



Hello Friend,

Edition 11, 2018

Welcome to our final Brainwaves for 2018.

There is much we have to celebrate, as it's been an eventful year for Epilepsy Tasmania.

Highlights of 2018 include:

- a significant increase in people contacting us for a wide range of issues, including individual and family support, training, education and epilepsy-information.
- financial security with confirmed state government funding for the next 2 years.
- more people than ever choosing to become a Friend of Epilepsy Tasmania.
- more volunteers offering to host events to raise awareness and funds.
- two new offices: one in Hobart and one in Launceston.
- our new, user-friendly website and approach to social media are receiving positive engagements.

As Tasmania's voice for epilepsy, we will continue to listen to you and advocate on behalf of Tasmanians affected by epilepsy. I extend a sincere THANK YOU to everyone who has taken an interest in the Tasmanian epilepsy community this year.

We have some exciting new initiatives happening in 2019 including an official launch of Epilepsy Smart Schools by the Education Minister, new opportunities to join with us for Epilepsy Awareness Month and an Open Garden for Epilepsy at Government House.

Epilepsy Tasmania will next year further extend its footprint in the north-west of our state and we are

excited to have a new volunteer Friend on board who will help place our reusable KeepCups into cafes around Ulverstone. Please get in touch if you have an idea to help us in the NW region.

In saying all this, we have one other incredibly exciting announcement about a year-long 'initiative' that will begin in Tasmania, extend interstate and culminate in Atlanta, the USA. We will unveil all in the January Brainwaves!

As we enter the Christmas holiday season, many places close and the way we connect and belong can take on different meanings and activities. For some, Christmas becomes a busy time with family and friends. For others, it becomes a time when we find ourselves with less activity and while this quiet time can be welcome, it can equally be unwelcome, leaving some people feeling unconnected to the people and activities we need and want. Staying in touch with the people around us, or perhaps joining in with activities in our community are some ways we can lessen any sense of isolation.

Our staff and Board have asked me to send my thanks and warm wishes to all of you and we look forward to returning from our Christmas and summer break fresh for 2019.



Wendy Groot, CEO Epilepsy Tasmania.



Shine a Light on Epilepsy with your Christmas Decorations

If you enjoy decorating your home or business with Christmas decorations and lights then consider spreading the joy with an Epilepsy Tasmania awareness

and fundraising event.

We have donation tins and posters to make it easy to raise awareness of epilepsy while asking visitors for a charitable donation. After all – 'tis the season to give!

Phone Bec on 6344 6881 for details.

And don't forget to set your Christmas lights to still on Sunday 23 December so people with photosensitive epilepsy can enjoy them too.



Special Offer just for our Friends!

As a Friend of Epilepsy Tasmania we would like to offer you first chance to purchase discounted early-bird tickets to next year's Open Gardens for Epilepsy event at Government House.

Normally \$20 pp, we are offering a limited number for sale to our Friends at \$15 pp which includes a guided tour of the gardens and a delicious morning tea. Tickets would make a great Christmas gift for family and friends – get a group together!

Be quick and book through www.TryBooking.com/ZUFO

Thank You to Our Volunteering Friends

This past week we hosted thank you lunches in Launceston and Hobart for our volunteer Friends who live around the state.

Volunteers are at the heart of our organisation and we couldn't achieve everything we are doing without them – thank you to each and every person who has volunteered their time to Epilepsy Tasmania.



Gifts that Keep On Giving

We have some great gifts and stocking fillers in our online shop that we can post Australia-wide for just \$8. Hassle-free, feel-good shopping is a click away [here](#).



**Merry Christmas from Wendy, Shirley,
Emma, Sheralyn and Bec.**

**Epilepsy Tasmania offices will
close from the 24th December and
reopen on the 7th of January.**

*"Experience is not what happens to you;
it's what you do with what happens to you."*

Aldous Huxley



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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