Epilepsy News

Celebrating 50 years in 2016

Shining a light on epilepsy

Epilepsy Ireland Issue 75 Winter 2016

Epilepsy Ireland recognises its dedicated volunteers at National Conference

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NOTE FROM THE EDITOR

Conor Culkin

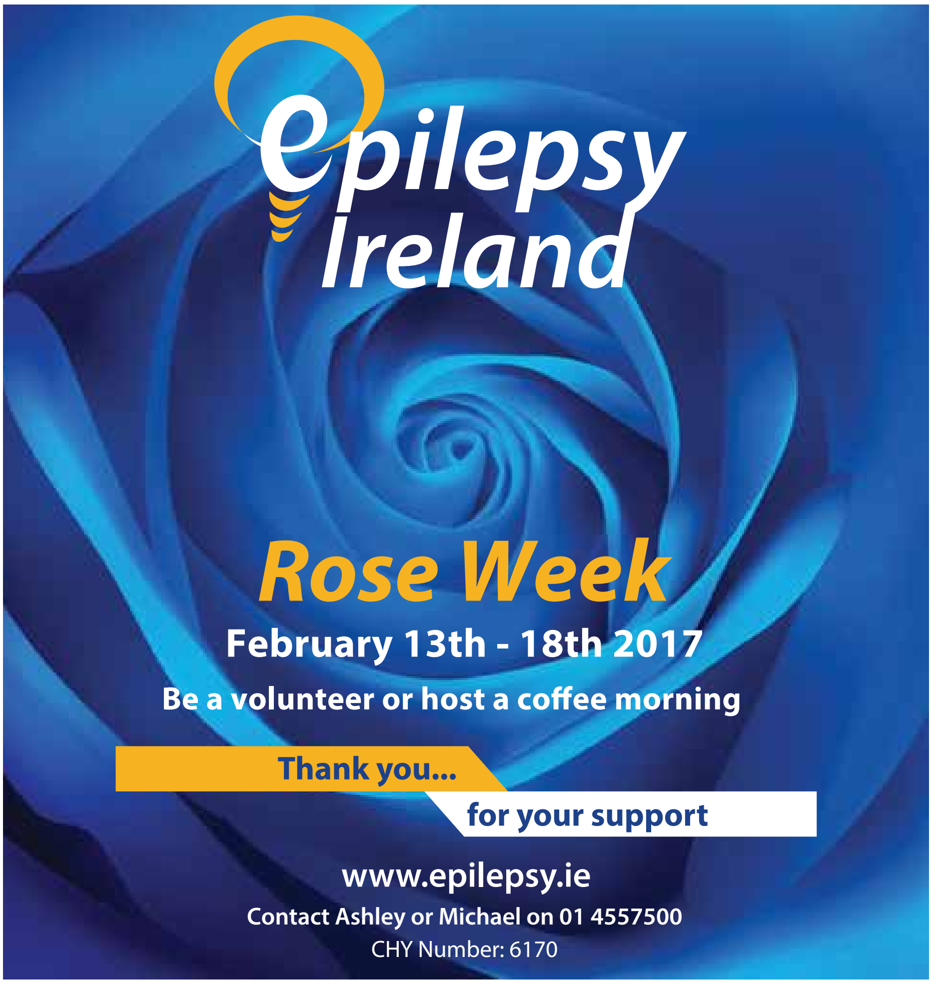
It's safe to say 2016 has been an eventful year for Epilepsy Ireland. We welcomed our new CEO, Peter Murphy and several new staff members to the EI team as mentioned in the previous Epilepsy News. We also celebrated our 50th anniversary which we marked with a special two day National Conference in the Alexander Hotel in October. A massive thank you must be given to all who attended, we were delighted with the positive feedback and the event is covered on page 4. The second part of our nostalgic look back on Epilepsy Ireland's history is also featured on page 8 and 9 which focuses on the last 30 years. Most significantly, 2016 has been another year in which our service has grown and developed. Details of our exciting new Innerwise programme and our new Transition Nurse advice line are in this issue.

This issue also features a number of personal stories many with the condition will identify with. On page 5 and 6 we speak to two mothers with epilepsy whose children have been physically and intellectually affected as a result of the epilepsy drug Sodium Valproate (Epilim) in pregnancy. We also have the incredible story of Leon Dooley - the first ever child in Ireland to have invasive monitoring surgery, as told by his mother Dee (Page 7). On the next page Kate Maher, in the third part of her personal journey with epilepsy series, reflects on the challenges she faced in the early stages of her nursing career.

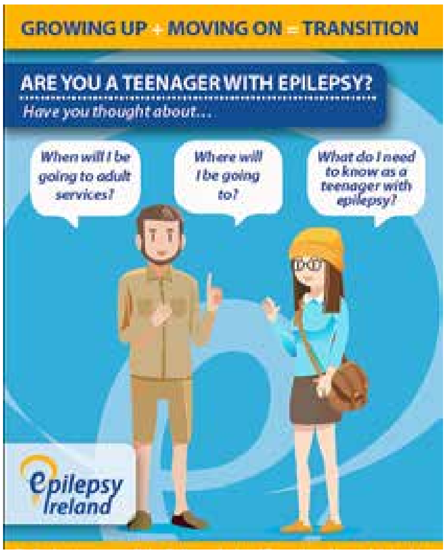
As always EI is indebted to our wonderful volunteers and their efforts over the last few months are featured.

As 2016 comes to end we would like to take this opportunity to say a huge thank you to all our supporters and members across the country who continue to make our work possible, your dedication is not forgotten.

Have a peaceful Christmas and Happy New Year from all at Epilepsy Ireland.



Epilepsy Ireland launches new Transition Nurse Advice Line



Epilepsy Ireland is delighted to announce our new Transition Nurse Advice Line with Yvonne Owen, Epilepsy Transition Nurse Co-ordinator. The advice line (01 4554133) is available every Monday from 2pm-5pm.

The aim of the service is to provide epilepsy advice and support for young adults with the condition to signpost people to the appropriate services. The phone line deals with a range of lifestyle issues and if there is a personal health concern, you may be redirected to your GP or local epilepsy team for specific individualised advice and care.

The phone line is suitable for teenagers, young adults with epilepsy, parents of adolescents with epilepsy, carers and healthcare workers looking after adolescents with epilepsy.

GO goo.gl/WBv26F

HSE publishes new Valproate (Epilim) toolkit

The HSE recently published a new toolkit on the drug valproate (Epilim) for patients and prescribers.

The Valproate toolkit was produced by the National Clinical Programmes for Epilepsy, Mental Health and Medicines Management in consultation with the HPRA and patient groups including Epilepsy Ireland and the FACS Forum. It aims to reinforce the safety message for healthcare professionals and patients that valproate is not prescribed for girls or women of child-bearing age unless other treatments are not effective or are not tolerated.

In 2014, the European Medicines Agency strengthened its warnings on the use of valproate in women and girls due to the increased risk of developmental problems, autism and malformations in children exposed to valproate in the womb.

The online toolkit consists of a patient information booklet, guidelines for prescribers and a patient/ prescriber checklist.

