



# **CROYDON EPILEPSY SOCIETY**

## **NEWSLETTER**

### **Spring 2015**

After a mild but rather wet winter we hope our members are enjoying the lighter days and the spring bulbs which are flowering all around us.

We hope 2015 brings our members prosperity and for those of our members seeking employment we hope opportunities will arise over the year as the economy appears to be improving.

We would like to wish our members a Happy Easter. We also have an election looming in May.

We have included an article in this Newsletter about useful websites for job searching as we have had a number of enquiries from people asking for advice. We have just taken on a volunteer over the last few weeks. He is currently looking for a permanent work position. If you are unemployed and would be interested in doing some voluntary work for the society please contact us. For other volunteering opportunities we also recommend that you register with the Croydon Volunteer Agency based in London Road, West Croydon.

[www.cvalive.org.uk](http://www.cvalive.org.uk), telephone no 020 8253 7060.

In February I went to the David Lean Cinema in the Croydon ClockTower, Katherine Street, to watch the film “**Electricity**” starring the successful model Agyness Dean. The film showed a realistic portrayal of epilepsy and a truly heart-breaking story.

If you missed the opportunity to see the film at the cinema the DVD is being released on 6th April. You can order your copy at [epilepsy.org.uk/electricity](http://epilepsy.org.uk/electricity), you'll be directed to Amazon but Epilepsy Action receives a donation from Amazon at no extra cost.

### **National Epilepsy Week 2015**

National Epilepsy Week will be celebrated between 17th and the 23rd of May 2015. Croydon Central Library will be having a display with leaflets to promote the event locally. The display will be on Level 1 and will run for 2 weeks from Monday 11th May to Saturday 23rd May.

### **AGM 2015**

The AGM will take place during National Epilepsy Week on Tuesday 19th May. We have booked a room at the East Croydon United Reformed Church hall to host the AGM this year. The address is Addiscombe Grove, Croydon, CR0 5LP.

The church hall is within walking distance of East Croydon station and we hope if the venue is more central it may encourage a few more members to join us this year. Both Marco and myself will be hosting the event. Our President, Prof Frank Besag will be also joining us. We will provide drinks and nibbles. The start time of the AGM will be at 7.30pm with people arriving from 7.15pm. We have also extended the invitation to a number of people who have contacted us during 2014 for advice and support.

I would also like to remind members that the 2015 membership subscription is now due. Please find a renewal form included with the Newsletter. Your support is vital to keep the society going as we have no longer have council funding.

Dawn Gibbons, Honorary Secretary

### Purple Day 26th March 2015



Turn your world purple for Purple Day on Thursday 26<sup>th</sup> March 2015. **Purple Day is the international day for epilepsy awareness.** You could paint yourself purple, hold a tea party or get everyone at work to dress in something purple for the day.

Cassidy Megan who is aged 15 created the idea of **Purple Day** in 2008, motivated by her own struggles with epilepsy. Cassidy's goal is to get people talking about epilepsy in an effort to dispel myths and inform those with seizures that they are not alone. The Epilepsy Association of Nova Scotia, Canada came on board in 2008 to help develop Cassidy's idea which is now known as the Purple Day for epilepsy campaign.

In 2009, the New York-based [Anita Kaufmann Foundation](#) and [Epilepsy Association of Nova Scotia](#) joined forces to launch Purple Day internationally. As the global sponsors of Purple Day, both organizations are committed to partnering with individuals and organizations around the world to promote epilepsy awareness.

Purple Day is supported by the UK charity Epilepsy Action.

For further details visit [www.epilepsy.org.uk/purple](http://www.epilepsy.org.uk/purple) or [www.purple.day.org](http://www.purple.day.org).



## Useful internet sites for job search

As mentioned earlier since producing our Winter Newsletter we have received a number of calls from people with epilepsy who are unemployed and wanting to find work.

It's no secret that nearly all the information we seek is on the internet, from checking train times to online shopping. Job searching has also gone digital and there are many websites on the internet which can help you look for that perfect job.

