

A Month of Purple!

Purple is the colour used to represent epilepsy and March is International Epilepsy Awareness Month so Tasmanians can look forward to a month of purple-themed events.

Epilepsy is a common brain disorder 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, and one in 25 Australians (20,000 Tasmanians) will develop epilepsy at some point during their life.

Epilepsy Tasmania's Chief Executive Officer Ms Wendy Groot says we should all be more compassionate of the fact that one person's epilepsy can impact upon many people's lives.

"Family, friends, carers, colleagues and employers of people with epilepsy can also be affected in some way," she said. "Increasing awareness and understanding of the disorder plays a vital role in helping everyone who is affected by epilepsy."

It is for this reason that Wendy has chosen to open her own garden to the public on Sunday 5th March during Epilepsy Tasmania's inaugural Open Gardens for Epilepsy events during March.

"We hope Tasmanians will enjoy visiting a variety of gardens and events around our state throughout March to help us raise much-needed funds and increase awareness of epilepsy."

Tasmanians can support Epilepsy Tasmania by participating in a range of purple activities this March:

Sunday 5th March — a variety of gardens throughout historic Richmond will open to the public as part of **Open Gardens for Epilepsy**. \$5 entry per garden or \$25 for all. Trail begins at Laurel Cottage (9 Wellington St, Richmond) 10am - 4pm.

Wednesday 8th March — join a guided tour around the garden of Tasmania's **Government House** with complimentary morning tea. \$10 fundraising tickets available to purchase online through **Eventbrite**.

Sunday 12th March — **Port Arthur Lavender Farm** family fun day.

Saturday 18th March — Epilepsy Tasmania will be at **Salamanca Markets**. **Kanangra** aged care hostel in Deloraine **Open Garden for Epilepsy** fundraiser with market stalls, Devonshire tea, music and garden demonstrations.

Friday 31st March — Epilepsy Tasmania will be at **York Town Night Markets**.

Sunday 26th March — **Jam Packed Cafe** in Hobart go purple all day.

- + Purchase a \$5 **Donate to the Lavender** fundraising bumper sticker from Epilepsy Tasmania and have the chance to win prizes if randomly spotted on your vehicle.
- + **Nominate your favourite cafe** on our Facebook page and we'll help them **Go Purple** during March to increase awareness of epilepsy in Tasmania.
- + See various landmarks **Go Purple** at night throughout the City of Hobart and City of Launceston and Oatlands.

Further events and details can be found on Epilepsy Tasmania's Facebook page, website www.epilepsytasmania.org.au or by phoning 1300 852 853.

-ENDS-

MORE INFO: Claire Burnet on 0448 585 947 and www.epilepsytasmania.org.au

CONNECT WITH EPILEPSY TASMANIA ON SOCIAL MEDIA:

Twitter: @epilepsytas
 Facebook: <https://www.facebook.com/EpilepsyTasmania/>
 Hashtags: #epilepsytasmania #donatetothelavender

SPOKESPEOPLE:

- Epilepsy Tasmania chief executive officer - Ms Wendy Groot.
- Port Arthur Lavender Farm owner - Ms Clare Dean.
- Blooming Tasmania chair - Ms Jane Tenniswood.
- Coal Valley Garden Club president - Ms Julie Wiltshire.

ABOUT EPILEPSY TASMANIA:

We are a not-for-profit association improving the quality of life and community participation of Tasmanians living with or affected by epilepsy.

ABOUT DONATE TO THE LAVENDER:

Epilepsy Tasmania is a Tasmanian not-for-profit association significantly reliant upon donations and grants, and understood to be the only one providing on-the-ground services and support in Tasmania for Tasmanians who live with or are affected by epilepsy.

During our major annual fundraiser this March - International Epilepsy Awareness Month - we are noticing an increasing number of interstate charities collecting donations within Tasmania yet not providing actual services or support here.

To prevent misunderstanding and stop much-needed donations from being taken out of our state, Epilepsy Tasmania has introduced its **Donate to the Lavender** logo: when you see this logo or the name **Epilepsy Tasmania**, rest assured your donation will stay in Tasmania and be used to help Tasmanians.