GO goo.gl/PBPjre

New reforms by State Exams Commission do not go far enough

Epilepsy Ireland has welcomed the recent changes to the Reasonable Accommodations for Certificate Examinations (RACE) scheme announced by the State Examinations Commission (SEC) but says the reforms fail to address the barriers faced by students with epilepsy.

A seizure before or during an exam will typically cause the student to miss the exam or at best, prevent them from performing anywhere near their potential on the day. Epilepsy Ireland believes it is necessary to expand on the RACE scheme to include the following range of practices which are commonplace for students with epilepsy abroad: repeat Leaving Cert exams for students who experience medical emergencies such as seizures; an option to sit exams over two combined years and the opportunity to space out exams over a greater time period.

GO goo.gl/rSJzcR

Report calls for greater awareness of epilepsy related deaths

New data from the International Epilepsy Deaths Register (EDR), which includes the recently established Epilepsy Deaths Register for Ireland, has revealed that over half of the families who have lost a loved one to epilepsy were not aware that epilepsy can be fatal. This data was reported on International SUDEP Awareness Day (October 23rd) which aims to increase awareness of SUDEP and how risks can be managed.

The International EDR was set up to learn more about the reasons why people may die from epilepsy and to drive research in how risks can be reduced by providing an opportunity for families or professionals to register a death from epilepsy. Data from 527 registered deaths from Ireland, Britain and America reveals that 56% of participating families did not know that you could die as a result of epilepsy.

GO https://goo.gl/LpJMvC

Minister Harris asks HPRA for expert advice on medical cannabis

Epilepsy Ireland welcomed last month's move regarding medical cannabis from Minister for Health, Simon Harris TD. EI believes an open, factual discussion on this complex medical and legal issue needs to happen urgently.

Minister Harris has asked the HPRA (Health Products Regulatory Authority) to provide him with their expert scientific advice. "This is not a discussion about decriminalising cannabis in any way shape or form, it is about reviewing our current policy and seeking to inform ourselves of the latest medical and scientific evidence on the potential medical benefits of cannabis for some people with certain medical conditions", the Minister said.

Given the attention that medical cannabis has received in recent months, the potential for misinformation and the risks attached to unregulated, unsupervised use of cannabis-based products, the Government must act urgently to develop a clear national policy based on medical evidence and the experiences of other countries. The Dáil recently discussed the bill to make medical cannabis available and a decision is expected in early 2017.

GO goo.gl/gamljz

EPILEPSY IRELAND NATIONAL CONFERENCE 2016

The 2016 National Conference in The Alexander Hotel Dublin was our largest event in recent years, spread across two days with 12 world class academics and medical experts who discussed the latest developments in epilepsy.

John Forde talked about the success of medical cannabis for his son Tristan. Dr Colin Doherty - Consultant Neurologist, St James's Hospital – also spoke about the issue

Dr Andrea Higgins - Senior Neuropsychologist in Bloomfield Hospital and Health Services, Dublin discussed the connection between epilepsy and memory

Eimear Forbes – Senior Paediatric Dietician, Temple Street Children's University Hospital talked about the Ketogenic diet for children with epilepsy

Epilepsy Ireland Volunteer Awards

To mark our 50th anniversary, special volunteer awards were presented to three of our long standing volunteers. They are of course not the only people who deserve recognition, but are three people who have contributed more than most to the cause of epilepsy over a sustained period of time. We were delighted that they agreed to receive our inaugural volunteer awards.

Theresa O'Brien

Theresa O'Brien pictured with Epilepsy Ireland CEO Peter Murphy and her daughter Catriona"

Theresa's involvement with Epilepsy Ireland goes back to the late 1980s. Her daughter Catriona was diagnosed with epilepsy and Theresa and her late husband Paddy were the catalyst for organising an information evening for other parents at the local school in Waterford. This developed into a regular support group meeting and it soon expanded to outside the school walls. Today, the group is still going strong, with Theresa at the forefront. A long term fundraiser as well, Theresa is a fantastic example of the voluntary spirit that has fuelled the increased awareness of epilepsy over the last 50 years.

Bernard Hughes

Bernard (pictured on front cover) was diagnosed with epilepsy as an adult and once he began to get a handle on his own epilepsy, he has ever since dedicated himself to helping others and Epilepsy Ireland.

Three days a week, every week, Bernard was in our Cork office, organising events big and small, spreading the word about epilepsy and encouraging others to get involved. Alongside Catherine Healy and in more recent times, his good friend Padraig O'Neill, it's estimated that Bernard has helped raise at least a million euros for our work over 30 years.

In the years before there were Community Resource Officers, it was often Bernard who manned the support service in Cork - educating and supporting people and families living with epilepsy. He was able to draw on his own experiences and passion, as someone living with epilepsy. His passion and enthusiasm is as fresh today as it was 30 years ago, but unfortunately The National Conference was Bernard's final event. We wish him health, happiness and enjoyment in his retirement.

Ann Kinahan

Epilepsy Ireland CEO Peter Murphy with Ann Kinahan

Ann's involvement with Epilepsy Ireland is not just because of her own epilepsy, which she has had since a teenager but also because of her two sons who also have the condition. Her volunteering goes back three decades but the Offaly woman has always been someone to play down her immense importance. In fact, there are few people as dedicated and passionate about the cause of epilepsy as Ann, who has been involved in activities as diverse as skydive fundraisers, media interviews, helping to organise local information events and even taking part in epilepsy research. For Ann, no job has ever been too big or too small.

You can watch a selection of the speeches on the website via the url below.

https://goo.gl/yFCgSi

THE INVISIBLE VICTIMS

For over three decades in Ireland the medication sodium valproate has been used to treat epilepsy, sometimes in pregnant women. Epilepsy News spoke with two families who believe this drug has led to physical and development issues for their children.

For the past 15 years life has been a struggle for the Dunne family. Their youngest daughter Zoe needs so much attention that her mother Beverly quit her job as a secretary and husband Jimmy was forced to alter his working hours as a chef. Shortly after she became pregnant for the first time Beverly was diagnosed with epilepsy and prescribed three types of medicine, one of which was valproate, known to many by the brand name, 'Epilim'.

In 2014 The European Medicine Agency (EMA) decided to strengthen warnings on the use of valproate in women. A number of studies found developmental problems in up to 40% of young children exposed to valproate in the womb. These problems included delayed walking and talking, memory problems, difficulty with speech and language and lower intellectual ability. Previous studies also found that children exposed to valproate in the womb were at increased risk of autism, ADHD and malformations such as cleft palate at birth.

"The second I noticed a physical difference, I knew it was because of the epilepsy medication that I was taking", said Beverly.

Zoe began to walk at 2½ years old and as well as having memory and concentration problems she is still exceptionally short for a 15 year old and has crooked fingers (see picture right) which create daily challenges.

Beverly explains: "When I became pregnant with Zoe I was immediately worried. I asked my doctor would my epilepsy tablets harm my pregnancy and he said he would have to increase my dosage. I listened to his advice as my condition was getting worse. Since Zoe was born we have been going to numerous doctors to find out what was wrong."

The Dunne family, who live in Tallaght believe their medical team have not always been fully open with them about the true effects of valproate.