Gov.uk is the national government website for those looking for employment but other useful sites include Fish4jobs, Gumtree, Guardian Jobs, Indeed Jobrapido, Jobmatch, MonsterJobs and Reeds.

It's also a good idea to go to websites that specialise in the type of jobs that you're interest in. We'll concentrate on sites that specialise in care work and catering for this spring newsletter.

Care work:

[www.jobs.nhs.uk](http://www.jobs.nhs.uk)

[www.carehome.co.uk](http://www.carehome.co.uk)

[www.carers.careuk.com](http://www.carers.careuk.com)

[www.indeed.co.uk](http://www.indeed.co.uk)

[www.jobs.communitycare.co.uk](http://www.jobs.communitycare.co.uk)

Catering:

[www.caterer.com](http://www.caterer.com)

[www.reed.co.uk](http://www.reed.co.uk)

[www.incatering.co.uk](http://www.incatering.co.uk)

[www.jobsite.co.uk](http://www.jobsite.co.uk)

[www.leisurejobs.com](http://www.leisurejobs.com)

All the sites listed above have extensive access to all the carer and catering sector. They are very simple to use and most will require you to register with them. The advantage of this is that you can receive job alerts to your emails or phones and that way you can keep in touch with your job searches.

If you do not have a computer at home don't forget you can visit any local library in the Croydon borough and if you register as a member you can have two hours computer access free of charge to search the internet and send emails. Printing is 12p a page if you need to print off an application form.

Visit [www.croydonlibraries.com](http://www.croydonlibraries.com) to find your nearest library and their opening hours.

All the best.....

Article by Marco Valencia

## Useful Community Contacts:

### Croydon Carers Centre

The Croydon Carers Centre is based at 12 Katherine Street, Croydon, CR0 1NX  
Telephone No: 020 8688 7219. Email: [enquiries@croydoncarers.org.uk](mailto:enquiries@croydoncarers.org.uk)

### Croydon Carers Support Centre

In October 2013, the **Croydon Carers Support Centre** set up in 24 George Street, Croydon. CR0 1PB

Telephone No: 020 8649 9339 Email: [info@carersinfo.org.uk](mailto:info@carersinfo.org.uk)

# Croydon Epilepsy Society Contact Details

## Drop In Centre Update

We are hoping to continue running the centre on a Wednesday on a regular basis from 11 am to 3pm subject to staff cover. Please contact us in advance if you would like to visit us at the centre so a volunteer will be there to speak to you.

When unmanned please email [cesociety@btconnect.com](mailto:cesociety@btconnect.com) or phone us and leave a message and we will endeavour to get back to you as soon as possible.

**Further information can be provided by the following national support groups when our centre is closed:**

Epilepsy Action [www.epilepsy.org.uk](http://www.epilepsy.org.uk)  
Epilepsy Society [www.epilepsysociety.org.uk](http://www.epilepsysociety.org.uk)

Helpline 0808 800 5050  
Helpline 01494 60140

Address: The Len Pant Community Centre, 17 Elmwood Road, Croydon CRO 2SN.  
Telephone: 020 8665 1255

Email Address: [cesociety@btconnect.com](mailto:cesociety@btconnect.com)

Visit our Facebook Page: [www.facebook.com](http://www.facebook.com)

Web Site: [www.croydonepilepsysociety.org](http://www.croydonepilepsysociety.org)

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## Elected Members

### President

Professor F M C Besag, FRCP, FRCPsych, FRCPCH.

### Vice - Presidents

Rev B Pavitt  
Rev G Derriman  
Mrs R Richmond

### Honorary Vice - Presidents

Dr P B C Fenwick  
Rev Canon R S White  
Mrs Rosemary Aselford

## Committee Members

Position Vacant	Chairman
Ms Dawn Gibbons	Honorary Secretary
Mr Richard Ruffell	Honorary Treasurer
Mr Stephen Marshall	
Mr Marco Valencia	