



## ***SUPPORTING YOU ALL THE WAY***

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***A guide to our epilepsy services for you***



@epilepsyireland



www.facebook.com/epilepsy.ie

**Web:** www.epilepsy.ie

**Email:** info@epilepsy.ie

# ***EPILEPSY IRELAND – What we do:***

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***Our VISION is*** to achieve a society where no person's life is limited by epilepsy.

***Our MISSION is*** to work for, and meet the needs of, everyone with epilepsy in Ireland and their families and carers.

***Our OBJECTIVES are:***

- To provide information and support to people with epilepsy and their families.
- To educate health professionals in dealing with epilepsy.
- To improve public understanding of epilepsy (to eliminate fear and prejudice).
- To undertake, encourage and assist research into the causes of, cure for and management of epilepsy.
- To provide training and employment services for young people with epilepsy.
- To operate as a public forum and an advocate for the condition.
- To promote legislative and civil rights for people with epilepsy and to campaign to eliminate all discriminatory practices and policies affecting them.

***Our SERVICES are*** about helping people with epilepsy (and their families and carers) to manage the condition, improve their lives and fully participate in broader community life.

# Our Services

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## **One-to-One Support**



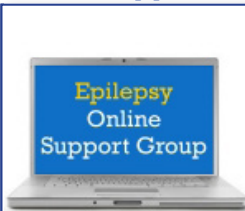
If you or a family member has epilepsy, we are here to help you. Through our nine regional offices and our head office in Dublin, we provide support and advice for people with epilepsy and their families and carers. Whether it's information, advocacy or just a listening ear, our community resource officers can meet with you, talk to you by phone, or answer your email!

## **Community & Hospital Outreach**



We want our support service to be as accessible as possible. Because some people with epilepsy might find it difficult to travel to us, and in order to support as many people as possible, we run outreach clinics in many hospitals and community settings across the country. We provide our one-to-one support service for you in these settings.

## **Online Support Group**



We run regular online support groups, offering a forum for people with epilepsy to share their own experiences and meet others. People chat, make online friends, and learn from each other. Our online community is growing and reaching more people across the country, no travelling required! Just log on to a group and join in!

## **Events, Seminars & Conferences**



We run events in all regions, ranging from talks, information sessions and seminars to family fun days out. We also run awareness raising events for National Epilepsy Week and European Epilepsy Day. Our national conference each year brings you the most up-to-date views of epilepsy from both national and international experts in the field.

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## ***Epilepsy Toolkit***



We offer an all-inclusive toolkit and support programme for those recently diagnosed with epilepsy, with all you need to record and manage your condition. This is provided in a handy folder by our trained staff who will help you to understand and use your toolkit, answer your questions and provide key information.

## ***Regional Support Groups***



Take the opportunity to meet others with epilepsy. Come and enjoy time together, have a chat and a coffee, and share life experiences. Our support groups are run in a number of locations nationwide, both for people with epilepsy and for parents of children with epilepsy. We often hold evenings with specialist speakers on various topics.

## ***Training & Education***



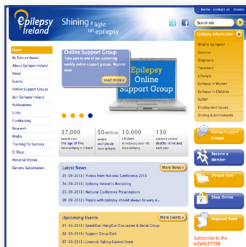
We provide epilepsy awareness and emergency rescue medication training to schools, health-care professionals and the broader community. We also run Training For Success (TFS), a one-year training course in the Institute of Technology, Sligo for people with epilepsy who wish to learn about their epilepsy and develop work skills.

## ***Nurse Helpline (01) 455 4133***



Our community epilepsy specialist nurse runs a helpline for any questions you may have about your epilepsy. This service is available for people with epilepsy, their families and carers. For many people, this service is invaluable as it provides you with access to specialist medical knowledge from your own home.

## Information Resources



We provide up-to-date information about epilepsy for you, with over 40 individual information leaflets available from our offices or from our website [www.epilepsy.ie](http://www.epilepsy.ie). We also provide a number of booklets and books on a variety of aspects of epilepsy. We have information packs for professionals also – teachers, nurses and employers.

## Aids & Appliances



Your safety is very important, and we can work with you on safety planning. There are a number of ways that you can reduce risks relating to epilepsy. We offer a range of aids and appliances including anti-smother pillows and epi-alert ID bracelets. The bracelets are available for men and women in both sterling silver and silver plating.