She continues: "Even back then I said to our doctor 'I think it's my medication' and he told me we were not aware of this." Doctors kept saying it was 'Neuro Developmental Delay'. Talking to them has felt like banging your head against a brick wall."

Despite their troubles the family bond is strong and Beverly says older brother Conor (19) is always protective of his younger sister. Jimmy believes a lack of information before the internet era is one of the reasons why families were unaware.

"Back then you would rely solely on doctors' advice but we quickly realised there was something wrong. If they (the doctors) knew the tablets did this to Zoe they should have provided us with extra help from the start. We've been on our own."

Zoe's education has been a constant battle for the Dunne family – she was bullied in her first secondary school with little sympathy or understanding from the teachers.

Jimmy recalls: "The second school she went to was a lot better but the teachers noticed that Zoe was not paying attention in class. We then had to organise a meeting with the principal and teachers revealing our whole story and all the difficulties. They were brilliant, so understanding."

Beverly's fears and suspicions were confirmed when she watched a 2013 BBC Panorama investigation called 'Pills and Pregnancy' which highlighted the valproate issue in Britain.

"A friend of mine, Karen Walsh just happened to share the programme link on Facebook one evening. Myself and Jimmy sat down and watched it and he said to me oh you were so right.""

Karen Walsh is Ireland's most vocal advocate on the issue – she has three children who have been affected by exposure to valproate during pregnancy. Along with Epilepsy Ireland and a range of patient and representative groups, Karen is heavily involved in the FACS (Fetal Anti Convulsant Syndrome) Forum Ireland.

FACS Forum advocates for better warnings and information from the Department of Health, HSE and the HPRA on the side effects to expectant mothers of drugs that contain valproate. The Forum is also seeking better rights and supports for those families in Ireland who have been impacted by the use of valproate in pregnancy.

As well as providing support for the Dunnes, Karen has also helped another Irish mother who was willing to speak to Epilepsy News anonymously. 'Mary' believes both her children, who were born in France, have been affected by valproate,especially her son.

Continued >

"I only found out last February that valproate did this to my children", Mary said.

"My ex-husband sent me information from France about why I might be having problems. When I found out, I was absolutely shocked and appalled that my children have a disability that could have been prevented – it's an absolute disgrace! For twelve years I've been told lies. I'm so worried about the future of my kids."

In France it is alleged that 10,000 pregnant women were prescribed valproate despite the known risks of it causing serious birth defects. Parents of those affected say the French state and Sanofi (the company who make valproate) were too slow to warn of the side effects of the drug, which has been used to successfully treat epilepsy since 1967, after the risks to foetuses became clear by the early 1980s.

Last month, France set up a fund to meet potential compensation claims from affected families. The French parliament voted to create a nationwide compensation fund and amended its 2017 budget to set aside an initial 10 million euros for claims relating to Depakine, the French brand name for valproate, which is also used to treat bipolar disorder.

Mary continues: "Sanofi don't want to admit any liability but the mothers in Ireland and France will not give in. We're being made the invisible victims. This is a disability that could have been avoided if the communication and information were given to the parents. "The children in Ireland who are affected by this, need to get the services and support in place so they can lead a good life. My children need access to services now and not tomorrow. Due to their disabilities I had to give up my full time job as they need me more and childcare was not catered for my son's meltdowns, outbursts and hospital appointments."

Like the Dunne family, Mary is visibly upset when recounting her story but is now committed to finding answers. She believes a critical mass of parents need to come forward and tell their story in order for the Irish Government to act.

"More mothers in this situation need to speak up and acknowledge something is wrong with their child. Massive credit must be given to Karen for bringing the mothers together. This is a medical scandal that should never have happened and the HSE need to get their act together as well."

The Dunne family also echo Mary's sentiments as Beverly stresses the point that it's very difficult for mothers to speak out.

Beverly explains: "Many are afraid to tell their story as they don't want to reveal there is something wrong with their child. As a mother you do feel a large amount of guilt. We would like to call on other families who might have the same issue to investigate it and to get in touch. The more people that speak up the stronger our case will be.

Mary adds: "This medical scandal is one that should never have happened, but has, due to this negligence and non-communication.The HSE and other services need to act and commit for this disability to be diagnosed immediately, so support can be put in place for the parents and the children who suffer daily, as clearly this is a disability that could have been avoided."

In a final impassioned plea a visibly upset Beverly tells Epilepsy News: "The truth needs to come out because this has been a very long hard road. I don't know what Zoe is going to be like when she's in her 20s and later on in life. Mothers need to be warned by their doctor if they are on epilim. These days I feel that you don't know what you're taking.

"Doctors are afraid to discuss this issue. They don't want a big explosion. If France have admitted it, what will be outcome here for our children and the future of our children? We can't just keep hiding the truth - it's not going to go away."

If you are a Mother who believes she has been affected by taking valproate during pregnancy please contact the FACS Forum on 01 454 7978. FACS Forum is a group of organisations that includes: Epilepsy Ireland, Migraine Association, Shine, OACS Ireland (Organisation for Anti-Convulsant Syndromes), Disability Federation, Medical Research Charities Group & the Genetic and Rare Disorders Organisation.

Valproate information booklet published by the HSE

Find out more about the use of Valproate in pregnancy:

Download the HSE's new information booklet: https://goo.gl/34aLVB

Contact the Epilepsy Nurse Helpline: 01 4554133 (Monday mornings)

Are you a woman taking valproate (epilim)? *Take our survey at:* https://goo.gl/pr06QE

LEON ‘THE BRAVE’

Leon Dooley was the first ever child in Ireland to have invasive monitoring surgery. His mother Dee tells Epilepsy News the unique circumstances that led to his operation in November 2015.

Leon was 7 years old when his epilepsy first made its appearance. It started slowly with mild seizures that grew in intensity over the next couple of years until they were full debilitating tonic-clonic seizures coming in clusters, leaving him very debilitated and exhausted. Many medicines were tried to get these under control but none worked.

His schooling, friendships, independence and safety all came under threat. He was attending Dr David Webb, Paediatric Neurologist in Tallaght Hospital and eventually the discussion came that he may be a good candidate for surgery. The tests for his candidacy were conducted which included video telemetry, MRIs and PET scans.

Leon’s seizures were all the same in nature with numerous body movements all to the left – the test results showed that the seizures were all coming from the front part of the right hand side of his brain. But where? Invasive monitoring had been performed on adults in Ireland to identify the location in the brain where seizures start but it had never been performed on a child. It was decided to give it a go. It took a massive amount of organisation, lobbying for the facilities needed and the correct space was crucial to house all the monitoring equipment in the St Rapael’s children’s ward in Beaumont.

In November 2015 a very brave 13 year old entered Beaumont Hospital to be greeted by one of the most dedicated nursing teams you could ever come across. He was blessed with a wonderful neurosurgical team that were ready led by Donnacha O Brien and Ronan Kilbride. My confidence in them was unfaltering. Leon was quite the celebrity and was a model patient calmly taking it all in his stride!

