



**Hello Friend,**

Edition 24, 2019

Hello and welcome to the last Brainwaves for 2019.

At Epilepsy Tasmania, we have all been reflecting on a great year and talking about our many achievements, including:

- Increasing numbers of Tasmanians accessing our organisation.
- 5 Tasmanian schools have completed their Epilepsy Smart accreditation.
- 46 schools have almost completed their Epilepsy Smart accreditation.
- Increasing numbers of Tasmanian businesses becoming Epilepsy Smart Workplaces.
- Growth in our volunteer and Friendship numbers.
- A close-knit team of staff who genuinely love their work.

Much of our growth can be attributed to the State Government funding we receive. We recently submitted a budget submission for the continuation of funding which we hope will allow Epilepsy Tasmania to continue providing services and support to Tasmanians affected by epilepsy. [Read our budget submission here.](#)

We are also grateful for the people who are out championing for the many Tasmanians who are living with or supporting someone with epilepsy.

Our AGM was held earlier this month and we welcomed some new Board members. [Read our Annual Report here.](#)

And of course, it is so very important to acknowledge and thank all of you – our Friends – as you have supported Epilepsy Tasmania in so many different ways this past year.

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.

We're looking forward to some time off to recharge, relax and enjoy the end-of-year festivities and we hope to see you all in the New Year.



**Wendy Groot,** CEO Epilepsy Tasmania.



### **Holiday Office Hours**

Epilepsy Tasmania will close Friday 20th December and reopen Monday 13th January.



## Christmas Gifts

There's still time to dash into our Hobart or Launceston offices for gifts that keep on giving – we have new items in stock including fun accessories, KeepCups, insulated drink tumblers, lunch boxes, umbrellas, soft toys and stickers.

[View Gift Selection](#)



**Epilepsy Tasmania in the Formula 500!**

Formula 500 racing car driver, Adam Burr, raises awareness of epilepsy every time he races with Epilepsy Tasmania's logo sitting high and proud atop his car.

Adam's cousin Shaun is an ambassador for Epilepsy Tasmania and because epilepsy has had such a significant impact on their whole family, Adam wants others to become aware of the condition and the Tasmanian support and services that are available.

Watch Adam race his Epilepsy Tasmania car this speedway season at Carrick, LaTrobe and Hobart racetracks. And in two days he is taking the car to Victoria to compete with drivers from every state at the Australian Formula 500 Championships at the Simpson Speedway near Warrnambool.

Good luck Adam – we look forward to hearing how you go!

## **Planning for Epilepsy Awareness Month**

March might seem like a long time away, but 2020 is only a month away.

Now is the time to start planning how you, your friends, workplaces, schools or community groups will help raise awareness of epilepsy during this month-long event.

We've created a new website page that makes it easy to register your ideas or events:

**Register Your Event Now**



## Download the Seer App

Epilepsy Tasmania recently partnered with Seer Medical – a bulk-billing diagnostic service that makes diagnosis and management of epilepsy easier.

Seer has just released a new App that makes it easier to monitor seizures.

Current features:

- Event logging via the app, or linked Bluetooth button
- A medication manager that helps you with your treatment
- View graphs to see patterns in your seizure history

Coming soon:

- Recording accelerometer data and audio around event times
- Daily check-in reminder (to check whether any events occurred)
- Daily mood / stress check

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)

**Download the App Now**



## 25 January – Celebrate with us at Triabunna

On the 25th January, the Spring Bay Mill in Triabunna will host a Sunflower Celebration with a focus on sustainable gardening, fresh produce and gardening.

Epilepsy Tasmania will be part of the event and we would love to see you at what is shaping up to be a great family day out. We also still need a few volunteers to help us – please [email](#) if you can spare a few (fun!) hours.

[Read about the Sunflower Celebration here](#)

***“Creativity is intelligence having fun.”***

Albert Einstein



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.



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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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