



Services Programme 2017

A guide to our 2017 activities



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EPILEPSY IRELAND - What we do:

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 STRATEGIC AIMS are:

- Strategic Aim One: To provide quality and relevant support, information & advice, meeting the needs of people with epilepsy, their families and carers, professionals and the wider community
- Strategic Aim Two: To communicate effectively with stakeholders; to raise awareness and to improve public understanding of epilepsy; and to advocate for the rights of those with epilepsy, their families and carers.
- Strategic Aim Three: To provide relevant training and education services to people with epilepsy, their families, and healthcare and other professionals
- Strategic Aim Four: To undertake, encourage, fund and communicate research into the causes of, cures for and management of epilepsy and into the social and psychological effects of the condition
- Strategic Aim Five: To support people with epilepsy by raising the funds necessary to ensure the short-term funding requirements and long term sustainability of the organisation
- Strategic Aim Six: To operate a stable progressive organisation meeting all regulatory requirements and striving to implement best-practice standards in the areas of governance, organisational quality, human resources and financial management

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.

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Our Support Services

This programme lists the activities and events being run by Epilepsy Ireland in 2017 across all of our regional offices. If you would like to attend any of the events contained within this brochure, please contact the local office to book a place.

Through our nine regional offices and our head office in Dublin, we provide one-to-one support and advice to people with epilepsy, their families and carers, and professionals. Our Community Resource Officers can offer information, advocacy and a listening ear, by phone or meeting with you or by answering your email/facebook query. In addition, our Epilepsy Nurse Specialist operates a Nurse Helpline on Monday mornings. We have also recently established a Transition Advice Line for teenagers with epilepsy and their parents. This runs on Monday afternoons. Call (01) 455 4133 for both of our Nurse Telephone Lines.

We also operate hospital and outreach services across the country. For community and hospital outreach dates this year, contact your local Epilepsy Ireland Office.

We also run a number of support groups for people with epilepsy and parents in a variety of locations and dates during the year. Please contact your local office for further details. In addition, we run an online support group each week. You can register and participate via our website—www.epilepsy.ie.

Our Hospital Outreach Services in 2017 include:

- Beaumont Hospital
- St. James Hospital
- Letterkenny University Hospital
- University Hospital, Galway
- Kerry General Hospital

Our Community Outreach Services in 2017 include:

North West	South East	Dublin, Wicklow, Kildare
<ul style="list-style-type: none"> • Inishowen • Donegal Town • Gweedore / Dungloe • Leitrim / Carrick-on-Shannon • Sligo 	<ul style="list-style-type: none"> • Gorey • Enniscorthy • Wexford • Waterford • Carlow • Cashel 	<ul style="list-style-type: none"> • Balbriggan • Naas • Kildare • Bray • Wicklow • Arklow • Swords
Midlands	Mid West	North East
<ul style="list-style-type: none"> • Longford • Mullingar • Portlaoise • Athlone 	<ul style="list-style-type: none"> • Clare • Nenagh • Ennis • Thurles 	<ul style="list-style-type: none"> • Cavan • Monaghan • Meath • Louth
South (Kerry)	South (Cork)	West
<ul style="list-style-type: none"> • Listowel • Cahirciveen • Dingle • Kenmare 	<ul style="list-style-type: none"> • Bantry • Dunmanway • Ballincollig • Carrigaline 	<ul style="list-style-type: none"> • Roscommon • Ballinasloe • Castlebar

Living Well with Epilepsy– New Diagnosis Toolkits

If you or your family member has been recently diagnosed with epilepsy, we offer you a complete 'Toolkit' with all you need to know about the condition and how to manage it. You can meet us in a one-to-one environment at *any of our regional locations*, or you can attend a group training session specifically designed for Adults with epilepsy or for Parents whose children have epilepsy. At our group sessions, you will be introduced to the toolkit, have an opportunity to ask questions about the condition, and meet others in a similar situation.



