



Epilepsy News

Celebrating 50 years in 2016

Shining a light on epilepsy

Epilepsy Ireland Issue 74 Autumn 2016



3. News Update
4. Staff Changes at Epilepsy Ireland
6. National Conference
7. #iseebeyond increases awareness
8. 50 Years of Epilepsy Ireland
10. Sean Fenton Opinion Piece
11. Kate Maher Speaks About Her Epilepsy
12. Fundraising
13. Family Fun Day
14. Research News
15. Regional Events



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Welcome to the autumn edition of Epilepsy News. In this issue we celebrate 50 years of Epilepsy Ireland with a special front cover and article looking back on our first 20 years. We hope you enjoy this nostalgic reflection as we celebrate some of the individuals who have contributed to our successful work.

In light of the 50th anniversary, we are also looking forward to the National Conference which features a range of top class speakers across two days – with an evening session on October 7th and the usual full session the following day. This issue features a number of the key speakers and the issues they will be addressing.

We are welcoming a number of new staff members as well as saying a fond farewell to three people who have served the organisation well over the years (see page 4).

We also have good news in relation to our #iseebeyond campaign which we launched with Headway last February. A massive thank you must go out to everybody who supported this effort particularly on their social media channels.

There are revealing opinion pieces from two young individuals with epilepsy. In the last issue we focused on whether students receive enough assistance during their exams and on page 10 Sean Fenton discusses the challenges he faced studying for his Leaving Cert recently. Additionally, we received much positive feedback in relation to the first of Kate Maher's articles revealing her epilepsy story – in this issue she discusses the challenges she faced during her college years.

We also feature three universities that are looking for your help as well as an interesting research article about a new EI-funded research project at RCSI.

We always appreciate the efforts of those who fundraise and this issue pays a special thank you to all who helped raise money during 2016. Finally we have some great photos for you at our recent Family Fun Day in Tayto Park.

Hopefully you'll enjoy this Autumn edition of Epilepsy News and thank you for your continued support.

Conor Culkin,

Editor

EPILEPSY IRELAND TEAMS UP WITH DUBLIN CHAMBER OF COMMERCE



Graeme McQueen, Public Relations Manager with Dublin Chamber of Commerce, Lorcan Colclough, Mazars Ireland, Stephen O'Leary, Olytico and Derry Gray, President of the Dublin Chamber of Commerce.

Epilepsy Ireland is delighted that Dublin Chamber Of Commerce is supporting us as their nominated Charity of the Year for 2016 and 2017. The Chamber recently held a charity golf day in the sunny surroundings of

the Royal Dublin Golf Club where a portion of the money raised went towards Epilepsy Ireland. There will also be a Charity Christmas Dinner this December where we will receive a donation from the evening.

Wicklow man inspired to create a unique product after nearly losing his father to epilepsy



A Wicklow business which saw an opportunity for well crafted mobile apps is behind a ground-breaking product for those in isolation.

The near-death of his father gave Wicklow native Shane Byrne the inspiration for Responder - a unique product which he is hoping will put his company on the international stage. Byrne is co-founder and CEO of Showoff, a business which is behind a life-saving mobile phone app. In July 2014, Byrne's father, who has epilepsy experienced a dangerous seizure.

Byrne told the Sunday Independent: "We nearly lost him. I wanted to use mobile and wearable technology to help people like my Dad. The app is for anyone who is aged or isolated. In particular, it is good for people with epilepsy or early-onset Alzheimer's."

Responder is being created for Apple and Android smart watches, as well as Android phones and iPhones.

[GO http://goo.gl/OQDp0s](http://goo.gl/OQDp0s)

Epilepsy Ireland's pre-employment training programme has an 85% success rate

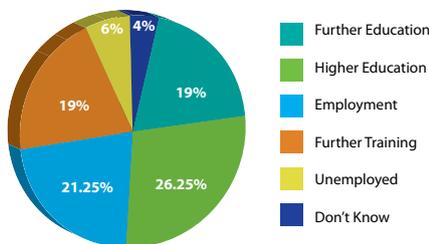
Latest figures compiled by Epilepsy Ireland have revealed the positive impact of our Training For Success (TFS) FETAC pre-employment course since it began 18 years ago, with 85% of graduates finding a job or upskilling after they complete the programme.

Based on campus at the Institute of Technology Sligo, the one year course has had over 250 young people with

epilepsy attend since its inception in 1998. TFS is Epilepsy Ireland's flagship training programme and the only course of its kind anywhere in Europe which has welcomed students of all ages from across the country. In 2013 Training for Success won the Aontas STAR National Award for providing "an outstanding contribution to adult education", which greatly enhanced the reputation of the course.

Speaking about the programme's success Training For Success Manager, Honor Broderick, said: "We want to achieve a society where no person's life is limited by epilepsy and TFS has proved vital for hundreds of individuals since it began."

Student progression since 1998



[GO http://goo.gl/c4Bgdq](http://goo.gl/c4Bgdq)

Research finds that night-time seizures affect memory

Seizures while sleeping appear to interrupt memory consolidation, according to a study published in *Clinical Neurophysiology*. A group from Harvard Medical School recruited 11 people with focal epilepsy aged between 21 and 56 years.

They were asked to remember the positions of 15 pairs of coloured images of animals and everyday objects on a board. The participants were shown where each image was located and were then asked to remember the locations after either 12 hours of continuous wakefulness, or 12 hours that included sleep.

After 12 hours of no sleep memory retention was found to be 62.7 per cent, which increased to 83.6 per cent with 12 hours of sleep. The findings indicate that sleep enhances memory in people with epilepsy and gives us a greater understanding of how seizures can affect memory consolidation.

[GO http://goo.gl/RxTIC2](http://goo.gl/RxTIC2)

Outfit approved to diagnose epilepsy in Europe

A new epilepsy diagnostic tool called Neuronate has received regulatory approval in the UK and other European countries.

Developed by French smart clothing company BioSerenity, the top and cap outfit helps to diagnose epilepsy using sensors which track electrical activity from the brain, heart and muscles via a smartphone app.

The recording of seizures and gathering biometric data in day to day settings outside of EEG testing can greatly assist in the diagnosis and management of epilepsy and potentially even lead to the identification of new epilepsy biomarkers. A number of hospitals in France are believed to be already using the technology and new clinical trials are planned for 2017.

[GO http://goo.gl/n42Ah4](http://goo.gl/n42Ah4)

Research indicates people with epilepsy are more likely to be smokers

There is a strong connection between epilepsy and smoking according to Swiss research.

Even though it has yet to be confirmed if epilepsy actually causes smoking, there seems to be a genetic link between susceptibility to the condition and to tobacco addiction. The study found that people with epilepsy often find benefit in smoking to ease stress or anxiety.

For the research, published in the *Journal of Neurology*, a team of scientists from University Hospitals and Medical School of Geneva, examined 429 people, aged 16 years and older, who had epilepsy and those who lived in French-speaking Switzerland.

The stats showed that 32.1% of people with epilepsy were smokers, compared to 19% of the 'general' French-speaking Swiss population. The most common form of smoking was seen among people with idiopathic generalised epilepsy (44.3%) as opposed to 27.8% for different types of epilepsy.