## Social Media



Join our active online community on Facebook and Twitter and share your views. Find out what's happening and keep up with the latest news about epilepsy and epilepsy-related issues. Meet others with epilepsy and chat to them too! We post all our activities and upcoming events so that you know what's happening in your region.

## Research & Political Advocacy



We know how important research is and we undertake and fund research into the causes, cures and management of epilepsy. We also operate as a public forum, advocating in the political arena on behalf of people with epilepsy and promoting their legislative and civil rights. We campaign to eliminate all discriminatory practices regarding epilepsy.

## Help Us to Help You!



Dedicate your next fundraising event to us – whatever event you want to organise, be it climbing a mountain or running a race – let Epilepsy Ireland be the charity of your choice! Or you can get involved with our next ROSE WEEK or other fundraising activities, meet new people and have some fun! Your help supports us to deliver services that meet your needs.



# ***Become a Member of Epilepsy Ireland***

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***Stay informed on critical issues affecting you***  
*Together our voices can bring a brighter future for people with epilepsy*

## ***Your charity, your voice!***

- Epilepsy Ireland is the only national organisation supporting and representing people with epilepsy in Ireland.
- We provide a voice for the community of people in Ireland with epilepsy.
- We are created by members, for members.
- There's strength in numbers – help us to advocate for epilepsy-related issues by joining us.



## ***What you get:***

- Four newsletters per year with all the latest information, events and activities relating to epilepsy.
- FREE epi-alert bracelet or epilepsy anti-smother pillow with the first two-year membership.
- A say in how Epilepsy Ireland runs and operates.
- Subsidised rates for our national conference; free attendance or special rates at local events.
- Belong to our community of people with epilepsy and their families.

***All for only €12.70 per year!!***  
***(or special rate of €20 for two years)***

# Membership Form



To join Epilepsy Ireland, simply complete this form and return it to us with your cheque/postal order, or visit our website at [www.epilepsy.ie](http://www.epilepsy.ie) where you can join and pay online by Visa/MasterCard.

**Membership Type:** New ☐ Renewal ☐

1-Year membership subscription ☐ €12.70

2-Year membership subscription ☐ €20.00

(2-year subscription entitles you to a free epi-alert identity bracelet or safety pillow. Applies to the first two years of membership only.)

Epilepsy Ireland requires your personal details to process your application. We can also use them to keep you informed of events and activities relating to the work of the organisation.

Please tick here if you do not wish to receive such communication. ☐

I would like to add a voluntary donation to Epilepsy Ireland of

☐ €7.30

☐ €20

☐ €30

☐ €50

☐ €100

☐ Own amount

**Total Enclosed:**

## Payment Method

☐ Debit/Credit Card (see below)

☐ Standing Order (see below)

☐ Cheque/Postal Order/Bank Draft  
(payable to Epilepsy Ireland)

## Name of Person with Epilepsy (please use block capitals)

Name:

Contact Number:

Address:

Email:

Date of Birth:

☐ I am a person with epilepsy

☐ I am the parent/guardian of a child with epilepsy \*

☐ Other:

\* Parents/guardians - please enter your name here if you wish us to send correspondence to you rather than to your child: \_\_\_\_\_

Please send me Epilepsy Ireland's regular email newsletter ☐

Please provide me with more information about fundraising and volunteering ☐

## Card Payments I wish to pay by:

☐ Visa

☐ Mastercard

☐ Laser and I authorise you to debit my account with the sum of € \_\_\_\_\_

Name on Card:

Card Number:

Expiry Date (mm/yy):

CVV No:

Signature:

Date:

## Standing Order Please return this part of the form to us. Do not detach

Bank:

Branch:

Account No:

Sort Code:

Please pay the sum of € \_\_\_\_\_ to the Account of Epilepsy Ireland at Bank Of Ireland, Walkinstown, Dublin 12 Account Number: 88644504, Sort Code: 90-02-87 IBAN: IE63BOFI90028788644504 BIC: BOFIE2D on this date and on the corresponding date each succeeding year until further notice.

