of no holds barred personal experiences from 12 Tasmanians who have epilepsy or have a family member with epilepsy.

With the stigma often worse than the condition itself, the courage shown by these Tasmanians to share their journey publicly accurately portrays the range of experiences that epilepsy brings to families and communities.

March is national Epilepsy Awareness Month and today is Purple Day - a time to raise awareness of a condition that affects around 100,000 Tasmanians.

Epilepsy Tasmania CEO, Wendy Groot, said: "We hope this exhibition will create a ripple effect where all Tasmanians can feel confident sharing their journey - whatever it may be - with epilepsy.

"The more we all talk about epilepsy - the safer people feel talking about epilepsy," said Ms Groot. "Just two years ago we struggled to find anyone who felt safe enough to talk publicly because of the stigma and discrimination that surrounds the word epilepsy."

Epilepsy Tasmania's ripple effect is making a difference, with 12 Tasmanians aged between 7 and 70 deciding to share their photos and stories publicly through this exhibition.

Appearing in the exhibition is Shaun who lost his wife and the mother of his young daughters to epilepsy two years ago.

"I wanted to share our journey so that other families who are suffering loss realise they are not alone."

In Danielle's family of six, four have epilepsy and everyone is deeply affected by it. "We're sharing our journey to try and stop the stigma that surrounds epilepsy."

The exhibition will run in the foyer of the ABC building, 1 Liverpool Street, Hobart between Monday 26th March and Wednesday 4th April. Tasmanians are encouraged to add their own thoughts about epilepsy to the exhibition's graffiti banner.

- ENDS -

Photo / Interview opportunities available at the launch of My Journey:

- My Journey's 12 inspiring Tasmanians and Epilepsy Tasmania CEO, Wendy Groot.

MORE INFORMATION: Wendy Groot: 0427 044 074 / www.epilepsytasmania.org.au

ABOUT EPILEPSY:

- Epilepsy is a common brain condition that takes the form of recurring seizures.
- It can develop at any age regardless of ethnicity or gender.
- One in 10 people will experience a seizure during their life.
- 20,000 Tasmanians develop epilepsy during their lifetime.
- 80,000 family members, friends, colleagues and carers are also affected.

CONNECT WITH EPILEPSY TASMANIA ON SOCIAL MEDIA:

Twitter: @epilepsytas
Facebook: @epilepsytasmania
Instagram: EpilepsyTasmania
Hashtags: #DonateToTheLavender #EpilepsyConnect #OpenGardensForEpilepsy
#EpilepsyFriendlyWorkplace #FriendOfEpilepsyTasmania #26Ways
#MyWhy

ABOUT EPILEPSY TASMANIA:

Epilepsy Tasmania is a not-for-profit, community organisation providing a broad range of resources and services across Tasmania to improve the quality of life and community participation of Tasmanians living with or affected by epilepsy:



Become a Friend of Epilepsy Tasmania

Your support enhances our ability to speak for and advocate on behalf of Tasmanians who are living with or affected by epilepsy.



Donate to the Lavender

Assurance that your donation will stay in Tasmania and be used to help Tasmanians.



Become an Epilepsy Friendly Workplace

Workplace seizure first-aid training.



Open Gardens for Epilepsy

Raising awareness of epilepsy in partnership with Blooming Tasmania.



Epilepsy Connect

Telephone-based peer support service.