



SERVICE ACTIVITY 2018

Please find in this document the Service Activity plans for Epilepsy Ireland Community Regional Services 2018.

If you wish to find out more about any event, or to confirm dates and locations, please contact your local Community Resource Officer. The contact details are on our website.

Please ensure that you register with Epilepsy Ireland before attending an event listed below to make sure that any changes of time, venue or cancellation can be communicated to you.

Our Support Services

Through our nine regional offices and our head offices in Dublin, we provide one-to-one support and advice to people with epilepsy, their families and carers, and professionals. Our Community resource officers can offer information, advocacy and a listening ear, by phone or meeting with you or by answering your email. In addition, our Epilepsy Nurse Specialist operates a Nurse Helpline on Monday mornings on (01) 455 4133.

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

In addition to these events listed in this Service Activity Programme, we run a number of support groups for people with epilepsy and parents. Please contact your local office for further details.

GROUP TOOLKITS

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

Location	Day & Date	Time (Start & Finish)	Region to contact
Carmelite Community Centre, 56, Aungier Street, Dublin 2	Monday 15 th January	6.00pm – 9pm	Eastern office 014557500
Limerick Education Centre, Marshal House, Dooradoyle Road, Limerick	Thursday 18th January	10.00am – 1pm	Midwest office 061313773
Carmelite Community Centre, 56, Aungier Street, Dublin 2	Monday 26 th February	6.00pm – 9pm	Eastern office 014557500
Limerick Education Centre, Marshal House, Dooradoyle Road, Limerick	Monday 19th February	10.00am – 1pm	Midwest office 061313773
Limerick Education Centre, Marshal House, Dooradoyle Road, Limerick	Thursday 5th April	10.00am – 1pm	Midwest office 061313773
Carmelite Community Centre, 56, Aungier Street, Dublin 2	Monday 9 th April	6.00pm – 9pm	Eastern office Tel. 014557500
Carmelite Community Centre, 56, Aungier Street, Dublin 2	Wednesday 23 rd May	10.30am – 1.30pm	Eastern office Tel. 014557500
Limerick Education Centre, Marshal House, Dooradoyle Road, Limerick	Thursday 7th June	10.00am – 1pm	Midwest office 061313773
Balbriggan (venue tbc)	Tuesday 19 th June	6.00pm – 9pm	Dundalk 042 9337585 Dublin: 01 4557500
Carmelite Community Centre, 56, Aungier Street, Dublin 2	Monday 25 ^t June	6.00pm – 9pm	Eastern office 01 4557500
Carmelite Community Centre, 56, Aungier Street, Dublin 2	Monday 20th Aug	6.00 pm – 9pm	Eastern office 01 4557500
Carnegie Court Hotel, North St, Townparks, Swords, Co. Dublin	Tuesday 4th Sept	6.00pm – 9pm	Dundalk Office 042 9337585 Dublin: 01 4557500
Limerick Education Centre, Marshal House, Dooradoyle Road, Limerick	Thursday 27th Sept	10.00am – 1pm	Midwest office 061313773
Carmelite Community Centre, 56, Aungier Street, Dublin 2	Wednesday 17 th October	10.30am – 1.30pm	Eastern office 01 4557500
Carmelite Community Centre, 56, Aungier Street, Dublin 2	Monday 26th November	6.00pm – 9pm	Eastern office 01 4557500

OUTREACHES

Outreach at Outpatient clinics - in many areas, Epilepsy Ireland staff attend relevant outpatient clinics to meet and offer assistance to people with epilepsy. Individuals can also arrange to make one-to-one appointments with our staff. **Our Hospital Outreach Services include Beaumont Hospital, St. James Hospital, Letterkenny General Hospital, University Hospital Galway, Kerry General Hospital.**

Our Community Outreach Services include:

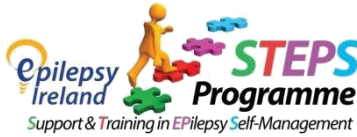
North West: <ul style="list-style-type: none"> • Inishowen • Donegal Town • Gweedore/Dungloe • Leitrim/Carrick-on-Shannon • Sligo 	South East: <ul style="list-style-type: none"> • Gorey • Enniscorthy • Wexford • Waterford • Carlow • Cashel 	South (Kerry): <ul style="list-style-type: none"> • Listowel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