The first operation was to put the invasive monitoring grid onto the surface of his brain with some deep probes also inserted. This involved him having a large part of the right hand side of his skull lifted to put the grids in place. The nerve wracking operation took about six hours. He came back all bandaged up with leads coming out of his head that went across the room and were hooked up to a monitor that recorded everything including 24 hour videoing. Leon had little mobility and had to stay in view of that camera all the time so was confined to his bed like that for 10 days. During this time the seizures came, harrowing, one after another. The readings they got from them were what they needed. The data was analysed and the second operation planned. Leon had a section of the right frontal lobe removed. The invasive monitoring pinpointed exactly where the seizures were coming from which enabled the surgeon to just remove that area, saving him from any unnecessary deficits.

After this operation it was a nervous time to see how Leon would be when he woke up. They had to remove his supplementary motor area and we were on tenterhooks to see would he have any weakness down his left hand side.

He actually was up and walking the next day, not much but enough to see that the operation had been a total success! We were discharged within a week. We left with tears of thanks and joy in our eyes with many hugs to all the wonderful surgeons, doctors, nurses, catering and housekeeping staff.

It was truly a team effort. I am so proud of Leon to be incredibly brave for being the first child to undertake this type of procedure. His comments were often “Its important I do my best so that other children can have this operation too”. Leon has been quite the success story. He has a new found independence and is excited to see what the future holds. Without this operation he would never have had a shot at independent living.

Leon after his surgery

Leon: “It’s important I do my best so that other children can have this operation too”.

Leon attended Tallaght Hospital where Dr David Webb decided he would be a suitable candidate for surgery

50 YEARS OF EPILEPSY IRELAND - PART 2

In the autumn issue of Epilepsy News we looked back on the first 20 years of the organisation. In this piece we focus on some of Epilepsy Ireland's significant events and achievements over the last 30 years.

1987

The most exciting venture undertaken The most exciting venture undertaken by the Irish Epilepsy Association (IEA) as it was then known, this year was a Skills Familiarisation Course with 25 trainees – 50% of whom had epilepsy. The purpose of the course was to help young people close skills gaps and enable them to progress into further training or employment.

1989

The need for more social workers became clear in 1989 with one staff member dealing with 2,268 enquiries. The Association provided support to the Neurosurgery Department in Beaumont Hospital by employing a Nurse Counsellor for the year. During 1989 the profile of The IEA increased significantly due to the promotion of the new Rose Week fundraising campaign which still provides vital funding for the organisation today. The late actor Mick Lally (pictured), whose character in Glenroe had epilepsy, often gave his support to the fundraising efforts.

1990

As The IEA moved into a new decade there was a new name –'Brainwave' and a new bulb-inspired logo to convey the theme of taking epilepsy out of the shadows.

The highlight of the year was the Second European Congress on Epilepsy and Society which was hosted by Brainwave. More than 400 people from across Europe attended the event in The Shelbourne Hotel which included some of the world's foremost experts on epilepsy.

1993

Brainwave CEO Richard Holmes was one of 13 people who received an Ambassador for Epilepsy Award at The 20th International Epilepsy Congress held in Oslo. This year also saw the association team up Griffith College with the establishment of the 'Planning My Future' Programme – a pre-employment training programme for people with epilepsy.

1997

Brainwave hosted the 22nd International Epilepsy Congress in the RDS, one of the largest ever international events in Ireland at the time. The culmination of two years of hard work, Dr John Kirker and Brainwave CEO Richard Holmes were the driving forces in the awarding of the event to Ireland.

The Irish Times reported:

"According to the organisers, over 5,000 delegates from more than 70 countries will attend making it the largest medical conference ever held in Ireland. They expect the conference - which takes place from June 29th to July 4th - to provide an £8 million boost to the economy."

1998

Richard Holmes moved on to international endeavours within the field of epilepsy and was succeeded by Mike Glynn as Chief Executive Officer.1998 was the beginning of the hugely successful Training for Success course at IT Sligo which is still a flagship Epilepsy Ireland service today. Since the pre-employment training programme began 18 years ago, 85% of graduates have found a job or upskilled after they completed the course.

2001

This was the year Epilepsy Ireland joined the information superhighway as Brainwave launched its first website (www.epilepsy.ie).

2002

Colonel Jim Dowdall retired as Brainwave chairman this year. Having originally joined the organisation because of his child's epilepsy, he chaired the charity through some years of excellent growth but also guided Brainwave through some turbulent times. Although retiring from the chair he continued to support Brainwave as a member of the executive committee and the Finance sub-committee. At the Brainwave AGM held in Thurles, Co. Tipperary on November 9th, Brainwave President, Dr. John Kirker thanked Colonel Dowdall on behalf of the Executive Committee, the members and the staff of Brainwave both for the "quality and the quantity of time". He passed away on December 31st 2005 and remained an active member until shortly before his death.

Tessa Dagge was elected as Colonel Dowdall's replacement this year. Tessa became involved in the Irish epilepsy movement when her son, who has epilepsy, was very young. She retired as Chair of the Association in 2013 following 12 years leading Epilepsy Ireland.

After many years of campaigning, Sinead Murphy was appointed as Brainwave's first Community Epilepsy Specialist Nurse based at Beaumont Hospital, a position she still holds today. For 14 years Sinead has provided crucial expertise and support for patients, families and their relatives diagnosed with epilepsy.

2004

Brainwave welcomed changes in driving regulations which allowed more people with epilepsy to drive cars and motorcycles thanks to the campaigning of Dr John Kirker and Brainwave.

Prior to 2004, a person needed be seizure-free for at least one year before being allowed to drive. However with the amendments, anyone who had only nocturnal seizures over a period of two years (preceding the date of medical examination) can be certified by a neurologist to drive.

2006

RTE 2FM Presenter Rick O'Shea answered the celebrity call to become Patron of the Association. Rick realised the importance of positive role models for children, especially those with a medical condition. In an early engagement, Rick helped raised awareness and joined MEPs in the European Parliament for a meeting entitled 'Epilepsy Knowledge amongst health policy makers'. Ten years on, and Rick continues to expertly and passionately represent Epilepsy Ireland and the cause of epilepsy whenever the opportunity arises.

2008

Brainwave and the Joint Epilepsy Council of the UK and Ireland (JEC) called for greater investment in epilepsy services in Ireland at the launch of the "Epilepsy: The Case for Investment" manifesto for Ireland. The manifesto was officially launched by Minister for Health, Mary Harney TD and the first steps were taken towards the establishment of the National Epilepsy Clinical Care Programme, which has since overseen many significant improvements in epilepsy care.

A new training programme in 'Epilepsy Awareness & the Administration of Buccal Midazolam' was introduced. Demand for the training among healthcare professionals has grown year on year and today, over 1,000 people are trained by Epilepsy Ireland each year.

2009

The Prevalence of Epilepsy in Ireland study revealed there were up to 37,000 people with epilepsy in Ireland. Commissioned by Brainwave and conducted by the UCD Centre for Disability Studies it was first national epilepsy prevalence study undertaken anywhere in Europe.

Brainwave's Research Funding Scheme was also established in 2009 to provide epilepsy researchers in Ireland with an avenue to access funding for high quality scientific and social epilepsy research. In just seven years, nearly €1 million has been invested in a host of research projects.

Brainwave CEO Mike Glynn was elected President of the International Bureau for Epilepsy, a role he held for four years. Among Mike's priorities as President were issues such as SUDEP awareness & research and achieving greater visibility for epilepsy in the European parliament.