The Toolkit contains the following:

- Seizure Management Charts
- Medication Management Section
- First Aid for Seizures information
- Seizure Diary
- Medical Team Section
- Safety Action Planning
- Epilepsy Information Checklist
- Resources List
- Appointments Planner
- Epilepsy Ireland Services



Our New Diagnosis Toolkit Group Sessions in 2017 include:

Location:	Day and Date:	Time:	Contact Region:
Carmelite Community Centre, Dublin	(Adults with Epilepsy) Jan 16th; Mar 20th; June 7th; Nov 13th	6pm–9pm	Dublin
Carmelite Community Centre, Dublin	(Parents of Children with epilepsy) 30th Jan; 27th; 2nd May 21st Aug; 28th Sept; Nov 27th (Sept is a morning group 10am–1pm)	6pm–9pm	Dublin
Limerick Education Centre, Limerick	16th Jan	10am–12.45 pm	Limerick
Charleville Centre Tullamore	22nd Feb (Adults)	11am–1pm	Tullamore
Limerick Education Centre, Limerick	1st March	10am–12.45 pm	Limerick
Kilkenny Office	30th Mar	10.30am–1pm	Kilkenny
Limerick Education Centre, Limerick	3rd April	10am–12.45 pm	Limerick
Limerick Education Centre, Limerick	8th May	10am–12.45 pm	Limerick
Carnegie Court Hotel, Swords, Co. Dublin	19th June (Parents)	6.30pm–9.30pm	Dundalk
Carnegie Court Hotel, Swords, Co. Dublin	11th Sept (Adults)	6.30pm–9.30pm	Dundalk
Kilkenny Office	28th Sept	10.30am–1pm	Kilkenny

STEPS Self-Management Training Programme for Adults with Epilepsy

Support & Training in Epilepsy Self-Management



Our STEPS self-management programmes are run over six sessions of three hours each in various locations across the country during the year. By doing this course, you will learn how to self-manage your condition and become your own 'epilepsy expert'. You will meet others with epilepsy and learn about many aspects of the condition, including:

- Understanding self-management
- Living with epilepsy
- Understanding medical care
- Managing seizure triggers
- Lifestyle and safety
- Using support systems
- Developing communication skills
- Managing mood and thoughts
- Managing stress, diet and exercise
- Building self-confidence
- Future life planning

Here's what others who have completed the course have said about it:

"I have become more confident about myself. STEPS is so helpful, I would encourage anyone with epilepsy to attend."

Mary, Midlands Region

"I will use the goals and outcomes sheets again, to know what to say to the consultants was very useful, and it gave me loads of diet, exercise and sleep information. It was a very good programme."

Michael, Galway Region

"I have practiced some of the suggestions, especially the stress management. Fantastic course, I am delighted that I was a part of it."

Joanne, Kerry Region

STEPS programme dates for 2017 are as follows:

Location:	Start Date:	Time:	Contact:
Claremont Stadium, Navan	Oct 5th	Thursdays 6.00pm–9.00pm	Dundalk
Carmelite Community Centre, Dublin	Feb 7th	Tuesdays 6pm–9pm	Dublin
Westside Resource Centre, Galway	Feb 14th	Tuesdays 10 am–1pm	Galway
Charleville Centre Tullamore	April 19th	Wednesdays 6.30pm to 9.30pm	Tullamore
Carmelite Community Centre, Dublin	April 27th	Thursdays 10am–1pm	Dublin
St Michaels Family Life Centre, Sligo.	Aug 28th	Mondays 6pm to 9pm.	Sligo
Mayo Education Centre, Castlebar	Sept 4th	Mondays 10am–1pm	Galway
Riverside Park Hotel, Enniscorthy, Wexford	Sept 6th	Wednesdays 6.30pm–9.30pm	Kilkenny
Bru Columbanus, Wilton, Cork	Sept 4th	Mondays 7 pm–10 pm	Cork
Carmelite Community Centre, Dublin	Sept 19th	Tuesday 6pm–9pm	Dublin
Kerry - Location to be confirmed	Oct 12th	Thursdays 10am-1pm	Killarney

