

Health & Wellbeing is  
everyone's priority



**Hello Friend,**

Edition 19, 2019

Welcome to Brainwaves!

During this past month, we have been pleased to confirm a new partnership with Seer Medical who provide bulk billed diagnostic services. We have already received positive feedback this month from

three Tasmanians who have accessed their service and you can read more in the section below.

We are pleased to announce that another Tassie school is now an Epilepsy Smart School – congratulations to Springfield Gardens Primary School!

The Premier has just announced that Health and Wellbeing is now a portfolio within Minister Rockliff's remit. To ensure Epilepsy Tasmania remains on top of your needs, we have developed a Health and Wellbeing survey. Please complete this and go in the draw to win a \$100 gift voucher.

The Facebook group for young people aged 13 to 24 years old is growing in numbers and following requests we have now established a families and carers group too. You can find the link below so please share this.

I hope you enjoy this Brainwaves and any feedback is always welcomed.



**Wendy Groot, CEO Epilepsy Tasmania.**



## **Bulk-Billed Diagnostic Services**

**Epilepsy Tasmania has recently partnered with Seer Medical – a bulk-billing diagnostic service. Ask us for a referral form to give your GP and ensure a**

**faster, streamlined referral process and neurological diagnosis.**

Seer is committed to making diagnosis and management of epilepsy easy. They have been providing ambulatory at home video-EEG-ECG monitoring since 2017 to address issues of accessibility and long wait-times. Since then, they have monitored well over 1,000 patients with a fully bulk-billed service that helps their doctors reach conclusive diagnoses. With clinics now in VIC, NSW, TAS, QLD, SA – and over 12 satellite clinics, Seer is lowering the barriers to world-class diagnostics.

Seer has also just released **a new App that makes it easier to monitor seizures** – click the image below for details.

If you would like to learn more about Seer's diagnostic service, please get in touch with them on 1300 869

888, email [info@seermedical.com](mailto:info@seermedical.com) or visit  
[www.seermedical.com](http://www.seermedical.com)



## ***NEW* Health & Wellbeing Survey**

Please complete our short Health & Wellbeing survey if  
you have epilepsy, or know someone who has or is

affected by epilepsy.

Your lived experiences, suggestions and ideas will improve the health and wellbeing of Tasmanians affected by epilepsy by guiding new aspirations that will help us communicate with Government, health providers and local communities about issues that matter to you.

Complete our survey before the 31st August and go in the draw to win a \$100 gift voucher.

**Complete our survey and WIN**

## **Office Space Available in Launceston**

462 Wellington Street, South Launceston, Tasmania  
7249, Australia

This is our Launceston office and we have space to spare. Click the link below to see details and photos.

[View Property Here](#)



for Families & Carers

**By popular demand, in addition to a Facebook group for 13 to 24-year-olds, we now have a Facebook group for adult family-members and carers!**

This new group is an online community for Tasmanians who are adult family members or carers of someone with epilepsy.

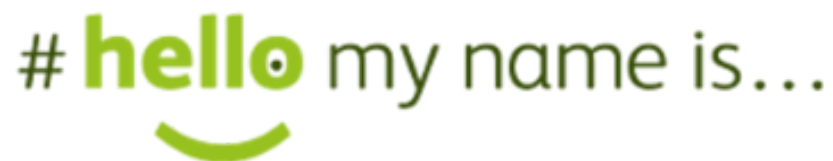
This group is a free online community for Tasmanians who are parenting or caring for someone with epilepsy and we hope it will provide an easy way to chat with others who are experiencing similar things around epilepsy. Talking with people who have had similar experiences can help people feel more understood and less alone. It will be moderated by Epilepsy Tasmania and to join, simply answer 3 questions.

Because it is a closed group, people who are not members will not be able to see posts from those within the group. If someone within the group wishes to ask something anonymously they can PM our moderators to have it posted on their behalf for discussion.

So... if you know someone parenting or caring for someone with epilepsy who may benefit from an online peer-support group, please direct them to our new Facebook group...



## Epilepsy Connect: Families & Carers Facebook Group



### **The 23rd of July is International #HelloMyNameIs day.**

This campaign originated in the UK by Dr Kate Granger MBE and her husband Chris Pointon to improve compassionate care.

When Dr Kate Grainger was diagnosed with a terminal illness she made the observation that many staff looking after her did not introduce themselves.

After ranting and whinging at her husband, he encouraged her to "stop whining and do something!" So she did!

Although Kate passed away in 2016, International 'hello my name is' day has become a chance to celebrate her life and the impact a simple message can have.

For more information, watch this video that Kate made about the day...

<https://www.youtube.com/watch?v=UmeQjgy4QnE>



# Springfield Gardens Primary School is Epilepsy Smart!

**Congratulations to Springfield Gardens Primary School who have completed their Smart Schools training and officially become an Epilepsy Smart School.**

They also raised \$138 by hosting a free-dress student day and the photo above was taken at their school assembly. Thank you to everyone at Springfield Gardens.



**Meet a Friend: Scarlett Paige**

**Scarlett has epilepsy and until a few years ago lived here in Tassie running some of Epilepsy Tasmania's Hobart support groups with her mum.**

**Now living in Melbourne, Scarlett was recently acknowledged at the international Golden Light Awards in Bangkok for her contribution to Australia's epilepsy community.**

**Here is Scarlett's story...**

*"My epilepsy journey started in January 2006. I was 18 and had the next 2 years of my life planned out – I was about to embark on my life-long dream to be an au pair in the United States of America. I was on the way to gaining my licence and had a job working in early education saving up for my trip.*

*Then epilepsy hit!"*

[Click to read more of Scarlett's journey](#)

*"We know what we are, but know not what  
we may be."*

William Shakespeare



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: 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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