Signed:

Date:



**Web:** [www.epilepsy.ie](http://www.epilepsy.ie)

**Online Support Group:** [support.epilepsy.ie](http://support.epilepsy.ie)

**Facebook:** [facebook.com/epilepsy.ie](https://facebook.com/epilepsy.ie)

**Twitter:** [@epilepsyireland](https://twitter.com/epilepsyireland)

**YouTube:** [youtube.com/BrainwaveEpilepsy](https://youtube.com/BrainwaveEpilepsy)

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### Head Office

249 Crumlin Road, Dublin 12

**Tel.:** 01 455 75500

**Email:** [info@epilepsy.ie](mailto:info@epilepsy.ie)

**Specialist Nurse Helpline Tel.:** 01 455 4133

Monday 9.30am – 1pm

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### North West

**Covering:** Donegal, Leitrim & Sligo

**Community Resource Officer:** Agnes Mooney  
Letterkenny Office, Grand Central Complex, Floor 2B,  
Canal Road, Letterkenny, Co. Donegal

**Tel.:** 074 9168725

**Email:** [amoonney@epilepsy.ie](mailto:amoonney@epilepsy.ie)

**Tel.:** 071 9141858

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### West

**Covering:** Galway, Roscommon & Mayo

**Community Resource Officer:** Evelyn Monson Kirby  
Westside Resource Centre, Seamus Quirke Road,  
Westside, Galway

**Tel.:** 091 587640

**Email:** [emonsonkirby@epilepsy.ie](mailto:emonsonkirby@epilepsy.ie)

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### Mid-West

**Covering:** Limerick, Clare & Tipperary North

**Community Resource Officer:** Anna Kelly  
Social Service Centre, Henry St. Limerick

**Tel.:** 061 313773

**Email:** [akelly@epilepsy.ie](mailto:akelly@epilepsy.ie)

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### Kerry

**Covering:** Kerry

**Community Resource Officer:** Kathryn Foley  
9/10 The Paddocks, Ballydowney, Killarney, Co. Kerry

**Tel.:** 064 6630301

**Email:** [kfoley@epilepsy.ie](mailto:kfoley@epilepsy.ie)

### Cork

**Community Resource Officers:**

South Lee & West Cork: Niamh Jones

North Lee & North Cork: Mary Lawlor

35 Washington Street, Cork

**Tel.:** 021 4274774

**Email:** [Niamh.njones@epilepsy.ie](mailto:Niamh.njones@epilepsy.ie) /

[Mary.mlawlor@epilepsy.ie](mailto:Mary.mlawlor@epilepsy.ie)

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### South East

**Covering:** Kilkenny, Wexford, Carlow, Waterford &  
Tipperary South

**Community Resource Officer:** Joan Ryan

C/o HSE, St. Joseph's, Waterford Rd, Kilkenny

**Tel.:** 056 7789904

**Email:** [jryan@epilepsy.ie](mailto:jryan@epilepsy.ie)

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### Midlands

**Covering:** Offaly, Longford, Laois & Westmeath

**Community Resource Officer:** Margaret Bassett

C/o Carers Association Market Square

Tullamore, Co. Offaly

**Tel.:** 057 9346790

**Email:** [mbassett@epilepsy.ie](mailto:mbassett@epilepsy.ie)

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### East

**Covering:** Dublin, Kildare & Wicklow

**Community Resource Officer:** Ina Murphy

Brainwave's National Information Officer: Geraldine  
Dunne, 249 Crumlin Road, Dublin 12

**Tel.:** 01 4557500

**Email:** [Geraldine.gdunne@epilepsy.ie](mailto:Geraldine.gdunne@epilepsy.ie) /

[Ina.imurphy@epilepsy.ie](mailto:Ina.imurphy@epilepsy.ie)

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### North East

**Covering:** Louth, Meath, Monaghan & Cavan

**Community Resource Officer:** Noreen O'Donnell

Unit 1a, Partnership Court, Park St. Dundalk, Co.  
Louth

**Tel.:** 042 9337585

**Email:** [nodonnell@epilepsy.ie](mailto:nodonnell@epilepsy.ie)

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### Training for Success

**Manager:** Honor Broderick

Institute of Technology Sligo, Ballinode, Sligo

**Tel.:** 071 915 5303

**Email:** [Broderick.honor@itsligo.ie](mailto:Broderick.honor@itsligo.ie)

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### Epilepsy Specialist Nurse HELPLINE

Monday 9.30am – 1.00pm

**Tel.:** (01) 4554133