Epilepsy Smart Schools is now National!

Around 1 in 200 Australian students attending school live with epilepsy. Most schools have one or more students with epilepsy amongst their population. Not surprisingly, when the Epilepsy Foundation makes people aware of this statistic they are often quite shocked.

Seizure activity, anti-epilepsy medications, medical appointments and the stigma still associated with epilepsy can have a negative effect on children’s school performance and social relationships. Consequently, children miss days at school, fall behind in their school work, experience memory issues and fatigue, and can feel isolated from school friends and peers.

The Epilepsy Foundation is working hard to change this. This is the reason why we developed the Epilepsy Smart Schools program. The national implementation of the Epilepsy Smart Schools will have a positive impact on everyone in school communities and seeks to create generational change through a better understanding of epilepsy across Australia.

More principals, teachers, peers and parents will be ‘epilepsy aware’ and know just what to do if a student has a seizure or is affected by the ‘epilepsy fits’.

This year’s Purple Day campaign was a resounding success with cities and towns across Victoria and New South Wales going purple for people with epilepsy. Here are some of the wonderful highlights of Purple Day 2018.

• Ash Waring, manager of Bunnings in Byron Bay, inspired stores across New South Wales to go purple for March, raising nearly $5,400 from barbecues, auction and raffle, with all items donated by the local business community.

• Led by Kathleen Gray, the Town Hall of Glen Innes turned purple and the community came out in full support. Kathleen was driven to raise awareness and funds as her husband had died because of epilepsy.

• Every year Tania Cardell holds her annual Trivia Night for March, raising over $25,000.

• Berwick Primary School went all out purple raising $7,300 for epilepsy support and information.

• Closer to home, Trisha Ranchod organised the Raffle of her son Brian who passed away because of epilepsy. This year over $24,500 was raised from raffles.

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PLAY FOR PURPOSE
Imagine living the life you’ve always wanted. Driving away in the car of your dreams. Taking your family and friends on that trip of a lifetime. This is your opportunity to enter our Play For Purpose raffle and help people living with epilepsy.

First prize is $500,000 to invest or spend as you see fit. Over $1 million worth of prizes is up for grabs, with over 1,000,000,000 tickets on offer. Enter our Play For Purpose raffle today. Each raffle ticket costs $25. Visit: playforpurpose.com.au/epilepsy-foundation

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The Epilepsy Foundation is here to support anyone who has experienced the loss of a loved one through epilepsy. Our Memorial Service is a chance for everyone, family and friends to remember and celebrate those who have died through epilepsy. The Memorial Service provides an opportunity to meet, share their personal stories and experiences and connect with each other in a safe and understanding environment. There was hardly a dull moment. Families met wild animals, tucked into magic storytime, learned to draw, experienced water in the form of an ice cream melting, had their faces painted, and so much more! Everyone had a go at painting and their faces were covered with paint like a Picasso's. It was a joy and the laughter and chatter was deafening. The Epilepsy Foundation is here to support anyone who has experienced the loss of a loved one through epilepsy.

**FIRST RESPONDER TRAINING**

The recent media coverage of First Responders interactions with people having seizures has highlighted the need for developing appropriate resources for this important community service sector. The challenges First Responders face on a daily basis make for a complex and potentially dangerous workplace.

Seeing someone acting strangely may be interpreted as them being drunk, under the influence of drugs, a psychiatric episode, a hypoglycaemic attack or another trigger. How to respond to any given situation is complex, and a challenge to determine an appropriate response.

The Epilepsy Foundation has been communicating with government to work collaboratively with the Victorian Police, Ambulance Victoria and Public Transport Officers (PTO’s) to raise awareness about epilepsy. We have been successful in having the Government Department of Education and Training make education training mandatory in government schools and we want to have the same for first responders and PTO’s.

We want to work with First Responders to help assist them in their role and get better outcomes for all when they are responding to someone having a seizure.

We must develop the best training and resources for an Australian context. We will develop best practice programs from around the world. Our experience in developing on line training for Schools, Aged Care and the Disability services means we are well placed to develop Epilepsy Smart programs for first responders.

The Epilepsy Smart programs require a substantial investment however they have a huge impact on improving people living with epilepsy lives through greater awareness, knowledge and understanding.

In the case of first responders, the program will reinforce existing training in how to support people during and after a seizure and to keep them safe, to minimise self-damage and harm, reduce Ambulance call outs and Accident and Emergency presentations.