The researchers conclude that people with epilepsy may need additional education regarding the issue of smoking.

[GO http://goo.gl/e9JwfE](http://goo.gl/e9JwfE)

STAFF CHANGES AT EPILEPSY IRELAND

In 2016 Epilepsy Ireland welcomed some new additions to our team while also bidding farewell to a number of long serving staff and volunteers who gave the organisation many years of loyal service.



Peter Murphy – New CEO

Epilepsy Ireland is delighted to announce the appointment in March of Peter Murphy as Chief Executive Officer. Peter has been a member of the senior management team at Epilepsy Ireland for the past eight years, initially responsible for Epilepsy Ireland's fundraising, awareness and research activities. He has been Deputy CEO since 2012. In his time with Epilepsy Ireland to date he has led on the creation of the EI Research Funding scheme which has supported eight Irish epilepsy research projects to date; developed a new range of fundraising activities to maintain income levels throughout the recession; organised major annual awareness campaigns like International Epilepsy Day and oversaw the change in 2013 from Brainwave to Epilepsy Ireland.

Peter has previously held the post of CEO with the Migraine Association of Ireland and has over 15 years' experience in the neurological sector. Mark Dowdall, Epilepsy Ireland Chairman said on Peter's appointment: "his commitment to the cause of supporting people with epilepsy and their families is well renowned as typified by his involvement in developing many initiatives relating to epilepsy research, fundraising, awareness and innovation. Peter brings strong management skills to the role and will continue to place the needs of all those with epilepsy, their families and carers at the centre of all work undertaken by the Association".

Peter is originally from Bagenalstown, Co. Carlow and enjoys cycling in his spare time.



Mike Glynn - Former CEO

Peter takes over from Mike Glynn, who has retired having led the Association for the past 21 years. In that time, Mike oversaw the development of Epilepsy Ireland to the professional organisation that it is today with a range of HSE-funded services and a network of regional support offices and staff. Among his many achievements, Mike led on the establishment of the unique Training For Success programme in IT Sligo, achieved funding for the first Community Epilepsy Specialist Nurse post in Ireland and represented the epilepsy community admirably on key issues like driving regulations and generic substitution. He also ensured that Epilepsy Ireland focused attention on SUDEP at a time when little was known about it and when there was a widespread reluctance to talk about it.

Mike was also a key figure in the international epilepsy community, serving as President of the International Bureau for Epilepsy (IBE) from 2009 to 2013. He was also Co-Chair of the Global Campaign against Epilepsy, Co-Chair of the Joint IBE & ILAE Task Force for Europe and played key roles in numerous other partnerships that ultimately led to epilepsy achieving greater profile on the international stage. In 2003, Mike was awarded the Ambassador for Epilepsy award by IBE and ILAE in recognition of his services to epilepsy.

On behalf of the board and staff of Epilepsy Ireland and the entire epilepsy community, both at home and abroad, we thank Mike for his two decades of dedication to the cause and we wish him a happy and active retirement.



Michael Carty - Fundraising and Communications Manager

Michael Carty joined Epilepsy Ireland in June 2016 as the new Fundraising and Communications Manager. Prior to taking up this role, Michael worked in various roles with Special Olympics Ireland and The Rehab Group and has been involved in the not for profit sector for over 12 years managing many successful campaigns. He has just completed a Masters in Leadership and Management through NUI Galway and has extensive research carried out on legacy giving in Ireland. Michael hails from Bundoran in County Donegal and enjoys swimming in his spare time.



Conor Culkin - Communications Officer

Conor Culkin is the new Communications Officer with Epilepsy Ireland also joining the team in June. The London born Cork native brings a wealth of experience in both journalism and public relations. He previously worked as a broadcaster, journalist and producer with BBC Radio 5, Evening Echo, Waterford News & Star, Newstalk, 96FM and C103. More recently Conor has worked in Public Relations for H+A Marketing and PR and as a Communications Officer for former MEP, Phil Prendergast. Outside of work Conor enjoys travelling and is a keen soccer fan.



Yvonne Owen - Transition Nurse Coordinator

Epilepsy Ireland is also delighted to welcome Yvonne Owen as the new Epilepsy Transition Nurse Coordinator for Adolescent and Transition Care who began her role in May. The new post is funded by Epilepsy Ireland and is shared across the three paediatric hospitals in Dublin. Yvonne has many years of experience in the area of neurosciences in both adult and paediatric settings. Having previously worked as the Acquired Brain Injury Clinical Nurse Specialist for five years looking after both adult and paediatric patients Yvonne also worked as a Clinical Nurse Manager in the Paediatric Unit in the National Rehabilitation Hospital for a number of years. Most recently she was employed in Beaumont Hospital as a Candidate Advanced Nurse Practitioner in Epilepsy for the past 4 years.



Siobhan Carter - Finance Manager

Siobhan Carter joined the Epilepsy Ireland team in January as the new Finance Manager. Siobhan is ACCA qualified with over 15 years' finance and administration experience in the community sector, most recently at Poppintree Early Education Centre and St Michaels Estate Family Resource Centre in Dublin. Siobhan's role includes managing all aspects of income & expenditure, maintaining financial systems, and preparing a range of financial reports for management and the board.



Judith Kelleher - Community Fundraiser

Judith has taken up the role of Community Fundraiser in the Cork Region since August. In her role, Judith will be responsible for fundraising activities such as Churchgate Collections, Cork Mini Marathon and other community based events. She is the Child Protection Officer, Committee Member and Chairperson Coaching Committee at Sundays Well tennis Club. In her spare time, Judith's hobbies include tennis, running, gardening, reading and walking.



Cliona Molloy - Midlands Community Resource Officer

Cliona joined Epilepsy Ireland as Community Resource Officer in August 2016. Prior to this she spent two years working as the Local Services Manager for the midlands branch of Acquired Brain Injury Ireland based in Mountbolus, County Offaly. Cliona also spent 16 years working as a Social Care Leader with the Daughters of Charity in Roscrea, County Tipperary.

All of her working life to date has been in residential and community based social care settings. She is very passionate about advocating and supporting people who were born with or acquired a disability.

In her spare time Cliona reads, walks, swims and practises mindfulness to relax.



Bernard Hughes

As well as our former CEO Mike Glynn, Epilepsy Ireland bids a fond farewell to two key members of our team and wish them the best of luck with their new pastures. Cork man Bernard Hughes has been a volunteer with Epilepsy Ireland for over 30 years. Diagnosed with epilepsy as an adult Bernard ran our Cork fundraising activities for many years including church gate collections, Rose Week, flag days and in recent years the Cobh Ball Run. He is known throughout the community for his Epilepsy Ireland work and his dedication to the cause has been revered and respected by EI members and the wider community. We wish him health and enjoyment in his retirement.



Margaret Bassett

Margaret Bassett will also be saying goodbye after 30 years involvement with Epilepsy Ireland. She was a very active volunteer and friend of Epilepsy Ireland for many years before taking up the role of Community Resource Officer in 2002. In addition to her CRO role, she was hugely involved in awareness raising and advocacy work. She also had a keen interest in fundraising - organising church gate collections and Rose Week in the region for many years which helped raised funds for our vital services. Margaret was tireless in her commitment to people with epilepsy and the entire midlands region and we wish her success in her new career.

