



Hello Friend,

Edition 10, 2018

There's been a theme of kindness and gratitude in the air this month, encouraged perhaps by International Kindness Day which fell on the 13th of November.

Epilepsy Tasmania is grateful to 10-year-old Lily Smith, who sold an amazing 169 KeepCups for her personal Fathers' Day and Beyond fundraising campaign.

At her school assembly, Lily handed over a cheque for an amazing \$3,052 that will help provide services and support to the 100,000 Tasmanians who are affected by epilepsy. We thank Lily for her donation and for sharing her personal story and getting so many more people talking about epilepsy.

This month we gratefully welcomed the announcement of a second neurologist for the north of Tasmania at the Launceston General Hospital. Let us know the difference this makes and how Tasmanians with epilepsy access neurological services.

We have a great staff team here at Epilepsy Tasmania and I thank our new Nurse Educator, Emma, for choosing to work with the organisation.

A HUGE thank you to Sam our social work student! It has been a delight to have Sam in the Hobart team and one of her main achievements has been summarising two years worth of survey data and presenting

us with the findings. These surveys have been a rewarding experience and we have gained a lot of valuable information from people with epilepsy, and those who support them that we will use to inform Epilepsy Tasmania's future focus.

Last week, I was in Canberra attending Epilepsy Australia's CEO and Board meetings. There is some exciting work happening nationally, with a new strategic plan and direction that includes the roll-out of the Epilepsy Smart Schools programme to cement our collaborative national presence in positive ways.

The theme of kindness will continue into next month with a Kindness Rally during Human Rights Week. Please join TasCOSS, Equal Opportunity Tasmania, Hobart City Council, Epilepsy Tasmania and many others to make this the largest collaborative human rights event Hobart has experienced! Tasmanians can lead the way by practising empathy and kindness in our thoughts, actions, policy and decision making. Assemble with us at St David's Park to walk to Parliament Lawns from noon on Friday 7 December.

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



Wendy Groot, CEO Epilepsy Tasmania.



Thank You, Lily.

In this photo, Lily Smith presents her fundraising cheque of \$3,052 to Epilepsy Tasmania's administration manager, Bec. Friends of Epilepsy Tasmania, like Lily, are the backbone of our charity and we are very grateful to her and dad Shaun Smith. Thank you also to Sacred Heart Catholic School in Launceston.

[Read Lily's story in the Examiner Newspaper here.](#)

Congratulations Wendy!

Epilepsy Tasmania's CEO, Wendy Groot, has just accepted an additional role to Chair the Board of Epilepsy Australia. This is an exciting opportunity for both Wendy and Epilepsy Tasmania and national recognition of the big achievements happening in our little state.

Epilepsy Australia is the national coalition of Australian epilepsy organisations who work together to keep communities informed on the latest medical breakthroughs, social research, publications, news and policy about epilepsy.

Notice of AGM

On Saturday 1st December at 10 am Epilepsy Tasmania will host it's Annual General Meeting. Everyone is welcome. 1 Liverpool Street, Hobart (inside the ABC Building).



ABC Radio's 'Medical Matters' on Epilepsy

Listen to Epilepsy Tasmania's CEO, Wendy Groot's radio discussion about epilepsy in Tasmania [here](#).

You're Invited!

Join us on the 6th December at 11.30 am as Launceston Deputy Mayor, Danny Gibson, officially opens our new office (shared with Multiple Sclerosis) at 462 Wellington Street in South Launceston.

Refreshments will be provided, so please RSVP to Bec on 6344 6881 or [email](#).

Survey Results

We have just collated information from nearly two years of survey data and have some interesting facts that we will gradually post on our Facebook page.

For instance, did you know...?

Nearly 90% of respondents affected by epilepsy in Tasmania experience isolation and discrimination.

30% of respondents have difficulty finding a suitable health practitioner to help manage their epilepsy.

15% can't afford the healthcare services they need.

Add your voice by being part of our next round of surveys, open now:

For Tasmanians with epilepsy:

<https://www.surveymonkey.com/r/6BCN2J>

For Family or Carers of Tasmanians with epilepsy: <https://www.surveymonkey.com/r/ZKNXGCM>

Volunteering Opportunity



Love coffee + Live North?

We're really excited that we now have 8 cafes in the north of our state selling our branded KeepCups and raising awareness of epilepsy. But we are looking for a volunteer to help manage orders and deliver stock.

If you can spare some time cafe-hopping, please call Bec on 6344 6881 or [email](#).

Queensland's Epilepsy Symposium

At the end of October, Epilepsy Tasmania's Social Work Educator, Shirley, attended the Queensland Epilepsy Symposium in Brisbane to gain up-to-date-information on what's happening and available now, as well as what is happening with epilepsy research for the future.

Eight national and international speakers spoke on a range of interesting subjects including autoimmune epilepsy, disease-modifying therapies, how venomous animals are used to help develop medicines for epilepsy and seizures, and the changing

landscape of paediatric epilepsy surgery
– just a few of the amazing topics covered!

Shirley has come back with a wealth of information to pass on to our Friends and we look forward to next year's symposium.



Welcome, Emma!

Get to know Epilepsy Tasmania's new Nurse Educator, Emma:

"Hi, I am Emma. I am a Registered Nurse with over 15 years experience, predominately working with children and their families in the hospital and community setting. I am excited to commence my position with Epilepsy Tasmania and look forward to working alongside people with epilepsy and their family and carers, to improve their journey, through improved education, understanding and awareness of epilepsy within the community."

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."

Leo Buscaglia



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

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

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