STEPS for Parents–A Programme for Parents of Children with Epilepsy

Our four session programmes for parents are run nationally in various locations, offering a full education programme for parents whose children have epilepsy. This is an opportunity to gain information, to meet other parents, and to learn how to best manage your child's condition. The programme was developed in conjunction with many of the country's leading professionals working in neurological and psychological roles. The four sessions cover the following topics:

- Understanding Epilepsy
- Managing Safety
- Medication and the medical system
- Effects and impacts of epilepsy
- Understanding your child's needs
- Education, school and learning issues
- Understanding challenging behaviours
- Positive Parenting
- Managing stress and positive coping skills
- Talking to your child about epilepsy
- Epilepsy and adolescents

"This space has allowed me to feel normal again as a parent, as I had not met with any others in similar positions to myself before these sessions"

Conor, Waterford Region

"Since starting the course, I've approached my child's school about her learning and assessment because now I've got the knowledge to proceed with the school on a plan which will benefit her in her final years in primary school"

Alan, Donegal Region

"It was very interesting to hear other parents experiences, and very good to highlight all aspects of epilepsy, and to outline potential issues that we may come across as our child grows older with epilepsy."

Maureen, Kerry Region

STEPS for Parents–Programme Dates for 2017

Location:	Start Date:	Time (Start & Finish):	Region to contact for Details:
Charleville Centre Tullamore	6th March	Mondays	Tullamore
Community Resource Centre, Clonmel	7th March	Tuesdays 10.30 -1pm	Kilkenny
Kerry - Location to be confirmed	14th March	Tuesdays 10am-12pm	Kerry
Bru Columbanus, Wilton, Cork	14th March	Tuesdays 7pm–10pm	Cork
Station house Hotel, Letterkenny	27th March	Mondays	Donegal
Ross House, Mallow, Cork	25th April	Tuesdays 10am–1.30 pm	Cork
Westside Resource Centre, Galway	25th April	Tuesdays	Galway
Carmelite Community Centre, Dublin 2	8th May	Mondays 6.30pm–9.30pm	Dublin
Iontas Arts and Community Centre, Castleblaney, Co. Monaghan	6th Sept	Wednesdays 6.00pm–9.00pm	Dundalk
Limerick Education Centre, Dooradoyle, Limerick	8th Nov	Wednesdays 10am–12.45pm	Limerick
Carmelite Community Centre, Dublin 2	8th Nov	Wednesdays 10am–1pm	Dublin



INNERWISE–personal development and meditation programme for people with epilepsy

Epilepsy Ireland is proud to introduce our new programme of personal development and meditation practice. This innovative course is specially designed to provide an opportunity for people to learn to positively manage their mental health and to create positivity, confidence and resilience in life, by learning meditation and tools to manage their mental health. It is a common feature of people's experiences with epilepsy that they often suffer from reduced self-esteem and negative feelings, anxiety and depression due to the unpredictable nature of the condition and the stigma and social isolation that can be experienced.

The programme is delivered in 6 modules or as a one-day workshop (short version).

Topics include:

- Transforming negative beliefs
- Learning about the innerself
- Creating affirmations
- Trusting inner wisdom
- Learning Meditation
- Managing Stress and Anxiety



"It helped a lot with the stress and worry of living with epilepsy on a daily basis. A nice small group allowing time to talk and exchange feelings with each other."

Dublin Participant

"Meeting people with epilepsy...and being taught tools we can use was my favourite, the breathing and meditation was most useful to relax...I learnt how meditation truly relaxes our stressful thoughts regarding epilepsy"

Dublin Participant

Location:	Details:	Date	Time:	
Wisdom Centre, Sophia Housing, Dublin 8.	Six Session Programme	6th March–10th April	Mondays 6.30–9.30pm	Dublin
Wisdom Centre, Sophia Housing, Dublin 8.	Six Session Programme	12th June–17th July	Mondays 6.30–9.30pm	Dublin
Kilmurry Lodge Hotel,	One day Workshop	Sat 25th Mar	9.30am–4.30pm	Limerick
Mayo Education Centre, Castlebar, Co. Mayo	One day Workshop	Tues 4th April	9.30am–4.30pm	Galway
Maldron Hotel, Oranmore, Co. Galway	One day Workshop	Wed 5th April	9.30am–4.30pm	Galway
Dundalk–Crowne Plaza Hotel, Dundalk	One day Workshop	Sat 20th May	9.30am–4.30pm	Dundalk
Charleville Centre, Tullamore	One day Workshop	Sept 2017	9.30am–4.30pm	Tullamore

NEW!