The 2016 Epilepsy Ireland National Conference is our largest ever member event spread across two days with 12 world class academics and medical experts. Below we profile a selection of the speakers looking at their background and what they'll be discussing.



Dr. David Goldstein - Director of the Institute for Genomic Medicine, Columbia University, New York

Dr. Goldstein's research has focused on examining the relationship between human genetic variations and conditions such as epilepsy, hepatitis C, and schizophrenia, as well as the response of these diseases to pharmacologic treatments.

He went to Columbia from Duke University, where he has been director of the Center for Human Genome Variation and the Richard and Pat Johnson Distinguished University Professor, with appointments in the departments of molecular genetics & microbiology and biology.

Dr. Goldstein was elected a fellow of the American Association for the Advancement of Science in 2013 and received one of the first seven nationally awarded Royal Society/Wolfson research merit awards in the United Kingdom for his work in human population genetics.

Presentation topic:

Dr. David Goldstein will be discussing Genomics – 'A New Era in Epilepsy Diagnosis and Treatment'.



Professor Norman Delanty - Consultant Neurologist, Director, Epilepsy Programme, Beaumont Hospital

After graduating from University College Cork in 1988, Norman Delanty trained

in general medicine in Cork and Dublin before completing a neurology residency at Cornell Medical Center, New York. He then moved to Philadelphia to a fellowship at Penn Epilepsy Center, Hospital of the University of Pennsylvania. In 2000, he returned to Dublin to take up a position as consultant neurologist at Beaumont Hospital where he continues to run the epilepsy service.

He has published widely in peer-reviewed journals and edited a book on acute symptomatic seizures, entitled "Seizures: Medical causes and management". He previously served as the treasurer of the Irish Institute of Clinical Neuroscience and the secretary of the Irish Neurological Association. In 2009, he was awarded the prestigious Ambassador for Epilepsy Award by the International Bureau for Epilepsy and the International League Against Epilepsy.

Presentation topic:

Professor Delanty will be discussing the latest developments in epilepsy treatment and management.



Dr Colin Doherty - Consultant Neurologist, St James's Hospital, Dublin

Dr Colin Doherty has a special interest in epilepsy and behavioral neurology. He trained at UCD and at Harvard Medical School in Boston. Additionally, he is the Director of Epilepsy Services at St James's and national clinical lead for the National Epilepsy Care Programme in Ireland. Dr Doherty is involved in a number of large collaborate research projects covering the genetics and imaging of epilepsy and cognition.

Presentation topic:

He will discuss the background to the proposed use of cannabis and its derivatives for epilepsy, focusing on the historical medicinal use of the drug, the more recent scientific evidence for its use and the legal and other barriers to prescribing of the drug for Irish patients.



Dr Amre Shahwan - Consultant Clinical Neurophysiologist and Epileptologist at Temple Street Children's University Hospital

Dr Shahwan has extensive and focused tertiary/quaternary level expertise in electroencephalography (EEG) and epilepsy in children. He is actively involved in the diagnosis and management (both medical and surgical) of complex epilepsy in children.

Presentation topic:

Dr Shahwan will share his experience of the use of EEG in the management of childhood epilepsy. He will demystify EEG as a means of assessing brain activity and answer common questions such as: how useful can EEG be; when and how often is it needed? Is it sometimes not at all needed?



Dr Andrea Higgins - Senior Neuropsychologist in Bloomfield Hospital and Health Services, Dublin

Dr. Higgins joined Bloomfield in 2013 from the National Rehabilitation Hospital. Prior to this she held the role of Clinical Psychologist in St. John of God Hospital Services. She also currently holds the role of Adjunct Lecturer in University College Dublin and is a member of the European Huntington's Disease Network working groups.

She has a number of specialist interests in the context of neurological disease, specifically in Huntington's Disease, Parkinson's Disease, The Dementias and in imaging and neurosurgical treatment; she has provided clinical services and completed research across these populations and approaches.

Presentation topic:

Strategies to manage cognitive and memory issues with epilepsy - Dr. Higgins will review the cognitive and memory issues that can arise in epilepsy and the means of managing these issues.



Dr John Paul Leach – Consultant Neurologist, Southern General Hospital & Honorary Professor, Glasgow University

In 2002 Dr Leach took up a post as a consultant neurologist covering epilepsy services in both the Southern General

Hospital and the Western Infirmary, Glasgow. His clinical workload covers clinics dealing with established and newly diagnosed epilepsy as well as patients presenting with a first seizure. He has written one textbook and several book chapters including being lead author for Davidson's Principles and Practice of Medicine.

He is Honorary Clinical Associate Professor by School of Medicine at Glasgow University and has been external examiner to Cardiff University Medical School. In 2013 he was elected President of the UK Chapter of the International League Against Epilepsy.

Presentation topic:

The talk will look at the complex interaction between epilepsy and pregnancy. He will discuss why it's important that patients are given enough information to make the choices that will keep them and their babies safest.

The National Conference is supported by educational grants from GlaxoSmithKline and UCB Pharma. To book your place at the conference please visit epilepsyconference2016.eventbrite.ie or phone 01 455 7500 or email info@epilepsy.ie.

#ISEEBEYOND INCREASES AWARENESS OF HIDDEN

DISABILITY WITHIN FOUR MONTHS OF CAMPAIGN LAUNCH



Epilepsy Ireland and Headway have welcomed consumer research findings that show their joint hidden disability campaign (www.iseebeyond.ie) has helped raise awareness since it was launched last February. #iseebeyond comprised of six short videos depicting real life scenarios to promote positive attitudes towards people living with a hidden disability.

Amárach Research conducted surveys of 1,000 adults before (December 2015) and after the campaign (June 2016) which clearly show its impact. Some of the key findings are:

- 41% of respondents are aware of the concept of hidden disability compared 32% in the previous survey
- Over one third (37%) said they would feel comfortable informing their employer that they had a hidden disability – a 7% increase

- 20% feel their workplace/place of education shows awareness for people with hidden disabilities – that figure is up by 5%
- Nearly half of respondents (49%) are aware of the daily challenges faced by someone with epilepsy – a rise of 4%
- 39% said they were aware of the challenges faced by a person living with acquired brain injury (ABI), up from 33%.
- 15% of respondents have seen or heard some form of social media or news story about hidden disabilities within recent months

Speaking about the findings Epilepsy Ireland CEO Peter Murphy said: "These results are very encouraging and clearly show the positive impact of #iseebeyond in such a short space of time. The stories that were told clearly touched the public consciousness and helped bring a more compassionate response. Hundreds of thousands of people across the country are affected by hidden disabilities and the campaign aimed towards a more inclusive society where no one should feel burdened. However, there is still much work to be done and both Epilepsy Ireland and Headway plan to continue the great work of #iseebeyond into the future."

CEO of Headway, Kieran Loughran was also keen to praise the campaign:

"These results show what two charities can achieve when they work together and are committed to a common goal. For Headway #iseebeyond was about reminding people that the person standing in front of them may have a hidden illness they are unaware of. Most people in Ireland don't realise the challenges facing someone with a brain injury but within just a few months knowledge is beginning to spread. Our ultimate goal is to reverse the lack of awareness for all hidden disabilities."