2010

Brainwave launched a new information pack for nurses. The resource was targeted at specific categories of nursing and over 20,000 packs were distributed nationwide. In previous years, similar resources were launched for GPs and teachers.

2011

Our esteemed President and long serving board member, Dr John Kirker passed away this year. He worked tirelessly for all people with epilepsy throughout his life and left an enduring legacy through his many achievements, perhaps most notably the introduction of EEG to Ireland. He was succeeded as President by retired Army General Vincent Savino who has had an equally long association with the charity, especially in his involvement in fundraising campaigns for many years. Vincent has an interest in epilepsy through a family member and is still President of Epilepsy Ireland to this current day.

Brainwave highlighted the need for increased 'seizure awareness' to mark the first European Epilepsy Day on St Valentine's Day in 2011. The campaign focused on generating more openness and knowledge about epilepsy, improving seizure first aid and addressing care issues for people with epilepsy. In Europe, a Written Declaration introduced by Irish MEP Gay Mitchell was passed by the Parliament calling for greater service provision and research into epilepsy.

2012

Also this year, Brainwave launched an advocacy campaign to exempt anti-epileptic drugs (AEDs) from legislation introducing generic substitution and reference pricing in Ireland. While AEDs were not specifically exempted, the message that tiny changes in medication could lead to seizure recurrence for some people was received and four years on, no AED has been deemed interchangeable.

2013

This was the year Brainwave changed its name to Epilepsy Ireland. Speaking about the name change, Mike Glynn, CEO of Epilepsy Ireland said "At a time when people are encouraged to speak more openly about epilepsy, we need to lead the way with a name that doesn't hide the condition we represent. By making our name shorter and simpler, we believe that the task of raising public awareness of epilepsy and eliminating stigma will be easier to achieve."

Mark Dowdall was elected Chair of the Association in September 2013. He has been involved with the Association for several years on fundraising projects such as Rose Week and the Horse Show Ball and still remains Chairman Of Epilepsy Ireland.

2014

New services including the Living Well With Epilepsy toolkit for people who are newly diagnosed with epilepsy and the STEPS self-management programme is introduced. Demand for Epilepsy Ireland's community-based services continues to grow in recent years as a result.

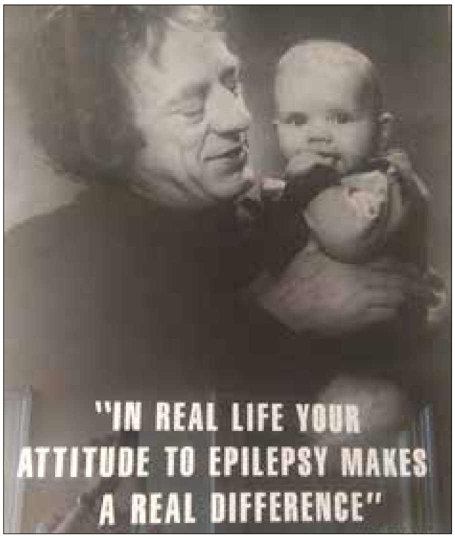
2015

Ireland Rugby Head Coach Joe Schmidt (pictured) encouraged people to know what to do if someone has a seizure in the "TEAM" television ad campaign for International Epilepsy Day. Shown almost 1,000 times, the ad was seen by an estimated 60% of the adult population and has been shown to have increased public knowledge of seizure first aid.

2016

After many years of loyal service Mike Glynn retired this year after 21 years with Epilepsy Ireland. 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.

We also launched our Strategic Plan which aims to protect and maintain existing services and activities, while also developing in new directions ensuring the needs of people with epilepsy and their families in Ireland are met. More details of the Plan will be revealed in the spring issue of Epilepsy News.



TOP TIPS FOR PARENTS OF CHILDREN WITH EPILEPSY

Parenting; one of the most challenging jobs ever and one every parent takes on without a job description. Isn't this true? It's often a case of learning as we go along. This quote from Maria Shriver describes it very well: "Having kids — the responsibility of rearing good, kind, ethical, responsible human beings — is the biggest job anyone can embark on. As with any risk, you have to take a leap of faith and ask lots of wonderful people for their help and guidance. I thank God every day for giving me the opportunity to parent."

This is particularly true with regard to parenting a child with epilepsy. When your child is diagnosed with epilepsy, you have a hundred and one questions. Things like: what should I know? How will I ever get my head around seizures? Who needs to know about it? What do I need to know about the anti-epileptic medications? These are all very valid questions that hopefully this article will help answer and empower you as a parent to support your child with epilepsy.

Know where to find support

There is nothing more frightening than the feeling of powerlessness, especially in the early days following the diagnosis. The feeling of not knowing what to do, or not being too sure you're doing the right thing can be overwhelming. Learn as much as you can about your child's epilepsy. It will give you back your sense of control. As you know, knowledge is power.

The best place to start is by talking to your doctor or your child's neurology team. The Children's Hospitals have both Advanced Nurse Practitioners (ANPs) and/or Clinical Nurse Specialists (CNSP) on their teams. They are there to educate you at the time of diagnosis, answer any questions you have and act as a link between hospital and home. The regional hospitals often have Paediatric or Children's Nurse Specialists/Children's Outreach Nurses who can guide you as well.

Epilepsy Ireland's Community Resource Officers (CROs) currently run a STEPS Programme for parents of children with epilepsy. These courses are available nationwide and information can be obtained on www.epilepsy.ie. They also provide parents with the Living Well with Epilepsy Toolkit, providing you with a very valuable tool to support your child's epilepsy.

Become an expert

It's not unusual to feel bombarded with a lot of new medical words and unpronounceable medication names, especially in the early stages following diagnosis. Where should you go to access the correct information? Well, you will have received information from your child's doctor or Advanced Nurse Practitioner (ANP) at the clinic visit and it likely was a lot to take in at the time. Hopefully, you also got to meet with a nurse specialist and had a chance to talk about your concerns. You may have received some helpful booklets, leaflets and written information. Nevertheless, it's normal on your way back home that you think of other questions you could have asked.

So:

- Take some time to read through the information you were given.
- Write down questions, thoughts or concerns that come to mind as you do so, and when you speak with a nurse specialist, doctor, or Epilepsy Ireland CRO ask them to clarify the issues.

Never be afraid to ask a question, especially if it's one that keeps coming into your mind.

And remember: "There's no such thing as a stupid question"!

Familiarise yourself

Do you know what **type of epilepsy** your child has or what the **seizures are called**? It helps to be aware of this information, but remember; when describing seizures to your doctor or anyone on the medical team it is important to:

Describe **in your own words** what you saw happening.

- Take note of;
  - – lead up to the seizure - what your child was doing just before seizure starts
  - – how the seizure starts – what alerted you
  - – parts of the body involved – take note of eye movements, limb twitching or jerking etc
  - – whether or not your child responds when you call or touch him/her
  - – colour change in the face
  - – sounds your child makes and
  - – how long the event lasts.

Recognise **early warning signs** of a seizure. For example; do you notice a change in your child's behaviour in the hours or days before a seizure occurs. Take note of these behavioural changes, especially if you notice a pattern emerging.

