

We're still working.

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Edition 28, 2020

We're thinking of you **Friend**.

For some time now, to meet Federal and State Government recommendations, Epilepsy Tasmania staff have been working from home in order to reduce the spread of COVID-19 within Tasmania. However, please be reassured that we are still here — on the phone, on Facebook, on our website, on video chat and on Epilepsy Connect.

We have again updated our *COVID-19 and Epilepsy* website page: <https://epilepsytasmania.org.au/covid-19-corona-virus-and-epilepsy/>

And we strongly encourage all our Friends to regularly monitor and follow advice from the Tasmanian Government: <https://www.coronavirus.tas.gov.au/>

If you're on Epilepsy Tasmania's database then you may soon get a call from one of our staff to see if you need

anything from us during this period of isolation. We are increasing our provision of virtual support, including online group chats, individual phone support, peer support by phone and our Facebook groups for Families and for Young Tasmanians. If you have any suggestions on how we can better meet your needs – please tell us.

Purple Month is over, and we want to thank everyone who participated, volunteered or supported us. Despite COVID-19, the month was our most successful at increasing awareness of epilepsy in Tasmania, including more support from businesses who lit up purple and more people buying purple merchandise.

We thank our entire community for their understanding, patience and kindness during these challenging times.

Warm regards and take care,



**Wendy Groot, CEO Epilepsy Tasmania.**

**Finger Knitting school-at-home Challenge**

Schools and students who are schooling at home are encouraged to join our Finger Knitting School Challenge.

Finger knitting is an easy and relaxing craft activity that nearly anyone can do – and our challenge is a great incentive to stay busy while raising awareness of epilepsy on social media.

Watch seven-year-old Paige demonstrate how easy finger knitting is in our video

here: <https://epilepsytasmania.org.au/finger-knitting-challenge/>

Share photos of your **purple** finger knitting on social media using **#FingerKnittingChallenge**.

Epilepsy Tasmania will monitor **public social media pages** and re-share your efforts.

**THERE ARE SOME GREAT PRIZES TO WIN TOO!**

Register for the Challenge



**In Memory of Frank**

We would like to remember Frank who sadly passed away on March 8 and send our condolences to his family. Frank had asked his funeral attendees to donate money in lieu of flowers to Epilepsy Tasmania and we were very grateful to receive their donations that help us continue providing services and support to Tasmanians with epilepsy.



## Podcasts *listen* / Booklet *read*

If you missed our **My Journey photo-story** exhibition last week in Launceston, download and read the e-booklet for just \$5

here: <https://epilepsytasmania.org.au/product/my-journey-booklet/>

**My Journey is a collection of honest, confronting and inspiring reflections on a condition that is often hidden.**

Download and listen to the **My Journey podcasts** on **Spotify, Apple iTunes, CastBox** and all good podcast channels or click the button below.

[Listen Here](#)

***“No act of kindness, no matter how small, is ever wasted.”***

Aesop



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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