**COMING TOGETHER TO REMEMBER**

On Sunday 27 May the Epilepsy Foundation held its ninth biennial Epilepsy Memorial Service. This was a wonderful opportunity for the community to come together to remember and celebrate those who have died through epilepsy. The Memorial Service enabled family, friends and Epilepsy Foundation staff to support each other and share in the memories of those no longer with us.

Many who came to the Service commented on how this was their chance to remember their loved one in a supportive and understanding environment. They also wanted to connect with and support others who know only too well what a loss through epilepsy means.

The Epilepsy Foundation is here to support anyone who has experienced the loss of a loved one through epilepsy. Our belief is that no one with epilepsy should go it alone, and we extend our support to anyone affected by loss through epilepsy.

**SUPPORTING PEOPLE ON THEIR JOURNEY WITH EPILEPSY**

Epilepsy is a chronic disorder of the brain that can affect any person regardless of their age, ethnicity, beliefs or socio-economic status. Today, around 250,000 Australians have epilepsy. The Epilepsy Foundation is here for every person living with epilepsy. We are here for their loved ones and their carers to help them understand this condition and how best to manage epilepsy.

Sharing stories and experiences in a safe space

The ‘Parent 2 Parent’ morning tea provided an opportunity for people to meet, share their personal stories and experiences and connect with each other in a safe and understanding space.

Two parents opened the event by sharing their personal journeys of parenting a child with epilepsy. There was laughter and tears, and many parents speaking of the benefits of meeting that are not all in their experience. The response was overwhelmingly positive and as one parent commented “it was what we needed.”

The Epilepsy Foundation runs a range of Peer Support Groups and events running throughout the year. If you or a loved one is living with epilepsy you can find out more about our peer support groups by visiting epilepsyfoundation.org.au/peersupport/ or call our Information Line on 1300 761 487.

**COME VISIT OUR BRAND NEW OP SHOP!**

Set right in the heart of the famous ‘Seaview Shopping Village’ in Beaumaris, our newest Op Shop is brimming with fashion and homewares, just for you. Come down and say hi! You’ll find a treasure or two or three...don’t forget to bring a reusable shopping bag to take your purchases home.

Epilepsy Foundation Op Shop can be found at 341 Balcombe Road, Beaumaris.
Epilepsy is often a lonely and difficult journey. For some it is also a journey filled with stigma and isolation. It is so important that people with epilepsy feel completely supported and loved.

The Epilepsy Foundation works with individuals and families, organisations and the community to increase people's understanding of epilepsy. Our goal is to stop epilepsy deaths, end childhood epilepsy, get a good education, help people get and keep their jobs, and help people feel safe and connected.

Every day we try to make life better for people living with epilepsy. But to do so, we need the caring support of the community.

This year we are launching our very first 'Walk for Epilepsy'.

On Sunday 21 October, Princes Park Carlton, 11.00am start

Together, let's Walk for Epilepsy.

WALK FOR EPILEPSY
A GREAT DAY OF FUN AND EXCITEMENT FOR YOUNG AND OLD,
ON SUNDAY 21 OCTOBER, PRINCES PARK CARLTON, 11.00AM START

SUNDAY 27 MAY
THE EPILEPSY MEMORIAL SERVICE

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Sharing stories and experiences in a safe space

The ‘Parent 2 Parent’ morning tea provided an opportunity for parents to meet, share their personal stories and experiences and connect with each other in a safe and understanding space.

Two parents opened the event by sharing their personal journeys of parenting a child with epilepsy. There was laughter and tears, with many parents speaking of the blessings of realising that they are not alone in their experience. The response was overwhelmingly positive and as one parent commented “it was what we needed”.

The Epilepsy Foundation runs a range of Peer Support Groups and events running throughout the year. If you or a loved one is living with epilepsy you can find out more about our peer support groups by visiting www.epilepsyfoundation.org.au/supports or call our Information Line on 1300 761 487.

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**WALK FOR THOSE YOU LOVE - WALK FOR EPILEPSY**

**Sunday 21 October, Princes Park Carlton, 11.00am Start**

Epilepsy is often a lonely and difficult journey. For some it is also a journey filled with stigma and isolation. It is so important that people living with epilepsy feel completely supported.