#iseebeyond reached out to companies, universities, community services and individuals through a series of 6 short videos to promote positive attitudes towards people living with a hidden disability. Companies already supporting #iseebeyond include Munster Rugby, Energia, Flogas, IRUPA, HAVAS, BDO and Marketing Network, amongst others.

For the next phase of the campaign, #iseebeyond hopes to specifically target the issue of hidden disability in the workplace, providing resources to inform and support employers in recruiting, supporting and retaining employees with hidden disabilities.

For more information visit iseebeyond.ie. Epilepsy Ireland would also like to express their gratitude to Amarach for their pro-bono support with their research.



*Irish Epilepsy Association seminar; from left: Dr. G. W. Fenton, London; Dr. Michael Swallow, Belfast; Mr. George Burden, International Bureau for Epilepsy, London; Dr. R. J. Porter, London, and Professor Patrick McNally, President of the Irish Epilepsy Association.
Photograph by Independent Newspapers Ltd., Dublin*

Professor Patrick McNally and distinguished guests during The Irish Epilepsy Association Seminar (circa 1970).

For many years Irish people had little knowledge of epilepsy. The condition alienated thousands and left many believing they could not achieve their hopes and ambitions. Prior to when The Irish Epilepsy Association (IEA) was established by a small group of dedicated individuals in 1966 epilepsy was shrouded with ignorance and misconceptions which were too prevalent even in medical circles. Progress was slow and difficult but much was achieved even in the early years.

Over the past 50 years we are proud of our achievements but all the staff, volunteers, supporters and members will continue to work tirelessly to improve the lives of people with epilepsy of all ages across the country. This article charts just some of the significant events of the first 20 years of The Irish Epilepsy Association, which was later to become Brainwave, and now Epilepsy Ireland.

1966

The Irish Epilepsy Association was formed with the support of what is now Rehab who at the time provided limited support services for people with epilepsy. The driving force behind the setting up of the IEA was undoubtedly Professor Patrick (Paddy) Aloyious McNally a physician from Mercer's Hospital who believed approximately 15,000 people had epilepsy at the time. The inaugural meeting of the new entity was held at the Royal College of Physicians in Dublin on October 4th 1966. At this meeting a committee was set up who included: Mrs E. Counihan, Mrs E. Briggs, Mrs E. Brown, Dr K. Keys, Mr L.S. O'Riordan, Dr John T. Bergin, Professor P.A. McNally, Dr N.V. O'Donohoe and Mr F.M. Cahill.

In the next meeting on November 30th Professor McNally was elected Chairman with John T. Bergin taking up the post of Vice Chairman.

The original aims set down in that meeting 50 years ago still ring true today:

- To help and advise people with epilepsy, their family and friends
- To improve the understanding of epilepsy and eliminate ignorance and prejudice about it
- To encourage and assist research into the causes and treatment of epilepsy
- To promote the need for education and rehabilitation

1967

Much of the efforts in the early days of

the charity were committed towards organising a national seminar. The event was held on October 28th in the International Hotel Dublin where over 400 people attended including Minister for Health Sean Flanagan who opened the conference. The first seminar was widely regarded as a success - the IEA only anticipated 200 attendees but over 400 showed up.

1968

The IEA's 1968 general meeting reported that since its inauguration the association made very good progress and even in formative years managed to inform and debunk numerous myths surrounding the condition. Professor McNally commented at the 1968 AGM: "The two foremost objects at present are the acquiring of free drugs and a social worker together with the publication of a leaflet educating the ordinary people on epilepsy."

Despite the organisation only being three years old, 1968 was an extremely significant year. The granting of free medications to people with epilepsy was passed in what would soon become the Long Term Illness Scheme (LTIS). New Vice Chairman Dr John Kirker praised the Minister for Health, Sean Flanagan for the speedy manner in which the request was dealt with. The Department of Health also provided half the salary for the very first epilepsy social worker - Rosario Dowd.

1969

Despite these advances, attitudes towards people with epilepsy were still fearful and suspicious. The Honorary secretary's report from the 1969 AGM revealed: "They are at a disadvantage if they reveal their condition".

1971

Records from the early 1970s show that IEA and epilepsy were achieving greater publicity.

The IEA was progressing so rapidly there was also a focus on international matters. Having already joined the International Bureau for Epilepsy, representatives attended the Fourth Symposium of Epilepsy in Amsterdam in 1971. The mission proved to be extremely revealing as it showed that even the most affluent nations in the world had the same issues with epilepsy as in Ireland.

1972

A hugely influential figure in the formative years of the association was Maureen Lindsey who worked in a secretarial role. Her daughter had epilepsy and Maureen was a key individual in organising major events such as The International Symposium on Epilepsy in 1976. She became involved in our efforts this year and is fondly remembered by her colleagues, friends and family.

1973

The incidence of epilepsy in Ireland during this year was estimated at 4 per 1000 and it was also revealed that 4,000 people availed of free medications to treat the condition. Barbara Hutch replaced Rosario Dowd as the organisation's social worker.

1974

During this year Professor McNally's health continued to deteriorate due to Parkinson's disease which led to Dr Jack Lyons taking over as Chairman. Dr Lyons would prove to be an extremely inspirational figure in the history of the organisation.

1975

The association held a successful two day Symposium on Epilepsy in the Burlington Hotel in November 1975. Three hundred medical professionals attended where distinguished guest speaker Dr Maurice Parsonage (an English based expert) spoke about the recent advances in the management of epilepsy. Plans were also in place to bring the 8th International Symposium on Epilepsy to Dublin in 1976.

1976

The IEA moved to a new office on Dawson Street this year and also appointed a second social worker to help and assist the growing number of members which increased to 1,400 in 1976. The International Symposium was widely regarded as a success and Vice-Chairman Dr Kirker felt the event had done the organisation proud and increased our international standing. The two day conference was a joint effort between the IEA and Epilepsy International which focused on 'New Approaches To Therapy'. The event attracted much national attention and helped lead to improved treatment and

services for people with epilepsy. Despite the event's incredible success Ireland would not hold another International Epilepsy Conference until 1997.

RIP - Professor Patrick (Paddy) Aloyious McNally

Professor McNally died suddenly on August 11th 1976. Compassionate and knowledgeable, he was an inspirational figure in helping people with epilepsy across the country. Besides from tireless work he was a music lover and possessed a light hearted sense of humour which was much loved by his colleagues and friends.

1978

Due to ill-health Jack Lyons stepped down as Chairman of the Association and Dr John Kirker would eventually step into the chair until he became President in 1982.

On June 26th 1978, a special board meeting was called in the Dawson Street office where it was agreed that the organisation would move into a new building. Dr Kirker stated that a 150 year old house on 249 Crumlin Road was to be on auction at £50,000 but it was agreed a figure of £45,000 would be bid. The IEA would move into the house at the end of 1979 which has since been the home of the organisation.



Richard Holmes – The Irish Epilepsy Association's first CEO

1980

As The Irish Epilepsy Association entered into a new decade Dr Kirker was buoyant. At this year's AGM, he stressed the importance of public education and while treatment of the condition had improved

over the years, this rate of progress had not been witnessed in the social attitudes towards epilepsy. Some of our more mature members may recall a Late Late Show interview about epilepsy around this time during which the people with epilepsy being interviewed remained hidden behind a panel to avoid the stigma of epilepsy.