Young Peoples Film Making One Day Workshops and Summer Film Camp

This year we have a very exciting new project for anyone aged 16–21 with epilepsy. We are running one day film workshops and a full 5-day summer camp to make a film about epilepsy—script, acting, film-making, editing all created by the group! People can register to attend a single day in their nearest location for the one day workshop and/or register for the full 5 day film camp over Summer 2017. Contact our office for further details. We are also running One-day workshops around the country.

Activity:	Date:	Time:	Region to contact:	
Film Making One day Workshop	24th Feb	11am–4pm	Galway	West
Film Making One day Workshop	4th Mar	12pm–5pm	Dublin	Dublin
Film Making One day Workshop	25th Mar	12pm–5pm	Cork	Cork
SUMMER CAMP–5 day workshop over summer 2017	3rd–7th July	TBC	Dublin	Dublin



SPECIAL EVENTS IN 2017

International Epilepsy Day (13th February)

Event:	Location:	Date and Time:	Time (Start & Finish):	Region to contact for Details:
Epilepsy Information Stand	Roscrea Town Centre Shopping Centre	6th Feb	11.30 am–3.30 pm	Limerick
Parents & Preschool Buccal Midazolam Talk and Presentation	Springfield Hotel, Leixlip Co. Kildare	13th Feb	6.30pm–8.30pm	Dublin
Outreach Clinic North Cork	St. Josephs Foundation, Charleville, Cork	13th Feb	5 pm	Cork
Epilepsy Information Stand	Letterkenny University Hospital	13th Feb	12pm–3pm	Donegal
Epilepsy Information Stand	Midlands Regional Hospital, Tullamore	13th Feb	11am–1pm	Tullamore
Epilepsy Information Stand	University Hospital Galway	13th Feb	10am–12pm	Galway
Epilepsy Open Day/Support and Information	Granville Hotel, Waterford	13th Feb	10.30am–4pm	Kilkenny
Epilepsy Information stand	Kerry University Hospital	13th Feb	9.30am–1pm	Killarney
Workshop on health and well- being for women with epilepsy	Ambassador Hotel, Military Hill, Cork	Saturday 18th Feb	10.30am–3pm	Cork

Brain Awareness Week (6th - 12th March)

Event:	Location:	Date:	Time:	Contact Region:
Teens with Epilepsy– Transition nurse talk for parents and teens	Crowne Plaza Hotel Dundalk, Co. Louth	9th Mar	6.30pm–8.30pm	Dundalk
Epilepsy and Autism Talk	St. Josephs Foundation, Charleville, Cork	6th Mar	6pm	Cork
Epilepsy for Everyone Talk	St Michaels Family Life Centre. Sligo	6th Mar	11am to 12.30pm	Sligo
Public BM training day	Brehon Hotel, Killarney	7th Mar	9.30am–4.30pm	Killarney
Public Epilepsy Information Evening on Fatigue Management	Charleville Centre	8th Mar	7pm to 9.30pm	Tullamore
Parents Support Group (Closed Group)	Contact CRO Dublin for details	8th Mar	6.30pm–8.30pm	Dublin
Information Stand	Reception Mayo General	8th Mar	2pm–5pm	Galway
Parents and Pre-school Buccal Midazolam Talk & Demonstration	Mayo Education Centre, Castlebar	8th Mar	7pm–8.30pm	Galway
Waterford Support Group Meeting	Cheshire Home	8th Mar	7pm–8.30pm	Kilkenny
Parents Support Group	Bishopstown GAA Club, Bishopstown, Cork	8th Mar	7.30pm	Cork
Outreach Listowel	Listowel Arms Hotel	9th Mar	11am–2pm	Killarney
Cashel Support Group Meeting	Spafield Family Resource Centre, Cashel	11th Mar	10.30am– 12.30pm	Kilkenny

