

Enjoy your latest Brainwaves!

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Hello Friend,

Edition 8, 2018

There is a lot of activity across Epilepsy Tasmania this month.

A significant area of change has been to our staffing – Nurse Educator, Joanne Parr, has moved on after nearly two years with us and we wish her all the very best for her future role. We have also welcomed a new staff member in a newly created Volunteer Coordinator position: Sheralyn Jackson comes with nearly 20 years experience of volunteer recruitment and management and we're very excited to have her on board.

And we have been busy preparing for October, which can really only be described as a mammoth month that features Carer's Week, Senior's Week, Mental Health Week, Children's Week, Work Safe Month and International SUDEP Day. The condition of epilepsy falls under each of these areas and we will be profiling some key messages so stay tuned.

Neurological Alliance Tasmania (of which Epilepsy Tasmania is a member) invites you to join a conversation and learn more about neurological conditions and mental health.

Guest Speakers include Dr Helen Castley, Neurologist, Associate Professor Desmond Graham and person living with multiple sclerosis, and Dr Cynthia Honan, Clinical Neuropsychologist.

The conversation will take place from 12:00 PM to 2:00 PM on Thursday the 11th of October at the Bellerive

Yacht Club. The cost is \$5 and a light lunch will be provided. Reserve your tickets [through Eventbrite](#) or phone Rosie on 6230 9800.

As always, I hope you enjoy this edition of Brainwaves and I encourage your feedback.



Wendy Groot, CEO Epilepsy Tasmania.

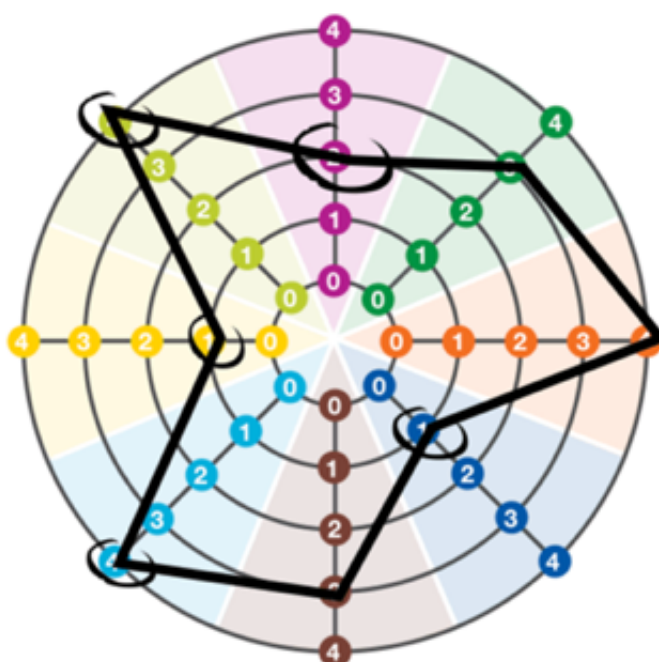


Our New Launceston Office

Epilepsy Tasmania has a new office in Launceston located at 462 Wellington Street, South Launceston.

It is an accessible office with plenty of parking right outside the door and is opposite a bus stop. We look forward to seeing you there.

The bottom photo is a lovely shot of our new Volunteer Coordinator, Sheralyn Jackson, on the left and departing Nurse Educator, Joanne Parr on the right.



Here's A Handy Resource For You ...

Try using this Wellbeing Map to help you better discuss what's important to you when seeing your neurologist.

Simply fill in the map ([here](#)) and take it to your consultation. And let us know what you think of it.

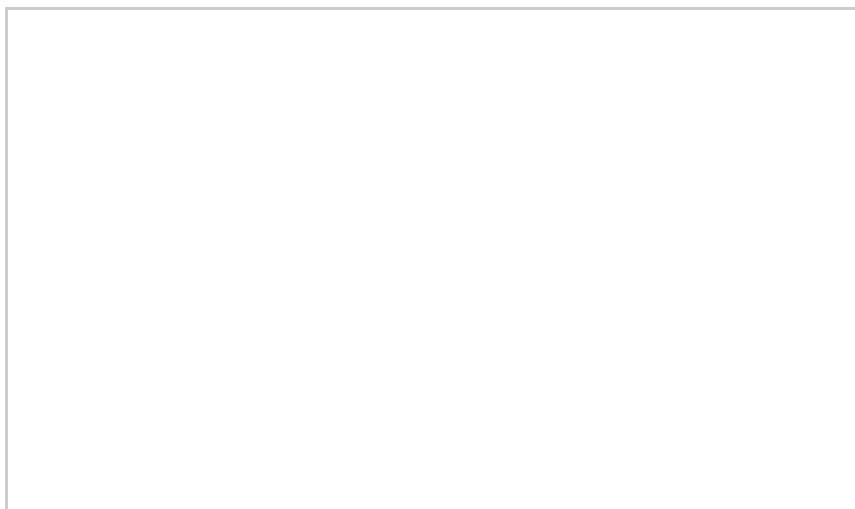


Help – Volunteers *Still* Needed

We are still hoping to find a few people to help at our open garden near Hobart:

The **Open Gardens for Epilepsy** event at **Woodbank Rare Plants** in Longley (30 minutes from Hobart) is on **Saturday 13th and Sunday 14th October**.

Please [email](#) or phone us on 1300 852 853 if you can spare some time and in return get free entry as well as a free Epilepsy Tasmania KeepCup (with coffee!) to enjoy during your shift and then take home.





Travelling Tasmania – Launceston

As partners of Blooming Tasmania for our Open Gardens for Epilepsy events, we will have a stall at the **Blooming Tasmania Flower & Garden Festival** in Launceston on **Saturday 22 and Sunday 23 September**. Stop by!



**"Be who you are and say what you feel,
because those who mind don't matter
and those who matter don't mind."**

Dr Seuss



Epilepsy Tasmania is a not-for-profit community organisation improving the quality of life of Tasmanians with epilepsy, and those around them, through education, coordination and support.

It relies upon public donations and funding from the Department of Health and Human Services, Tasmania.

Epilepsy Tasmania

Mailbox: PO Box 1834, Launceston, TAS, 7250

Hobart Office: ABC Building, 1 Liverpool Street

Launceston Office: 462 Wellington Street

Telephone: 1300 852 853

Friends of Epilepsy Tasmania enhance its ability to speak for and advocate on behalf of Tasmanians affected by epilepsy.

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