



CROYDON EPILEPSY SOCIETY

Spring 2019 NEWSLETTER

We wish all our members a **Happy Easter**.

We were contacted in February by **First Give** to inform us we had been given a cheque for £1,000 as a result of their programme and the participation of the **Quest Academy**. We would like to thank both First Give and the students of Quest Academy for their support.

Due to our healthy bank balance we have decided to reduce our membership fees this year. This was discussed and agreed at last years AGM.

Purple Day took place on Tuesday **26th March 2019**. Purple Day is an international grassroots effort dedicated to increasing awareness about epilepsy worldwide. On March 26th annually, people in countries around the world are invited to wear purple and host events in support of epilepsy awareness. This year all money raised by Epilepsy Action supporters went towards services for young children and their families. The "Just for Kids" packs help children to understand their condition better. <https://store.epilepsy.org.uk/products/just-for-kids>



National Epilepsy Week - Notice of AGM

National Epilepsy Week is taking place from Monday 20th May until Sunday 26th May 2019. **We have decided to hold our AGM on Tuesday 21st May 2019**. The event is taking place at the East Croydon United Reformed Church hall in the Beginners Room. The address is Addiscombe Grove, Croydon, CR0 5LP. The start time of the AGM will be at 7.30pm with people arriving from 7.15pm. Both Marco and myself will be hosting the event. Our President, Prof Frank Besag will hopefully be able to join us as well. We will provide drinks and nibbles. **We look forward to meeting members and getting your feedback so please join us if you can.**

Sadly, we were informed of the death of Ken Smith by his son Matthew in December. Ken had supported the society over a number of years and he will be missed.



Croydon Care Directory 2019

This Directory is available at your Croydon library. Visit www.londoncaresdirectories.co.uk to order one on-line.



World Health Day was on the 7th April 2019.



Universal health coverage is World Health Organisation's number one goal. Key to achieving it is ensuring that everyone can obtain the care they need, when they need it, right in the heart of the community. Progress is being made in countries in all regions of the world. But millions of people still have no access at all to health care. Millions more are forced to choose between health care and other daily expenses such as food, clothing and even a home.

Spring-Summer events

With the Easter break and Spring Bank Holidays in May find time to visit these:

The **National Garden Scheme** gives visitors unique access to over 3,500 exceptional private **gardens** in England and Wales, and raises impressive amounts of money for nursing and health charities through admissions, teas and cake. Pick up a booklet at your local library or visit <https://www.ngs.org.uk> for more information.



Mary Quant Exhibition at the V & A Museum, London

From miniskirts and hot pants to vibrant tights and makeup, discover how Mary Quant launched a fashion revolution on the British high street, with over 200 garments and accessories, including unseen pieces from the designer's personal archive. On now until Sunday, 16th February 2020
<https://www.vam.ac.uk/exhibitions/mary-quant>



Nelson Mandela Exhibition at 26 Leake Street Gallery, near Waterloo

The show included more than 150 artefacts that the former South African president used during his prison sentence on Robben Island to his trademark colourful shirts. On now until 2nd June 2019
<https://mandelaexhibition.com>



Diet and Nutrition

A balanced diet from different food groups helps the body and brain to function, helping us to stay healthy. This may help reduce the risk of seizures for some people with epilepsy. Making your own meals gives more control over what you eat, and some things can help make cooking safer if you have seizures. There are no specific foods that generally trigger seizures, as epilepsy is very individual.

How does diet affect epilepsy?

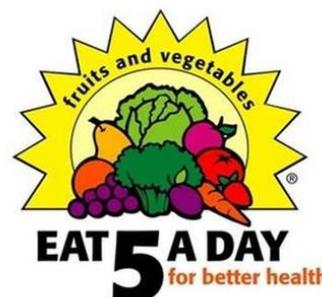
Although there is little evidence that a balanced diet has a direct effect on seizures, it provides essential nutrients and keeps our energy levels steady. A balanced diet may also help you to keep a regular sleep pattern and keep active, both of which are good for overall health. Getting enough sleep may help to reduce the risk of seizures for some people. A diet that suits you may help you to feel positive, more able to focus and more in control of your life and decisions about managing your epilepsy.

What is a balanced diet?

A balanced diet is generally made up of carbohydrates, fats, proteins, vegetables and fruit, and drinking plenty of fluids. Research continues into what makes a healthy diet, and dietary guidelines are also influenced by where we live, our health needs, and our lifestyle.

Currently it is recommended that we aim to eat at least five portions of vegetables or fruit per day.

Drinking water helps us to function and concentrate, and reduces the risk of seizures triggered by dehydration.



Useful Information:

Croydon Health Services Neurology Department:

If you are a local support group requesting more information on epilepsy and for a speaker to come to your group to talk about epilepsy and the support available to those who may have epilepsy or be a carer for someone who has the condition. Please email for general enquiries ch-trspecialistmedicine1@nhs.net. The Neurology department includes providing support to those with epilepsy. There are two epilepsy nurses working in the department and they be able to visit your group and provide such a service.

There is a Epilepsy Nurse Hotline/Advice telephone number which is open to GP's and patients (who are already known to the Epilepsy Service). If you are registered with a Croydon GP and under the care of a Croydon Neurologist and feel this service would benefit you please discuss with your GP who would be able to provide you with the number.

The Croydon Carers Support Centre in George Street, Croydon is open to provide support to carers. <https://www.whitgiffoundation.co.uk/content/carers-support-centre>

Croydon Age UK offer a range of practical home services for everyone living in the local area, especially those in later life. These include : Handy person, Home Help, Trades Persons List and Nail Care. Charges do apply. Tel no: 0208 683 7120, email homeservices@ageukcroydon.org.uk, www.ageukcroydon.org.uk
There is also a Helpline no 0208 686 0066 for general enquiries.

Croydon Epilepsy Society Contact Details

Please contact us by phone or email. Please leave a message on our mobile no or text us and we will get back to you asap.

Further information can be provided by the following national support groups if you need urgent support:

Epilepsy Action www.epilepsy.org.uk Helpline 0808 800 5050
Epilepsy Society www.epilepsysociety.org.uk Helpline 01494 60140

Address: 64 Newlands Woods, Bardolph Avenue, Croydon CRO 9JR.
Mobile No: 07926372711

Email Address: croydonepilepsy@gmail.com

Visit our Facebook Page: www.facebook.com/croydonepilepsysociety

Web Site: www.croydonepilepsysociety.org

Twitter: Follow us @croydonepilepsy (<https://twitter.com/croydonepilepsy>)

Elected Members

President

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

Vice - Presidents

Yvonne Green

Honorary Vice - Presidents

Dr P B C Fenwick
Mrs Rosemary Aselford
Mrs Rita Richmond

Committee Members

Mr Marco Valencia Chairman
Ms Dawn Gibbons Honorary Secretary
Mr Richard Ruffell Honorary Treasurer