- Keep a seizure diary. This is especially important when medication changes have been made by your doctor.

Educate yourself

You've been told that your little one has to take medication every day to help control seizures. You get the prescription filled at your pharmacy, start reading the **patient information leaflet (PIL)** and see a long list of possible side effects. Naturally you immediately become concerned. But take a minute to think about something; all medications have side effects, even over-the-counter medicines like Panadol or Nurofen. You've got to trust your doctor and neurology team. Starting your child on medication is something that's done after careful consideration of the facts. Medication is started at a low dose and goes up slowly to the target (maintenance) dose. This is for two reasons;

Firstly, to avoid potential unwanted effects, and secondly to see if seizures can be controlled at a low dose.

Get to know:

- – The name of the anti-epileptic medication (AED) your child takes. You will hear words like 'brand' and 'generic' names. This can cause confusion. Here are some of the most commonly used AEDs, the brand name is in bold:

Epilim/Epilim Chrono/Epilim Chronospheres – sodium valproate, **Tegretol/Tegretol Prolonged Release** – carbamazepine, **Lamictal** – lamotrigine, **Keppra** – levetiracetam, **Trileptal** – oxcarbazepine, **Zarontin** – ethosuxamide.

– **The type of medication***;* is it in liquid, tablet or sprinkle form.

– If tablets are being used, educate yourself on the tablet strengths. For example Lamictal comes in various tablet strengths (2mg, 5mg, 25mg, 50mg, 100mg, 200mg). When talking to your nurse or doctor, give the correct tablet strength and steer clear of saying things like "he takes two Lamictal tablets every morning and evening". It saves time, avoids confusion and prevents possible prescription errors. It's also very helpful to bring your child's medication with you when attending doctor or hospital visits.

– The difference between mls (millilitres), mgs (milligrams), for the same reasons as above. Liquid medication is measured in millilitres, but you will see the dose in milligrams also on the bottle label.

– Dose times. How often must it be given and what are the best times. **Remember,** it's important your child takes the medication at the same time every day. This helps keep the drug level evenly balanced in the body, thereby giving better seizure control.

– The safest and most accurate way to correctly measure liquid medications. Doses for babies and young children can be quite small, so it's good to get into the habit of using **oral syringes.** Oral syringes accurately measure small doses of liquid medicines. Ask your local pharmacy about them.

– If there are foods to be avoided with your child's medication.

– What to do if your child; vomits after a dose, misses a dose or accidently received a double dose. This information is on the PIL supplied.

– Possible medication side effects. Know the signs to watch out for, and know who to speak with if concerned.

IMPORTANT: stick with the AED brand name your child has been prescribed. **Never switch brands** unless you have been advised to do so by your child's neurologist.

This may seem like a lot of information to get to grips with, but soon this will become second nature to you. If unsure about anything, talk it through with a nurse specialist or your doctor.

Talk to your child's school staff

It's inbuilt in parents to feel concern for their child's wellbeing and safety at all times. This is especially true for you, the parent of a child with epilepsy. And if your child attends school it brings a whole new set of worries.

Things like:

– Should I tell the school?

– What do they need to know?

– What do they know about epilepsy and seizures?

– Will they know what to do if my child has a seizure in school?

With regard to telling school staff about your child's seizures, remember they are responsible for him/her whilst in their care. Therefore it is important that they know about a diagnosis of epilepsy. Just explain in your own words what seizures look like and how they are managed. Let them know if your child is on medication and advise them about possible side effects.

School staff have several sources available to educate themselves on epilepsy, such as: "Managing Chronic Health Conditions at School."

This resource pack was put together by Epilepsy Ireland and other charities to support and enable teachers and parents to provide a safe environment for students with a chronic health condition as they go through school.

Each chronic condition has a designated section. The section on epilepsy is 21 pages full of concise yet comprehensive information like;

– What epilepsy is

– Main seizure types

– Effects of epilepsy on the student in school

– Medication and treatment

– Seizure triggers

– Psychological and social factors.

– A *sample epilepsy emergency plan* to guide school staff. You can fill this out with your child's teacher.

– Guidance to the Board of Management on their responsibility, as well as parents and teacher's obligations.

- The three paediatric hospitals run information days for school staff. These *"Epilepsy Awareness for School staff"* study days are facilitated by the nurse specialists in each neurology department. As well as providing detailed information on epilepsy and seizures, this forum allows for information sharing between attendees, as school staff are from many different schools across Ireland. Teachers are taught the following about rescue medication;

– What it is

– Why it's given

– When to use it and

– Shown how to administer it

If you would like some more information about these talks for your child's school, have a chat with an ANP or CNSP.

- Epilepsy Ireland has designated staff that visit individual schools to give talks on epilepsy. The request for this must come through the school principal, once you the parent have given permission for them to do so.

Also, Epilepsy Ireland has produced a Teacher's Information Pack which includes a helpful checklist you can fill out for the school.

Learn to trust your intuition

The advice, pointers and tips above hopefully give a better understanding of what you need to know about your little ones epilepsy. But don't forget, you know your child best. It helps to remember this if you're feeling a little out of your depth. If something doesn't feel right about how your child looks or behaves, or you have a niggling concern that something's not quite right, talk it through with your doctor, ANP, CNSp, or Epilepsy Ireland CRO.

After all, you are the best advocate for your child.

With this advice in mind, I hope you have a Peaceful Christmas and a Happy New Year.

WORSENING SEIZURES AND A NEED FOR ANSWERS

In the second part of her series of articles charting her personal journey with epilepsy, Kate Maher spoke movingly about living with the condition through her college years. She now reflects on the challenges faced in the early stages of her nursing career.

I qualified as a Registered General Nurse in 2006 – a very proud moment. I worked on a renal medical ward, looking after people facing kidney transplants. While I loved nursing, I had an interest in midwifery and the following year I applied to a number of maternity hospitals - determined not to allow epilepsy build a barrier to my career or interests. I was lucky enough to receive a place on a midwifery course in UCC and the then newly opened Cork University Maternity Hospital. I loved the course along with caring for women and their new-borns. The placements were hard and at times extremely busy but they gave me a new passion and I continue to work as a midwife to this day.

Throughout all this time, however, my seizures continued. In class, at home, on placement, in public, literally anywhere and everywhere could be a seizure destination. I had no control. I tried desperately to achieve control, but in the end I realised this was far beyond my grasp. I was beginning to recognise that my seizures were in fact stronger than me. I continued on Tegretol and Lyrica, seeing my consultant yearly and occasionally he altered my doses. In my mid-twenties they were becoming much more common and I could have 2-3 per day - either simple or complex partial. During this time, I began to open up a little more, moving in with three friends a short walk from the hospital. Casually I told them all about my epilepsy, but even then I still played it down: "Ah, they're kind of small, but just in case you notice one". In my workplace, however, I continued to remain silent and if I felt an aura come on I would hide myself away in the store room, sluice room, linen room, or any private place I could find before the seizure would take over me.