Parents and Pre-school Buccal Midazolam Talk & Demonstration	Ennis Education Centre, Ennis	13th Mar	2.30 pm–4.30 pm.	Limerick
Parents and Pre-school Buccal Midazolam Talk & Demonstration	Kilmurry Lodge Hotel, Castletroy, Limerick	13th Mar	7.00 pm–8.30 pm	Limerick

National Epilepsy Week (15th–21st May)

Event Description	Location:	Date:	Time:	Contact Region:
Information Stand	St. James Hospital, Dublin	15th May	9.30am–12.30pm	Dublin
Epilepsy Awareness for Teachers/SNAs Seminar	St Michaels Family Life Centre, Sligo	15th May	7pm to 9pm	Sligo
Women & Epilepsy Seminar with Epilepsy Specialist Nurse	Springfield Hotel, Leixlip, Co. Kildare	15th May	6.30pm–8.30pm	Dublin
Information Stand	Info Stand, Cork University Hospital	17th May	10am–4pm	Cork
Information Stand	University Hospital, Limerick	17th May	10am–4pm	Limerick
Epilepsy for Everyone–Epilepsy Nurse Specialist Talk	Charleville Centre	18th May	7pm–9.30pm	Tullamore
Epilepsy Awareness Open Session for all	Westside Resource Centre	15th May	11 am–1 pm	Galway
Information Stand	Waterford University Hospital	17th May	10.30am–4.30pm	Kilkenny
INNERWISE 1 Day Workshop	Crowne Plaza Hotel Dundalk	20th May	9.30pm–4.00pm	Dundalk

Other Events–Families, Women & Young People

Event:	Date:	Time:	Location:	Contact Region:
Epilepsy for Everyone– Seminar with Epilepsy Specialist Nurse	19th Jan	3pm–5pm	Keadeen Hotel, Newbridge, Co. Kildare	Dublin
Women, Epilepsy and Pregnancy Talk	30th Jan	7pm–9pm	Riverside Park Hotel Enniscorthy Co. Wexford	Kilkenny
Health and well-being for Women–workshop with Epilepsy Nurse Specialist	18th Feb	10.30am–3pm	Ambassador hotel, Military Hill, Cork	Cork
Mayo Family Puppet Workshop	23rd Feb	11am–1pm (4–7 years) 2pm–4pm (8–11 years)	Mayo Education Centre, Castlebar, Mayo	Galway
Parents and Pre-school Buccal Midazolam Talk & Demonstration	28th Feb	11am–1pm	Charleville Centre Tullamore	Tullamore
Evening for Women with Epilepsy	2nd March	5.30pm–7.30pm	Malton Hotel, Killarney	Killarney
Transition Nurse Talk–for Teens and Parents of Teens	7th March	11am	Westside Resource Centre	Galway
Health and well-being for Women–workshop with Epilepsy Nurse Specialist	8th April	10am –12pm	Station House Hotel, Letterkenny	Donegal
Family morning at the Playdium	12th April	9.30–11.30am	Playdium Tralee	Killarney
Parents and Pre-school Buccal Midazolam Talk & Demonstration	8th May	7pm–8.30pm	Maldron Hotel, Oranmore, Co. Galway	Galway

Health and well-being for Women—workshop with Epilepsy Nurse Specialist	14th June	6.30pm–8.30pm	Stillorgan Park Hotel, Stillorgan, Co. Dublin	Dublin
Information Stand for Rose Week	18th Oct	10am–4pm	Wilton Shopping Centre	Cork
Family morning at the Playdium	2nd Nov	9.30am–11.30am	Playdium Tralee	Killarney



