



## Hello Friend

Edition 13, 2019

Welcome to Brainwaves.

Thankfully as I write this edition, the rains have made an appearance in Tassie and everyone seems to be breathing a sigh of relief and feeling more hopeful.

In both our Launceston and Hobart offices, Epilepsy Tasmania staff are busy preparing for Purple Month 2019. March is our most important awareness and fundraising time of the year as National Epilepsy Awareness month. Epilepsy Tasmania is part of a collaborative national social media campaign and we are excited to soon be able to share our launch video with you on Facebook – just make sure you **Like our page** and to ensure you don't miss the video, **Follow** our page too and set your notifications to **see all our posts first** in your newsfeed.

In our next edition of Brainwaves we will be announcing our exciting new 'project' – here's a clue: it is based around the concept of Let's Lift Tasmania, it will require a passport for international travel, and it has an exciting support team. Any guesses?!

Enjoy the rest of your February and don't forget to let us know your suggestions for how we can better support Tasmania's epilepsy community.



**Wendy Groot**, CEO Epilepsy Tasmania.



## Meet Our Newest Soft Toy!

**The latest addition to our collectable toys is a dinosaur – and we are all pretty smitten with him ... or is it her?**

Can you suggest a name? We'll soon be running a Facebook competition but you can get in early on the chance to win one by [emailing Bec](#) your choice of name.

**[Buy now for just \\$10 on our website.](#)**



## National Media Coverage of Smart Schools

Have you spotted any recent publicity about our new Smart Schools programme yet? And there's more to come.

Epilepsy can impact a student's cognition and learning:

- Cognitive overload can cause seizures.
- Seizures can make it difficult to concentrate and remember new information.
- Memory difficulties can also be a side effect of medication.

The **Epilepsy Smart Schools** program has been created to ensure all children and young people living with epilepsy can enjoy a positive schooling experience and achieve their academic potential.

## Now is the time of year to ask schools to become Epilepsy Smart.

Phone Epilepsy Tasmania on 6344 6881 or visit its [website](#) to find out how your school can become an Epilepsy Smart School this year.



### March is Purple Month– WE NEED YOU!

National Epilepsy Awareness Month is our month–long focus on raising awareness of epilepsy while fundraising to provide education and support services to Tasmanians affected by epilepsy.

We still need fundraisers to help us during March. If you have even just a small amount of time to donate to us please consider helping in some way. We need people to help at:

- Open Garden for Epilepsy at Government House (all training provided + free entry and delicious morning tea).
- Bunnings BBQs – at Kingston, Mornington and Glenorchy.
- Awareness–raising activities – at your school, workplace, sports group, community activity or something you can do with your family and friends. **We'll provide you with merchandise, information, brochures and suggestions.** Hop onto to our website [here](#) to register your activity. Or give us a call on 6344 6881 to talk about what you might like to do and how we can support you.

Please [email](#) or phone our volunteer coordinator Sheralyn Jackson on 0419 596 489 for more information.

**Volunteers are the heart of our organisation and we thank you for your support.**



## See Australia's best Victorian-era garden

This is a very special opportunity to enjoy a guided garden tour and delicious morning tea at Tasmania's Government House in Hobart on Wednesday 6th March.

This event is an important fundraiser for us as ALL proceeds are kindly donated to Epilepsy Tasmania for the benefit of Tasmanians affected by epilepsy.

The gardens of Government House are extensive and feature many historical plants as well as a beautiful and highly productive food garden. And the morning tea is a treat not to be missed!

Please help us promote this event with your colleagues and friends. And don't forget to book your own ticket for \$20 – or get a group of five or more together for \$18 each.

We look forward to you joining us! Book through [www.TryBooking.com/ZUFO](http://www.TryBooking.com/ZUFO)

*"To live life would be an awfully big adventure."*

Peter Pan



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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Telephone: 03 6344 6881

Website: [www.epilepsytasmania.org.au](http://www.epilepsytasmania.org.au)

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

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