1981

Economically the 80s were a bleak period for Ireland and the IEA did not escape this hardship. Service cutbacks were discussed and the board also talked about moving all the central services from the Dawson Street office to the Crumlin building. In the early 80s, the focus was on keeping the finances under control and maintaining the full level of services that were expanding across the country.

1984

Despite the turbulent financial times the organisation survived and even managed to extend educational meetings to Tralee, Tipperary, Carlow, Kilkenny and Galway. With the help of the Health Education Board a special education booklet was created which was distributed to schools across the country.

1986

A massive part of our fundraising efforts was The Horse Show Ball which ran from 1986 to 2008. Held each year in the Burlington Hotel this social night attracted high profile companies who gave their support to help the organisation's efforts. The evening was one of highlights of the year in the Dublin social calendar attracting many celebrities including a young Ryan Tubridy who often DJed on the night. Prior to The Horse Show Ball, The Phoenix Park Polo Club highlighted the event each year including the annual fundraising raffle of a pony. The Horse Show Ball was the brainchild of Richard Holmes, the IEA's first CEO whose passion and commitment was the driving force behind the organisation across three decades.

In the Winter issue of Epilepsy News we look back on the last 30 years of Epilepsy Ireland.

Our thanks to all who contributed to this article, especially Major General Vincent Savino, Mrs Tessa Dagge and Mike Glynn.

HOW BACKWARDS AND UNFAIR OUR SYSTEM IS"



In the last issue of Epilepsy News, our two lead articles focused on the difficulties students with epilepsy face during their school exams. In this piece Sean Fenton reveals the challenges he faced in managing both his condition and the daunting Leaving Cert this year.

The fact that stress is one of the main triggers of seizures was always going to be a key problem during the Leaving Cert exams. Constant advice of "don't get stressed" was fine, but meant nothing in an environment and system that pushes exams more than a neurologist pushes pills.

Facing final exams after you've spent two years of your life fighting seizures and trying to study, even when your mind is being ripped apart, is beyond demoralising. Knowing that you probably won't even be able to finish most exams, particularly when you are capable of doing well, is hard to cope with. Someone with epilepsy is given the same help as another individual who has spelling difficulties. The 'extra time' which I was given of twenty minutes means nothing if someone like me hits the floor and

isn't awake afterwards for thirty minutes. Even though I usually have a different, less aggressive, type of seizure (but also occasional tonic-clonics), twenty minutes is little help after even a 'complex partial' seizure as I need to rest for a long time to recover my mind. The exams need to at least be more spaced out for people like me to have a fair chance.

I approached the Leaving Cert this year with six years behind me of vastly complicated epilepsy, many failed medical trials (some of which were quite toxic to me). I missed so much school and pretty much all of third year due to pill changes which had side effects that included depression, sleep difficulties and very bad memory loss/ retention issues along with concentration problems. Before all of this I was very mathematical but after the meds were introduced suddenly the understanding of simple formulas and algebra became impossible. Before the exams this year I had already decided that I will do the leaving cert again next year and that knowledge helped to alleviate some stress for me.

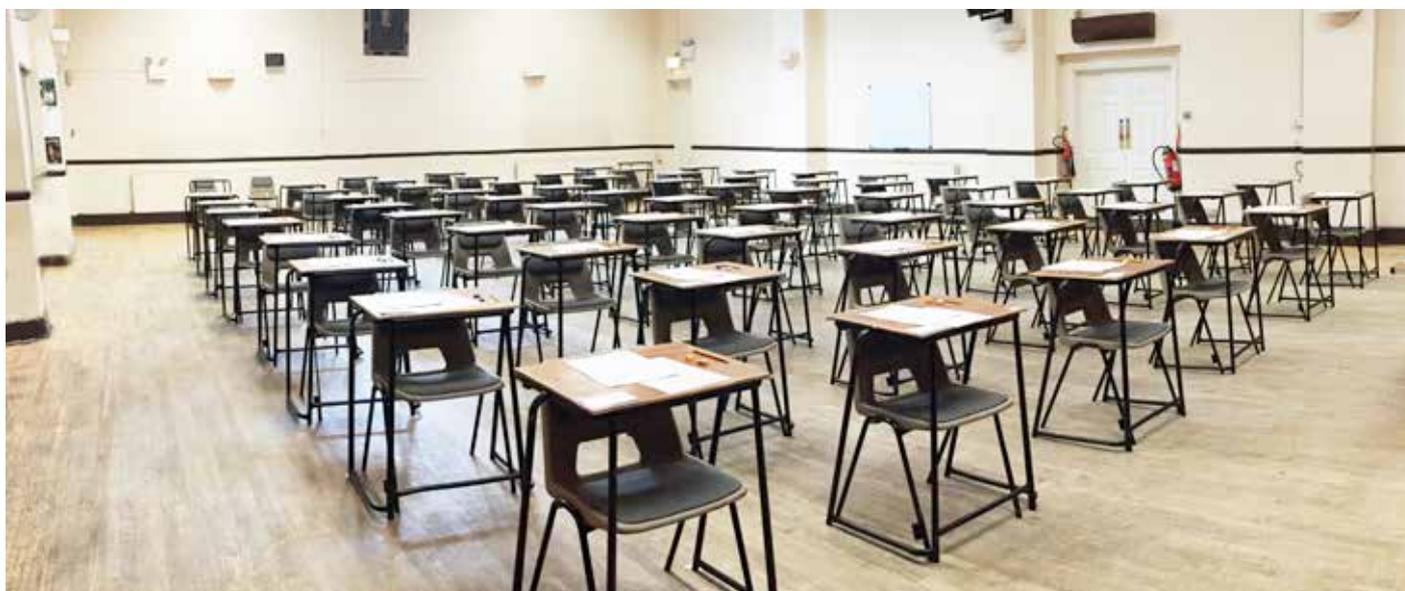
I imagine that I can speak for everyone this year when I say that there were many sleepless nights. I know that many faced their exam routines fuelled by only 4/5 hours of shut eye. With a condition like epilepsy, anything under 8 hours is a no go area and days containing double three-hour exams left little time for rest. Of course I don't know all of the facts in

terms of what exactly is going on in the Department of Education, but what I can be certain of is that having to rely on Redbull and Monster energy to sustain the run of exams can't be healthy for anyone, especially me.

It wasn't all negativity going into the exams though. Due to some medical changes my seizures and concentration abilities had improved in the two months prior to the exams. This gave me a boost of self-confidence and as a result I was able to finish most of the exams. Prior to these changes I would have needed a miracle to get through.

History and English are my best subjects and History receives most of my attention as the course is vast. Coming up to the History exam I was confident as my seizures had not been as bad as expected during many of the exams. But History came after a tightly scheduled series of exams and fatigue had kicked in. The History paper itself was not a difficult one, especially that lovely 1916 question. Yet, fifty minutes in a seizure struck. Everyone has different reactions and mine is one of confusion and severe memory loss. I tried to continue but eventually ended up asking my scribe "what year was 1916 again?", and that was following a 'twenty minute rest'.