EPILEPSY IRELAND SUPPORT GROUPS

Support Groups for Adults with Epilepsy

Support Group Location:	Day and Date:	Time (Start & Finish):	Location:	Region to contact for Details:
All dates are provisional and subject to numbers booking in advance				
Dublin	Every Six Weeks (Closed Group)	7pm	Contact CRO for details	Dublin
Cork	13th Mar	7pm	Bru Columbanus, Cork	Cork
Letterkenny	27th Feb	7pm–8.30pm	Cheshire Apartments, Letterkenny	Donegal
Limerick	16th Oct	7.15 pm–8.30 pm	Kilmurry Lodge Hotel, Castletroy, Limerick	Limerick
Galway	22nd Mar, 21st June 25th Oct	11am–1pm	Imperial Hotel, Eyre Square, Galway	Galway
Roscommon	20th Mar, 19th June, 23rd Oct	11am–1pm	Cuan Aire Resource Centre, Castlerea, Co. Roscommon	Galway
Waterford	8th Mar, Oct 18th (provisional)	7.30pm–9pm	Waterford	Kilkenny
Cashel	11th Mar, Nov To be Confirmed	10.30am–12.30pm	Spafield Family Resource Centre, Cashel	Kilkenny
Killarney	18th Jan then meets monthly dates To be Confirmed	10.30am–12.30pm	Killarney Office	Killarney

Support Groups for Parents of Children with Epilepsy

Support Group Location:	Date:	Time:	Location:	Contact Region:
Dublin (Closed group of STEPS attendees)	13th Mar, 4th Dec	6.30pm–9.30pm	Contact CRO for details	Dublin
Mallow Cork	13th Feb	10 am	Ross House, Mallow	Cork
Bishopstown Cork	18th Jan, 8th Mar, 24th May	7.30pm	Bishopstown GAA Club	Cork
Donegal	23rd Mar	11am–12.30pm	Spraoi agus Sport , Carndonagh, Donegal	Donegal
Mid-West (closed group of STEPS attendees)	14th Sept	10.00am–12.45pm	Contact CRO for Details	Limerick
Killarney	7th Feb, 28th Mar, 16th May, 12th Sept, 17th Oct, 5th Dec	10.30am–12.30pm	Killarney office or Manor West Hotel Tralee	Killarney
Tullamore (closed group of STEPS attendees)	10th April + 3 further during 2017	7.30pm–9pm	Charleville Centre	Tullamore
Enniscorthy	9th Mar	10.30am–12:30pm	IFA Centre	Kilkenny
Monaghan	12th June	6.30pm–8.30pm	Iontas Arts and Community Centre, Castleblaney	Dundalk

Supporting Schools and Children with Epilepsy

We are very active in supporting schools across the country by providing the Teachers Pack—a resource for teachers, and other resources to support parents and children, including booklets 'Epilepsy and School' and 'Talking about Epilepsy'. We provide **Epilepsy Awareness Talks for Schools and Organisations** by request where possible, in all regions across Ireland. Please contact your local office to discuss further.



In addition, we run **Teachers Seminars** to support teachers/ SNA's in understanding epilepsy and how to respond to children with epilepsy in a school environment. Teachers are welcome to attend the following seminars:



Seminars for Teachers/SNA's programme dates 2017

Location:	Date:	Time:	Contact office:
Castleblaney, Co.Monaghan	9th May	4.15pm–5.30pm	Dundalk
Charleville Centre	8th May	7pm–9pm	Midlands
Ennis Education Centre, Ennis	8th May	4.15pm–5.30pm	Tullamore
Kilmurry Lodge Hotel, Castletroy, Limerick	10th May	7.00pm–8.15pm	Limerick
Kilmurry Lodge Hotel, Castletroy, Limerick	6th Sept	7.00pm–8.15pm	Limerick
Galway Education Centre, Galway	12th June	6.30pm–8 pm	Galway
Ennis Education Centre, Ennis	31st Aug	4.15pm–5.30pm	Limerick
Kilkenny Education Centre, Kilkenny	12th Sept	7pm–8.30pm	Kilkenny
Mayo Education Centre, Castlebar, Co. Mayo	18th Sept	6.30pm–8pm	Galway
Station House Hotel, Letterkenny	19th Sept	8pm to 9pm	Donegal
Education centre Tralee, Co. Kerry	25th Sept	4.30pm–6pm	Killarney
West Cork Education Centre, Cork.	Autumn TBC	TBC	Cork