> *"I had no control. I tried desperately to achieve control, but in the end realised this was far beyond my grasp."*

After qualifying as a midwife, I kept my epilepsy as "under wraps" as possible. At this stage though, I was beginning to realise that my epilepsy was worsening and something had to be done. I felt I needed more answers. Eleven years of age was the last time I had had an MRI of my brain. I began to question my doctor more now. Did I even have epilepsy? How do you or I know that these are seizures? There had never been a definitive diagnosis of what was actually causing my seizures. Now aged 25 in 2009, it upset me how little my doctor was doing. So I demanded an MRI scan. As I was a public patient, I paid to have it done privately. After the scan was carried out I was issued with a copy of the images. The scan was reviewed by my neurologist and the radiologist who both reported it as NAD meaning - "No Abnormalities Detected".

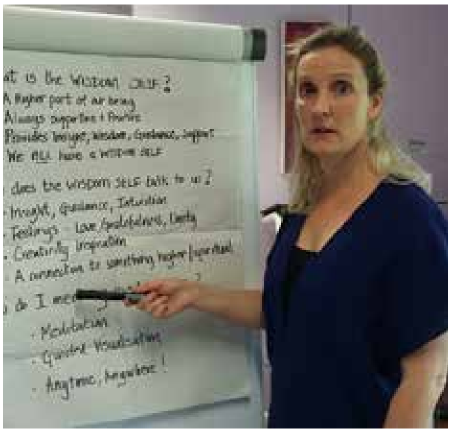
So I was back to square one. My seizures were continuing to increase in number, worsen in length and become more complex. The path of no answers continued to be my journey and my hope of a cure, or at least a control of my epilepsy, was beginning to fade. Perhaps this will peter out?

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

Kate worked and studied as a Midwife in the Cork University Maternity Hospital

NEW COURSE TO HELP EASE STRESS AND ANXIETY

Director of Services, Wendy Crampton explains INNERWISE - Epilepsy Ireland's new Personal Development and Meditation Programme.



During the summer of 2016, Epilepsy Ireland pioneered a new approach to supporting people with epilepsy. We designed, created and delivered on a pilot basis our new INNERWISE programme – (Inner Wisdom and Strength with Epilepsy). This new six session course combined a programme of personal development and meditation practices. This provides an innovative course which creates an opportunity for people to learn to positively manage their mental health and grow in self-belief and confidence. 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 as well as the social isolation that can be experienced.

Having developed the new STEPS self-management programme and with over 150 people with epilepsy across Ireland completing the programme, participants told us that they would like a deeper programme addressing self-esteem and mental health. We set about creating a programme where real inner transformational change could occur.

Epilepsy Ireland has been one of the first disability organisations to develop a successful self-management programme (STEPS), and we are now taking the further step of providing a deeper approach to teaching self-management skills (INNERWISE) which will solidify and deepen the initial project. We believe innovative interventions are needed to help the mental health of people living with epilepsy to deepen their experience of confidence and wellbeing in their lives.

> *INNERWISE participant Sarah Murphy: "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."*

Our facilitators include myself and Shay Moran, Meditation teacher and we created a programme which includes a variety of activities including transforming negative beliefs, learning about the inner self, creating new affirmations and learning to find and trust our own individual wisdom - the 'wisdom self'. The meditation aspect of the programme offers a set of tools to manage stress and anxiety including experiential activities like breathing meditation, body movement work, visualisation, light meditation, body scanning and relaxation, listening to nature and present moment awareness. The classes were fun and allowed the group to interact informally, and even involved some music, singing, colouring and a fire ceremony!

The results of this course were really transformational and very exciting for our future service. The participants gave fantastic feedback about the course, the improvements they felt in their experience of themselves and of coping with life with epilepsy. By the end of the course, people told us that they had experienced changes in their confidence, outlook & resilience, personal wellbeing, positive social interactions with each other, improved connection to their inner self and self-belief, and improved feelings about their epilepsy.

When asked what changes happened during the course, participants mentioned improved social skills; improved confidence and being brave; reduced headaches and migraines; improved ability to deal with epilepsy; better and improved sleep; belief in the power of meditation; and stepping back and using the tools that were learnt.

We asked participants how the course will impact on them in the future and they gave us answers which included helping to identify directions for the future, using the tools that were taught, knowing the importance of the inner self, being more confident, being able to self-manage better, knowing never to give up and to set goals, improved ability to control negative thoughts and using positive affirmations.

Due to the success of the INNERWISE Dublin pilot programme, in 2017, we will bring one and two day INNERWISE workshops to more locations across the country. Please contact your local Community Resource Officer if you are interested in attending.

INNERWISE participants practise stretching exercises

Medication teacher, Shay Moran

FUNDRAISING

2016 All Cash Mega Raffle

A huge thanks to everyone who entered our 2016 'All Cash Mega Raffle', it was a huge success and €22,079.80 was raised.

The winner was G. O'Reilly (Galway) landing a €2,000 prize. The winner of the sellers' ticket was T. O'Reilly from Galway who took home €200. Runner up Prize went to D. Greene, Offaly who won €1,000 with the 3rd Prize of €500 going to E. Harris, Dublin 12.

Our CEO Peter Murphy (pictured above) is pictured picking out the winning tickets; the draw was supervised by Stephen Bradley, Solicitor.

Rabobank

Thank you to Rabobank's Anna Smith, Manish Gajare and Lorna Carrick (pictured above) for their kind donation from their recent fundraising event for Epilepsy Ireland.

CD For Epilepsy Ireland

Thanks to Sarah Mechan from Wexford who raised a fantastic €1,228 after compiling a musical CD. Epilepsy Ireland have copies available in our Crumlin head office which cost €10 each.

Dublin City Marathon

A huge thank you to all the runners who raised money for Epilepsy Ireland at the Dublin Marathon including:

- Eoin Duffy - €1,165
- Eoghan McDermott - €1,362.99
- Jonathan Doran (pictured) - €390

Concert

Nancy Lane from Limerick organised a fantastic concert in the Millennium Centre. A significant amount of €5,160 was raised. Pictured with our Limerick Community Resource Officer Anna Kelly is Liam Kiely and Ann Kiely. Thank you to everyone who took part and all who attended.

'Kube' challenge

Finally a huge thank you to the staff of AIB including Aoife McCauley, & Nicki Gilchrist who recently held a fundraising 'Kube' challenge in the Radisson Hotel Dublin and raised an incredible €13,500. The event was in memory of their late colleague and friend Graham O'Callaghan.

Thank you

Thanks to everyone who took part in our recent table quiz in the Church Venue, Dublin. It was another full house and a great night with €1,948 raised on the night.

Thanks also to Jenni Wall who completed the onerous Hell and Back Challenge raising a fantastic €420. Catherine Willock Monaghan also raised €80 in the same challenge Congratulations to both.

EPILEPSY IRELAND SUPPORTS MY LEGACY

L-R: Bernadette Parte, My Legacy Legal Spokesperson; Fergal O'Sullivan, My Legacy Chairman; Ms Frances Fitzgerald, An Tanaiste and Minister for Justice & Equality; Eoin McBennett, Investment Manager, Quilter Cheviot; Gemma Woodward, Executive Director, Quilter Cheviot.

Epilepsy Ireland was delighted to attend the recent launch of My Legacy's Best Will Week' with Tánaiste Frances Fitzgerald in The Cliff Townhouse.