Every year we launch a unique initiative as part of the ‘Walk for Epilepsy’ on Sunday 23 October, 11.00 pm, Princes Park in Carlton for what promises to be a fun and wonderful event for people of all ages.

Together we can show our support for those who dearly love who have epilepsy and let them know they are not alone.

Just like Tracey who is walking for her children: “I have three boys aged 8, 6 and 3 years. My middle son was diagnosed at 3 years old with epilepsy and let them know they are not alone. Together, let’s show people with epilepsy they are not alone.”

**WALK WITH EPILEPSY**

**Visit www.walkforepilepsy.com.au to learn more or to register**

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The Epilepsy Foundation is working hard to change this. This is the reason why we developed the Epilepsy Smart Schools program. The national implementation of the Epilepsy Smart Schools program will have a positive impact on everyone in school communities and seeks to create generational change through a better understanding of epilepsy across Australia.

More principals, teachers, peers and parents will be ‘epilepsy aware’ and know just what to do if a student at their school has a seizure or is affected by the epilepsy they have at home. Education also want to know that students with epilepsy can and be able to participate in school activities.

Naturally, parents and carers want to know that their child is in safe hands, getting the best education they can and will go on to be diagnosed with epilepsy. We went to raise awareness and funds to assist those either living with the disorder or have a friend or family member who does,” said Brendan.

Brendan, Josh and Daniel’s original goal was to raise $10,000 for the Epilepsy Foundation. Within the first 24 hours of launching their campaign the boys had raised $3,500. “This is 365 days, 367 hours, 2,530,600 minutes, 151,926,200 seconds WITHOUT A DRIZZ.”

“ICE-COLD (ALCOHOLIC) BEER. Meanwhile, United Breweries shares have plummeted,” joked Brendan.

Because of the wonderful generosity of family, friends and strangers the boys have set a new target of $25,000. As at the end of July, the boys had raised over $23,000.

Brendan, Josh and Daniel, from everyone at the Epilepsy Foundation and every person who lives with epilepsy a huge THANK YOU! You guys rock!
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Educators also want to know that students with epilepsy enjoy a positive schooling experience which maximizes their educational potential and future. Visit www.epilepsysmartschools.org.au

Please spread the word about the Epilepsy Smart Schools program or make a donation today so that we can sustain this invaluable program into the future. Visit www.epilepsysmartschools.org.au

Epilepsy Smart Schools IS NOW NATIONAL! “A YEAR WITHOUT BEER” IN SUPPORT OF PEOPLE WITH EPILEPSY

Epilepsy Smart Schools is a nation-wide awareness campaign to help create the Epilepsy Smart Schools project, where children are aware of epilepsy and students are taught how to deal with it. The Epilepsy Smart Schools project will be a national awareness campaign to improve the awareness of epilepsy in schools.

Around 1 in 200 Australian students attending school live with epilepsy. Most schools have one or more students with epilepsy amongst their population and more than 4% of Australian children have a family member with epilepsy.

Epilepsy Smart Schools is a project to help raise awareness and understanding of epilepsy in Australia. The project will be a partnership between the Epilepsy Foundation of Australia and the Australian Primary Health Care Research Institute (APHCRI).

The Epilepsy Foundation is a national organisation that is dedicated to improving the quality of life for people living with epilepsy. The Foundation is working towards a world where people with epilepsy are no longer isolated or unknown. The Foundation is committed to achieving this goal through advocacy, research, education and support.

PURPLE DAY A HUGE SUCCESS!

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• Kathleen Gray, the Town Hall of Glen Innes Champions Club of Casey rode over 100kms to Berwick RSL, in Geelong, Trisha and 50 friends from the Rotary Club of Geelong, Trisha and 50 friends from the Rotary Club of Geelong, Trisha’s Life - A ride to remember.

• Kathleen is a living with epilepsy who has a friend who is using a wheelchair. Kathleen continues to raise awareness and funds for getting involved.

• Led by Kathleen Grenfell, the Town Hall of Glen Innes turned purple and the community came out in full support. Kathleen is a living with epilepsy who has a friend who is using a wheelchair.

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Brendan, Josh and Daniel, from everyone at the Epilepsy Foundation thank you very much! Thank you again!

THANK YOU TO OUR WONDERFUL COMMUNITY OF DONORS

No one with epilepsy should be left alone. No one with epilepsy should struggle with their condition. No one with epilepsy should worry about finding the right information and support.

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