I'm not the Minister for Education or Health but it doesn't take a 'politician' to realise how backwards and unfair our system is.





In the first part of her series of articles charting her personal journey with epilepsy, Kate Maher spoke movingly about living with the condition as a child and teenager. She now reflects on the challenges faced through her college years.

I fell in love with college life once I began my course in UCC (University College Cork). I signed up to many college clubs and mixed in well with student nurse colleagues. Now in University, I remained a very determined character. In truth however, this did feel like an external façade as I tried by best to cover up and deny my epilepsy. At this stage my seizures involved an aura, followed by staring, mixed up speech, a feeling of paranoia and occasional mild jerky movements. They would last thirty seconds or so. If anyone questioned me about them, I would make up excuses, laughing and playing them down. "Oh, it's early in the morning yet"; "oh sure, my heads not with me". I was hiding behind my epilepsy, feeling very embarrassed, ashamed and stigmatised. My parents would tell me, "It's for the best to keep it quiet Kate, the less people who know the better". Due to stigma I felt afraid, afraid to speak the truth. This caused me to bottle up how I felt and live a life of epileptic denial, putting it to the very back of my mind and enjoying college life.

I would sit in college listening to psychology lectures, soaking them up, meanwhile not utilising the information for myself or even realising how epilepsy

was making me feel. I was constantly aware of my epilepsy however, living my life on a mode of "high alert". When would the next seizure strike? Seizure frequency began to increase in my early twenties, having one to two daily. As a result I decided not to drink alcohol, a big decision at such a young age, but seizure freedom was my aim. I used to tell people I just "don't drink" - never giving away the official reason why. In college, I had learnt that alcohol could interact with my epilepsy medication and put excess pressure on my liver. Seizure freedom was a more important goal to me, and if alcohol lessened my chances of achieving that, so be it. So long alcohol!

The summer of 2004, aged 20, two college friends and I went on a J1 visa

trip to New Jersey in America. After two years in college, this was the first time I admitted to any college friends about my epilepsy. I knew, having seizures daily, that living together would mean I could no longer hide it. Between taking regular medication; and such a high possibility they'd witness my seizures, I knew that concealing it from them would be impossible. I felt terrified telling them about it. I felt like I was exposing myself. The self I couldn't face being at the time. How would I be judged? What would they think of me? To my amazement and sheer relief, they were fine about it, telling me they had thought something was up alright, having previously witnessed some of my seizures.

In my early twenties I was commenced on two anti-epileptic tablets per day. No mix of drugs appeared to reduce my seizure frequency however. I was put on Tegretol and Keppra, followed by Tegretol and Lamictal, and finally Tegretol and Lyrica. Unfortunately no combination seemed to work for me. My simple and complex partial seizures continued on daily. Bar two college friends now knowing about it; to everyone else I continued to live in denial. I buried my epileptic head in the sand, so to speak, figuring that if I ignored it, it would eventually just "go away" and "leave me alone". Psychologically, denial of my epilepsy was playing a huge part in my life at this time.

In the winter issue of Epilepsy News, Kate will reveal the challenges she faced in the next stage of her life.



FUNDRAISING

THANK YOU

We would like to thank and sincerely acknowledge the amount of €2,299.09 we have received from Davina Dunphy from Waterford who took part in the Viking Marathon in memory of her late husband Tony who passed away from SUDEP.

Heartfelt thanks to Grace Matthew and friends who raised €1,000 in memory of a family friend.

We were delighted to receive a fantastic €4,600 from the North West Vintage Club. Agnes Mooney our North West Community Resource Officer is pictured receiving the cheque from Eugene Kelly of the North West Vintage Club.



Thank you to Shane Dunne, TY Student at St. Kevins College who gave us a fantastic €800 on behalf of students. Shane has also previously raised funds for Epilepsy Ireland.

Massive thanks to Anthony Cuddihy, who selected us as his charity of choice where €2,000 was raised by his employers, Honeywell based in Waterford.

Eoin Crowley raised €1,244.89 from a fundraising event for his 50th birthday. Thank you Eoin and a belated Happy Birthday.



Big thanks to Mandy Phelan and her merry band of volunteers (pictured) who organised a bake and jumble sale in Laois and raised a brilliant amount of €1,650. Mandy also raised €850 with Joanne and Hannah Phelan in the Women's Mini Marathon.

SADDLE UP FOR EPILEPSY

This amazing cycling event raised €24,119.11 including a donation from Google. Over 400 cyclists cycled hard to raise funds for Epilepsy Ireland in the beautiful surrounds of Mayo on February 27th. Thanks to all who took part including the amazing Brenda Quigg and all the volunteers and sponsors who all generously donated their time and support. We hope to see you all again next year. Details coming soon.



WOMEN'S MINI MARATHON

We want to thank everyone who took part in the Women's Mini Marathon in June and to everyone who returned their funds. A reminder that there are still some outstanding funds and cards to be returned - can you please return as soon as possible.

SISTER ACT

A massive thank you must also go out to a group of 10 fantastic ladies who took part in the Mini Marathon in memory of their dear sister Concepta who passed away. They raised a fantastic €700.50.



CYCLING

Big thanks to Brian Maguire and friends (pictured) who raised a fantastic €1,550 from cycling from Galway to Dublin on 4th June. The team of 6 cycled from Galway City arriving in the GPO, Dublin later that night.

Thanks to the Tour De Gagg's crew who cycled from Cork to Roscommon last June in memory of their friend and relative, Alan Gallagher. Now in its 7th year the cycle has raised well over in excess of €50,000 for Epilepsy Ireland.



ROSE WEEK

Thank you to all our Rose Week volunteers who helped last February. Over €5,500 was raised by a number of kind individuals including: Anthony Briscoe, Nick Byrne, Sandra Maher, Christina Smith, Sarah Ward, Gemma Murphy, Brenda McManus, Caroline Madden and Teresa O'Brien.

JOEY'S BEARD

In November 2014 Joey O'Dea and some of his work colleagues at Markel decided that it would be a great idea for him to grow a beard with a view to raising funds for a worthy charity. Over the course of many months, Joey studiously grew his beard to raise funds for Epilepsy Ireland's research efforts. In March, Joey and his nephew Ross handed over €20,000 to Epilepsy Ireland's Peter Murphy, making Joey's now-former beard one of the most valuable we've ever seen. A huge thanks to the O'Dea's and to all that supported Joey's Beard.



FAMILY FUN DAY - TAYTO PARK

Last July we held our biggest ever 'Family Fun Day' with 109 people of all ages enjoying everything that Tayto Park had to offer. The day got off to a wet and windy start but thankfully the weather gods decided to send some sunshine our way which made for a lovely sunny afternoon and evening. Epilepsy Ireland must take this opportunity to thank Tayto Park's staff who were very welcoming to our large group - their friendly faces and helpful approach made it an enjoyable fun day for all our group.

The event was made possible by the fundraising efforts of Adrian Dunne and his late wife Caroline Dollard (who lived with epilepsy), an amazing act of kindness which we appreciate. Fun days are an important part of Epilepsy Ireland's work so let's try to continue making it happen. Our next day out requires a big fundraising effort so if you have any ideas please contact us on 01 455 7500 or email fundraising@epilepsy.ie. We hope to see you all again soon.