Epilepsy Ireland and the other 70 charities of the My Legacy group, asks you to continue to support us by making or updating your will and once family and friends have been looked after, to include a legacy gift to us. It can be large or small but it will make a difference.

For more information log onto mylegacy.ie.

REGIONAL EVENTS

SOUTH EAST

(Co's Kilkenny, Carlow, Waterford, Wexford and South Tipperary)
Contact: Joan Ryan, Community Resource Officer, Epilepsy Ireland, c/o HSE, St. Joseph's, Waterford Rd, Kilkenny. Tel: 0567789904. Email: jryan@epilepsy.ie. Office Hours: Mon, Tue, Wed 10am - 5.30pm; Thur 10am - 2pm

CORK

Address: Epilepsy Ireland, 35 Washington Street, Cork. Tel: 021 4274774

South Lee & West Cork: Niamh Jones, Community Resource Officer. Email: njones@epilepsy.ie. Office Hours: Mon & Tue 8am-4.30pm; Wed & Thur 8am – 1pm

North Lee & North Cork: Loretta Kennedy, Community Resource Officer. Email: lkennedy@epilepsy.ie Office Hours: Tue, Wed, Fri 9.30am -5.30pm; Thur 1.30pm - 5.30pm.

EAST REGION

(Co's Dublin, Kildare, Wicklow)
Contact: Ina Murphy, Carina Fitzpatrick, Community Resource Officer, Epilepsy Ireland, 249 Crumlin Road, Dublin 12. Tel: 01 4557500. Email: imurphy@epilepsy.ie. Office Hours: Mon, Tue & Wed, 10am - 6pm; Thur 1.30pm - 6pm

NORTH EAST REGION

(Co's Louth, Meath, Cavan, Monaghan)
Contact: Noreen O'Donnell, Community Resource Officer, Epilepsy Ireland, Unit 1a Partnership Court, Park Street, Dundalk, Co Louth. Tel: 042 – 9337585 Email: nodonnell@epilepsy.ie. Office Hours: Mon, Tue & Wed 9am - 6pm.

KERRY

Contact: Kathryn Foley, Community Resource Officer, Epilepsy Ireland, Glenwood, Park Road, Killarney, Co. Kerry. Tel: 064 6630301. Email: kfoley@epilepsy.ie . Office Hours: Mon- Fri 9am - 2.30pm.

Upcoming Events

Christmas STEPS Reunion and support meeting

If you would like to participate in the Epilepsy Ireland STEPS programme in the Kerry area please contact Kathryn as the progamme has recently commenced.
Hospital outreach appointments available with Kathryn prior to you consultant visit at Kerry general hospital on the 1st ,2nd and 4th Monday of each month.

MID-WEST REGION

(Co's Limerick, Clare & North Tipperary)

Contact: Anna Kelly, Community Resource Officer, Epilepsy Ireland, Social Service Centre. Henry St. Limerick. Tel: 061 – 313773. Email: akelly@epilepsy.ie. Office Hours: Mon 9.30am - 5pm; Wed 9.30am - 5.30pm; Thur 12.30pm - 5pm; Fri 11.30am - 4pm.

Upcoming Events

Limerick: Group Toolkit Session
Education Centre, Limerick
Mondays: January 16th / March 1st / April 3rd / May 8th

Limerick: Spring 2017
Time & Venue TBC
Suzanne Keily, Epilepsy Nurse Specialist
Will provide a once off demonstration on the Administration of Buccolam and facilitate a general Epilepsy discussion on Epilepsy. This session is suitable for families, Creche and Pre-school staff.

Ennis: Information Stand
Ennis Shopping Centre
International Epilepsy Day 2017

Tipperary North: Information stands in shopping centres.
Brain Awareness Week 7th – 13th March

Limerick: Innerwise (Wisdom and Inner strength with Epilepsy)
Self-development and meditation programme.
A one day workshop on Saturday 25th March in the Kilmurry Lodge Hotel, Castletroy, Limerick
The workshop teaches meditation, mindfulness, visualisations and self-awareness for people with epilepsy who would like to deepen their life management skills.

Limerick: STEPS Self-Management programme
Kilmurry Lodge Hotel Castletroy
January 9th, 16th & 23rd

Ennis: Teachers Information Evening
Ennis Education Centre
Monday 8th May
4.15pm – 5.15pm

Limerick: Teachers Information Evening
Kilmurry Lodge Hotel
Wednesday 10th May
7. 15 pm – 8.15pm

WESTERN REGION

(Co's Galway, Mayo, Roscommon)
Contact: Edel Killarney, Epilepsy Ireland, Westside Resource Centre, Seamus Quirke Rd, Westside, Galway,
Tel: 091-587640. Email: ekillarney@epilepsy.ie.
Office Hours: Mon-Wed 8.30am - 4.00 pm; Friday 8.30am -4pm.

Upcoming Events

Family Puppet Day
Thursday, 23rd February 2017 – Mayo Education Centre

Innerwise Self Development & Meditation Programme
Wednesday, 5th April 2017 – Mayo Education Centre

NORTH WEST

(Co's Donegal, Sligo & Leitrim)

Contact: Agnes Mooney, Community Resource Officer, Epilepsy Ireland, Grand Central Complex, Floor 2B, Canal Road, Letterkenny, Co Donegal. Tel: 074 9168725. Sligo Office: Epilepsy Ireland, 2C Castle House, Castle Street, Sligo. Tel: 071 9141858. Email: amooney@epilepsy.ie. Office Hours: Mon, Tue, Wed 9am - 5pm; Thur 9am - 1pm.

Upcoming Events

Sligo: Outreach Service
Epilepsy Ireland Sligo Office
15th February - 11.00am – 1.00pm
29th March - 2.00pm - 3.30pm
Tuesday 11th April - 11.30am -2.00pm

Please call to make an appointment and to confirm your attendance:

Donegal: Neurology Out patients Clinic
Out Patients, Scally House, Letterkenny
8th February
5th April
Agnes will be available to meet with you at Dr. Murphy's Clinic. Please email to confirm dates.

MIDLANDS

(Co's Offaly, Laois, Westmeath & Longford)

Contact: Cliona Molloy, Community Resource Officer, Epilepsy Ireland, c/o Carers Association, Market Square, Tullamore, Co. Offaly.
Tel: 057 9346790. Email: cmolloy@epilepsy.ie. Office Hours: Mon, Tue, Wed & Fri 10am - 2.30pm; Thur 9am - 5pm.

Upcoming Events

Outreach Service Athlone
Venue: IPWD Office, 96 Sean Costello Street, Athlone
Date: Monday the 6th of February 2017
Time: 10am – 2pm

Buccal Midazolam Training for Parents and Preschool Staff on 28th Feb 11am to 1pm in Tullamore venue TBC.

Please call Cliona at the Midlands Office on 05793-46790 to book your appointment.

Charity Cycle supporting Epilepsy Ireland

NATIONAL SADDLE UP FOR EPILEPSY

Saturday, 25th February 2017
@ Breaffy Sports Arena, Castlebar, Co. Mayo

REGISTER NOW!

www.saddleupforepilepsy.com