Buccal Midazolam–Rescue Medication Training for Teachers and Healthcare professionals

We deliver one-day training for healthcare professionals and teachers on understanding epilepsy and the administration of Buccal Midazolam. Our courses are run for individual professionals (open courses) and for private organisations and groups (by request). Here are the dates of the open courses for 2017

Location:	Date:	Time:	Contact region:
Kilmore Hotel, Cavan	11th Apr	9.30am–4.30pm	Dundalk
Dublin–Head office Crumlin	3 times per month	9am–4pm	Dublin
Charleville Centre Tullamore	15th Feb	9am–4.30pm	Tullamore
Rochestown Park Hotel	22nd Feb	9am–4.30pm	Cork
Brehon Hotel Killarney	7th Mar	9.30am–4.30pm	Killarney
Rochestown park Hotel	8th Nov	9am–4.30pm	Cork
Donegal Centre for Independent Living, Letterkenny	23rd Aug	9.30am–4pm	Donegal
Maldron Hotel, Oranmore, Co. Galway	25th Sept	9.30am –4.30 pm	Galway
Kilmurry Lodge Hotel, Castletroy, Limerick	27th Sept	9.30 am–4.30 pm	Limerick
Charleville Centre Tullamore	9th Oct	9.30am–4pm	Tullamore
Dooley's Hotel, The Quay, Waterford	18th Oct	9am–4pm	Kilkenny
Brehon Hotel Killarney	24th Oct	9.30am–4.30pm	Killarney



TFS Training for Success

Epilepsy Ireland run a one-year training course for people with epilepsy specifically designed to provide practical skills, self-confidence, and progression routes to college and qualifications. Our course in 2017 will commence in August and we are currently recruiting for new participants. Based on campus at the Institute of Technology Sligo, the course has had over 250 young people with epilepsy attend since it started in 1998.

"This course was brilliant for me. Before I started it I had no direction or goals. Now I am doing a degree course which I thought I could never do."

"As a result of my participation on Training for Success I managed to get a full time job. I recently passed my driving test. I believe that Training for Success gave me the belief to go out and do it."

"When I was in school all people saw was the epilepsy. When I came to Training for Success it was the first time I was seen as an individual with individual needs. I now intend to do a degree in Event Management and set up my own business."

Students participate in a wide variety of activities including lectures, tutorials, presentations, assignments, portfolio development, and project work. The modules are varied and include Epilepsy Management, Career Planning, Communications, Health and Fitness, Personal Effectiveness and more. In 2013 Training for Success won the Aontas STAR National Award for providing "an outstanding contribution to adult education", an achievement that we are very proud of.

If you are interested in further information about this course, or to register for the course, please contact our Training for Success Team at (071) 9155303 or our Head Office or website for further details.

Become a Member of Epilepsy Ireland

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)



Address: 249 Crumlin Road, Dublin 12

Tel: 01-4557500

Email: info@epilepsy.ie Web: www.epilepsy.ie

Facebook: www.facebook.com/epilepsy.ie Twitter: @epilepsyireland

Membership Form

Membership Type

Renewal ☐ New ☐

Please complete and return this form to us at the address above. Note: If you are renewing your membership and you have a change of address since your last renewal, please tell us your old address so that we can amend our records

Membership Category

1 Year Renewal membership subscription ☐ €12.70

1 Year New membership subscription ☐ €12.70

2 Year New membership subscription (new members) ☐ €20

Free bracelet, Tap2Tag Silicone wristband or safety pillow for new members who join for 2 years. Please select one of:

☐ Safety Pillow ☐ Epi-Alert bracelet (we will send you an application form)

☐ Tap2tag wristband

Wristband size: ☐XS ☐S ☐M ☐L ☐XL ☐XXL

Colour: ☐Blue ☐Red ☐White ☐Pink ☐Purple ☐Black

Voluntary Donation

I would like to help continue the work of Epilepsy Ireland by making a voluntary donation

☐€7.30 ☐€20 ☐€30 ☐€50 ☐€100 ☐own amount €_____

Total Enclosed €_____

Epilepsy Ireland requires this information to process your application, post membership-related material to you, and to keep you informed of events, issues, and opportunities relating to epilepsy or to the aims of the Association.

If you do not wish to receive such communication, please tick here ☐

Payment Method

☐ Credit/ Debit Card (see below)

☐ Standing Order (see below)

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

Details of Person with Epilepsy

Please use block capitals

Title _____ Name _____

Address _____

Tel No (Day) : _____ Tel No (Eve): _____ Mobile _____

E-mail _____ 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 to send all correspondence to you

Name of Parent/ Guardian for correspondence: _____

Tick here ☐ if you would like to receive our regular e-mail newsletter. Clearly write your e-mail address in the space above.

Tick here ☐ if you would like to find out more about volunteering & fundraising for Epilepsy Ireland

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 on this date and on the corresponding date each succeeding year until further notice.

Signed _____ Date _____



Web: www.epilepsy.ie

Online Support Group: support.epilepsy.ie

Facebook: facebook.com/epilepsy.ie

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

YouTube: youtube.com/BrainwaveEpilepsy

Head Office

249 Crumlin Road, Dublin 12

Tel.: 01 455 7500

Email: info@epilepsy.ie

North West

Covering: Donegal, Leitrim & Sligo

Community Resource Officer: Agnes Mooney
Letterkenny Office, Grand Central Complex, Floor 2B, Canal Road, Letterkenny, Co. Donegal
Sligo office, Castle House, Castle Street, Sligo

Tel.: 074 9168725

Email: amooney@epilepsy.ie

Tel.: 071 9141858

West

Covering: Galway, Roscommon & Mayo

Community Resource Officer: Edel Killarney
Westside Resource Centre, Seamus Quirke Road, Westside, Galway

Tel.: 091 587640

Email: ekillarney@epilepsy.ie

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

Kerry

Covering: Kerry

Community Resource Officer: Kathryn Foley
Glenwood, Park Road, Killarney, Co. Kerry

Tel.: 064 6630301

Email: kfoley@epilepsy.ie

Cork

Community Resource Officers:

South Lee & West Cork: Niamh Jones

North Lee & North Cork: Loretta Kennedy

35 Washington Street, Cork

Tel.: 021 4274774

Email: njones@epilepsy.ie / lkennedy@epilepsy.ie

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

Midlands

Covering: Offaly, Longford, Laois & Westmeath

Community Resource Officer: Cliona Molloy

The Charleville Centre, Church Avenue, Tullamore, Co. Offaly

Tel.: 057 9346790

Email: cmolloy@epilepsy.ie

East

Covering: Dublin, Kildare & Wicklow

Community Resource Officer: Ina Murphy,
Carina Fitzgerald.

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

Tel.: 01 4557500

Email: gdunne@epilepsy.ie /
cfitzgerald@epilepsy.ie

North East

Covering: Louth, Meath, Monaghan & Cavan

Community Resource Officer: Mary Baker
Unit 1a, Partnership Court, Park St. Dundalk, Co. Louth

Tel.: 042 9337585

Email: mbaker@epilepsy.ie

Training for Success

Manager: Honor Broderick

Institute of Technology Sligo, Ballinode, Sligo

Tel.: 071 915 5303

Email: Broderick.honor@itsligo.ie

Epilepsy Specialist Nurse HELPLINE

Monday 9.30am–1.00pm

Tel.: (01) 4554133

Transition Nurse Advice Line

Mondays 2pm–5pm

Tel.: (01) 455 4133