Below are a selection of wonderful photos from the day.



UNIVERSITIES SEEKING VOLUNTEERS FOR EPILEPSY RESEARCH

Queens University Belfast

A new research study being undertaken at Queens University Belfast will examine whether dogs have the ability to predict epileptic seizures and if so how they might do this. The study is part of a PhD study being undertaken by Neil Powell, PhD student, and supervised by Professor Peter Hepper of the Queens University School of Psychology.

The team are currently looking for responses from people with epilepsy, whether you own a dog or not.

If you are interested in taking part in the study, please email: Neil Powell – n.powell01@qub.ac.uk

 goo.gl/OBAfo0

University College Dublin

Epilepsy Ireland and University College Dublin are inviting people with epilepsy to take part in a research study carried

out by UCD's School Of Psychology. The study will explore first-hand experience of stress and resilience in the face of this neurological condition.

Dr Christine Linehan (Principal Investigator) and Dr Kate O'Donovan (Co-investigator) are interested to know more about what causes stress and how people with epilepsy adapt and cope with stress in their lives. By knowing more information the researchers can add to the knowledge base in relation to providing appropriate supports and interventions to people with epilepsy and their families, as well as education and information on how services can best respond to support those affected.

For more information contact Kate O'Donovan on 085 7061649 or email kate.o-donovan@ucdconnect.ie.

 goo.gl/KPnTrg

University of Liverpool

The Clinical Psychology Department at

the University of Liverpool want to get a better understanding of how anxiety and depression arise in people with epilepsy. This will help reveal which psychological treatments are best suited to reduce stress in people affected by the neurological condition.

The study is recruiting until February 2017 where people will be asked to complete 7 online questionnaires (which should take no longer than 45 minutes) and are requested to complete the same questionnaire three months later. The Clinical Psychology Department are seeking adults that have a diagnosis of epilepsy and take anti-epileptic medication. As a thank you for taking part, participants will be offered the chance to enter a prize draw to win one of ten Amazon gift vouchers.

If you are interested please email the investigator, James Reilly, reillyj@liverpool.ac.uk.

 goo.gl/G4vRqS

EPILEPSY IRELAND AWARDS NEW RESEARCH GRANT



Epilepsy Ireland is delighted to announce that a new research grant has been awarded to Prof David Henshall at the Royal College of Surgeons in Ireland.

The grant of €144,484 is co-funded by Epilepsy Ireland and the Health Research Board and will support Prof Henshall's new three-year study entitled "MicroRNAs in the mechanism of ketogenic diet therapies and as biomarkers in paediatric epilepsy".

This is the ninth project supported by Epilepsy Ireland since our Research Funding Scheme was established in 2009 and will take our investment in Irish epilepsy research to over €900,000 in that time.

The new study aims to find out more about the Ketogenic Diet as a treatment for epilepsy in children. The ketogenic

diet represents an alternative treatment for many children who do not respond to anti-epileptic drugs. Studies show that altering how much fat and carbohydrates are consumed changes how the body obtains its energy. For reasons that are not well understood, this can reduce the occurrence of seizures. A key problem is that only half of children placed on the diet show an improvement but at the moment there is no way to know in advance which children will benefit and which won't.

Prof Henshall's team are regarded internationally as world-leaders in the emerging field of microRNAs in epilepsy. MicroRNAs are a group of molecules found in cells which dampen down gene activity by reducing protein levels. Prof Henshall and others have found that blood levels of some microRNA are different in adults with epilepsy. They think this is because the brain makes unique microRNAs and that stress or injury such as occurs in epilepsy results in the appearance of these molecules in the blood. The team also has animal model evidence that the ketogenic diet directly alters brain levels of certain microRNAs.

The proposed research will investigate whether microRNA levels in blood samples or other body fluids (urine, saliva) can tell us which children with epilepsy will do best on the ketogenic diet. It will shed new light on how the diet works and potentially give doctors a new way to predict outcomes in advance, a development which would have significant implications for the treatment of drug resistant epilepsy in children.

The award has been made following our call for new proposals in late 2015, which led to a total of 11 applications for funding, the highest since 2012.

Co-applicants on the study include Prof Mary King, Temple Street Children's University Hospital, Dr David Webb, Our Lady's Children's Hospital Crumlin and Drs Eva Jimenez-Mateos & Catherine Mooney from RCSI. International collaborators include Prof Eric Heath Kossoff from Johns Hopkins Hospital in the US and Prof Jorgen Kjems from Aarhus University in Denmark.

Work will commence on the new study later in 2016.

REGIONAL EVENTS

Contact information for Regional Offices

Cork

Tel: 021 – 4274774

Niamh Jones - njones@epilepsy.ie
Loretta Kennedy -lkennedy@epilepsy.ie

East

Tel: 01 - 4557500

Ina Murphy - imurphy@epilepsy.ie
Carina Fitzgerald -cfitzgerald@epilepsy.ie

North East

Tel: 042 - 9337585

Email: Noreen O'Donnell
nodonnell@epilepsy.ie

Midlands

Tel 057 9346790

Email Cliona Molloy: cmolloy@epilepsy.ie

South East

Tel: 0567789904

Email: Joan Ryan jryan@epilepsy.ie

Mid-West

Tel: 061 - 313773

Email: Anna Kelly akelly@epilepsy.ie

Kerry

Tel: 064 6630301

Email: Kathryn Foley kfoley@epilepsy.ie

West

Tel: 091-587640

Email: Edel Killarney ekillarney@epilepsy.ie

North West

Tel: 074 9168725

Email: Agnes Mooney amooney@epilepsy.ie

KERRY

Killarney: Support meeting for people with Epilepsy

Epilepsy Ireland office
Wed 21st Sept; 26th Oct
10.30am - 12.30pm

Tralee: Teachers evening

Kerry Education Centre,
Dromtacker, Tralee
Tues 27th Sept 4.30pm – 6.00pm

STEPS - Self Management Programme For People With Epilepsy

Venue to be confirmed
Commencing: Wed 9th Nov for 6
Wed mornings 10.00am – 1.00pm

Kerry: University Hospital Outreach Service

Appointments available with
Kathryn before or after your
consultant appointment on each
Mon morning clinic

CORK

STEPS Self-Management Programme for Adults

Bru Columbanus, Wilton
Mons: 19th & 26th Oct 3rd & 10th
7.00pm - 10pm
Please contact the Cork office for

further information and to book
your place.

Cork: Support Group for Parents of Children with Epilepsy

Bishopstown GAA Club
Wed 5th Sept 14th Oct 19th & Nov
30th 7.30pm

Cork: Information Evenings for Teachers and SNA's

West Cork Education Centre,
Dunmanway
Wed 28th Sept
Innishannon House Hotel
Wed Oct 12th
7.00pm - 8.30pm
Registration from 6.30pm
For further information, please
contact Niamh in the Cork office or
the West Cork Education Centre at
023 8856756

Cork: Women's Mini Marathon

Centre Park Road
Sun Sept 25th 1.00pm
T-shirts and sponsorship cards
available in Cork office

Cork: Information Evening on Administration of Buccal Midazolam for Parents and Pre-School Staff

Venue: TBC
Mon Nov 21st Session 1: 11.30am
Session 2.00pm – 6pm
There is no charge but pre-booking
is essential. Please contact the Cork
office for both events

Cork: Support Group for Adults with Epilepsy

Bru Columbanus, Wilton
Mon Dec 5th 7.15pm

NORTH WEST

Donegal: Neurology Out patients Clinic

Out Patients, Scally House,
Letterkenny
Every 2nd Wed of the month
Agnes will be available to meet with
you at Dr. Murphy's Clinic. Please
call 074 91 68725 to confirm dates.

Sligo: Teachers and SNA's Epilepsy Awareness Evening

Seminar for Teachers/SNA's
supporting schools and children
with epilepsy
St Michaels Family Life Centre,
Churchill, Sligo
Wed Sept 14th 5.30pm - 7.00pm

Sligo Outreach Service

Epilepsy Ireland Office, Sligo
Wed Sept 14th 11.00am – 1.00pm
Wed Oct 19th 2.00pm – 3.30pm

Donegal: STEPS Programme For Parents Of Children With Epilepsy

Station House Hotel, Letterkenny,
Co. Donegal
Mon Nov 14th 21st & 28th and Dec
5th 6.00pm – 9.00pm

Donegal: Teachers and SNA's Epilepsy Awareness Evening

Seminar for Teachers/SNA's
supporting schools and children
with epilepsy
Station House Hotel, Letterkenny,
Co. Donegal
Mon Sept 19th 7.30 - 8.30pm

Donegal: STEPS Self-Management Programme for Adults with Epilepsy

Station House Hotel, Letterkenny,
Co. Donegal
Starting on Mon August 29th and
continuing weekly for 6 weeks
6.30pm - 9.30pm.

WEST

Event: Roscommon Paediatric Epilepsy Nurse Talk

On Managing Epilepsy & the
Administration of Buccal Midazolam
For Parents & Pre School Staff
Date: Mon, 24th Oct 2016
Venue: Abbey Hotel, Roscommon
Time: 10:30am -12:30 pm

Outreach Clinics

Mayo Venue: Family Life Centre,
Castlebar, Co. Mayo.
Oct: Wed, 19th Oct, 2016, 2-5 pm
Nov: Mon 21st, Nov, 2016,
10 am – 1 pm

Roscommon:

Mon 24th Oct 2016 2 -5 pm - Venue
to be confirmed

Roscommon Support Group

Venue: Cuan Aire Family Centre,
Castlerea
Date: Mon, 24th Oct 2016
Time: 6.30 pm

Self-Management Programmes

Mayo:

Dates: Wed 14th Sept – Wed 19th
Oct 2016 Time: 10 am – 1 pm
Venue: Mayo Education Centre,
Westport Road, Castlebar.

Galway

Dates: Wed 9th Nov – Wed, 14th
Dec 2016 Time: 10 am – 1 pm
Venue: To be confirmed

SOUTH EAST

Enniscorthy: Support Group for parents of children with epilepsy

Employability Wexford, IFA Centre
(downstairs room)
Tues 13 Sept 10.30am – 12.00pm

Kilkenny: Group Toolkit Session

We are offering the Living Well
with Epilepsy Toolkit programme
to anyone newly diagnosed with
epilepsy and parents of children
recently diagnosed at no cost.
Epilepsy Ireland Office, Kilkenny
Thur 29th Sept 10.30am - 12.30pm

Waterford: Seminar for parents of Children with Epilepsy & Professionals Caring for Children

with Epilepsy

Presented by Paediatric Epilepsy
Nurse
The Granville Hotel, Waterford
Wed 5th Oct 11.00am - 12-30pm
AND
The Clonmel Park Hotel, Clonmel
Thur 20th Oct 6.30pm – 8.00pm

Cashel: Support Group for people with epilepsy and family/partners/friends

Spafeld Family Resource Centre,
Cashel
Sat 5th Nov 10.30am – 12.00pm

EAST

Seminar for Parents of Children with Epilepsy & Professionals Caring for Children with Epilepsy

Epilepsy Awareness and Emergency
Medication Demonstration
followed by Question & Answer
Session with Epilepsy Paediatric
Nurse
Venue: Glenview Hotel, Glen of The
Downs, Co. Wicklow (Exit 9
from M11)
Date: Tues 28th Sept 2016 Time:
6.30pm – 8.30pm

Living Well with Epilepsy Toolkit and Support Session for Parents of children recently diagnosed with Epilepsy

Mon Sept 19th 2016 6pm-9pm
Carmelite Community Centre, 56
Aungier Street, Dublin 2

Living Well with Epilepsy Toolkit and Support Session for people recently diagnosed with Epilepsy

Mon Oct 17th 2016 6pm-9pm
Carmelite Community Centre, 56
Aungier Street, Dublin 2

STEPS (Support and Training in Epilepsy Self-Management) for Parents

4 Mon evenings 6pm-9pm Oct 3rd,
10th, 17th, 24th

Carmelite Community Centre, 56
Aungier Street, Dublin 2

STEPS (Support and Training in Epilepsy Self-Management) for People with Epilepsy

6 Wed Afternoons 2.30pm-5.30pm
Oct 12th, Oct 19th, Oct 26th, Nov
2nd, Nov 9th, Nov 16th Carmelite
Community Centre, 56 Aungier
Street, Dublin 2

Living Well with Epilepsy Toolkit and Support Session for Parents of children recently diagnosed with Epilepsy

Mon Nov 28th 2016, 6pm-9pm
Carmelite Community Centre, 56
Aungier Street, Dublin 2

Check out regional news on www.
epilepsy.ie for all local events



Celebrating 50 years in 2016

Providing information and support to thousands of people with epilepsy, parents, health professionals and schools since 1966

All-Cash Mega Raffle 2016

1st Prize €2,000

2nd Prize: €1,000
3rd Prize: €500
Seller's Prize: €200

Tickets just €3

Please do what you can to help. Every euro raised helps us continue our work for and on behalf of people with epilepsy in Ireland.

Draw: 28th October 2016

(Epilepsy Ireland Head Office, 249 Crumlin Rd, Dublin 12)

Permit issued by Inspector W. Carolan Dublin Metropolitan Region, to Peter Murphy C/o Epilepsy Ireland, June 10th 2016. Winners will be published on epilepsy.ie and notified week commencing 1st November 2016. Printed by Crumlin Print.

Return this slip with your ticket stubs and proceeds in the freepost envelope provided by: Wednesday 26th October 2016

Name _____

Address _____

Tel No _____ Email _____

Number of tickets sold _____ Total Enclosed € _____

Please send me _____ extra books of tickets (10 tickets per book)

You can pay by cheque, bank draft, postal order or credit/debit card. Cheques, drafts & postal orders should be made payable to Epilepsy Ireland.

Credit/ Debit Card payments: Visa Credit Visa Debit Mastercard

Card No. _____ Expiry date _____

Cardholder's name _____ Security code _____

In order to benefit fully from the proceeds raised, we do not automatically issue receipts. If you would like one, please tick here

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249 Crumlin Road, Dublin 12
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