DATES OF PLANNED OUTREACH ACTIVITIES 2018

Location	Day & Date	Time (Start & Finish)	Region to contact
Mayo Education Centre, Westport Rd, Knockaphunta, Castlebar, Co. Mayo	Tuesday 16th January	1.00 pm -3pm	Galway office 091 587640
Portlaoise: Citizen Information Office	Monday 22 nd January	10.00 am – 4pm	Tullamore 05793 46790
Arklow Health Centre, 2 Castle Park, Arklow, Co. Wicklow	Thursday 15 th February	10.00am – 4pm	Eastern office 01 4557500
Athlone: IPWD Office	Wednesday 28th February	10.00 am – 3pm	Tullamore 05793 46790
Gorey, Wexford	Wednesday 28th February	10.30am - 2.30pm	Kilkenny Office 0567789904
2C Castle house, Castle street, Sligo	Monday 9th April	2.00pm – 4pm	Sligo 074-9168725
Portlaoise: Citizen Information Office	Monday 26 th March	10.00 am – 4pm	Midlands 05793 46790
Newbridge Health Centre, Henry street, Newbridge	Tuesday 27 th March	9.30am – 4pm	Eastern office 014557500

Carlow Seven Oaks Hotel	Tuesday 28th March	10.30am - 2.30pm	Kilkenny Office 0567789904
2C Castle House, Castle Street, Sligo	Monday 23 rd April	2.00 pm - 5pm	Sligo office 071 9141858
Bray Health Centre, Block B, The Civic Centre, Main St, Bray	Tuesday 24 th April	10.00am – 4pm	Eastern office 01 4557500
Athlone IPWD Office	Wednesday 13 th June	10.00 am – 3pm	Midlands 05793 46790
Mayo Education Centre, Westport Road, Knockaphunta, Castlebar, Co. Mayo	Monday 25th June	1.00 pm -3pm	Galway office 091 587640
Imperial Hotel, Galway	Tuesday 26 th June	11.00am – 1pm	Galway Office 091 587640
Cuan Aire, Castle Rea, C. Roscommon	Tuesday 26 th June	3.00pm – 5pm	Galway office 091 587640
Naas Venue TBC	Tuesday 26 th June	9.30 am – 4pm	Eastern office 01 4557500
Arklow Health Centre	Tuesday 3rd July	10.00am – 4pm	Eastern office 01 4557500
Portlaoise: Citizen Information Office	Monday 23th July	10.00am – 4pm	Midlands 05793 46790
2C Castle House, Castle Street, Sligo	Tuesday 24th July	10.00am- 12.30 pm	Sligo office 071 9141858
Mayo Education Centre, Westport Road, Knockaphunta, Castlebar, Co. Mayo	Monday 3rd September	1.00 pm -3pm	Galway office 091 587640
Newbridge Health Centre, Henry street, Newbridge	Tuesday 11 th September	9.30am – 4pm	Eastern office 014557500
2C Castle House, Castle Street, Sligo	Wednesday 12th September	10.00 am 12.30 pm	Sligo office 071 9141858
Portlaoise: Citizen Information Office	Monday 24 th September	10.00 am – 4pm	Midlands 05793 46790
2C Castle House, Castle Street, Sligo	Wednesday 17th October	10.00 am 12.30 pm	Sligo office 071 9141858
Mayo Education Centre, Westport Road, Knockaphunta, Castlebar	Monday 22nd October	1.00 pm -3pm	Galway office 091 587640
Cuan Aire, Castlereah, Roscommon	Tuesday 23rd October	3.00 pm -5pm	Galway Office 091 587640
Mayo Education Centre, Westport Road, Knockaphunta, Castlebar, Co. Mayo	Wednesday 7 th November	1.00 pm -3pm	Galway office 091 587640
2C Castle House, Castle Street, Sligo	Wednesday 14th November	10.00 am 12.30 pm	Sligo office 071 9141858
Bray Health Centre, Block B, The Civic Centre, Main St, Bray	Tuesday 20 th November	10.00 am 4.00 pm	Eastern office 01 4557500
Portlaoise: Citizen Information Office	Monday 26 th November	10.00 am – 4pm	Midlands 05793 46790
Naas Venue TBC	Tuesday 27 th November	9.30 am – 4pm	Eastern office 01 4557500
Kerry university Hospital, Rathass, Tralee, Co. Kerry	1 st , 2 nd and 4 th	9.30am-	Killarney office

	Monday each month	12.30pm	0646630301
Manor west hotel or Rose hotel Tralee	1 st , 2 nd and 4 th Monday each month	1.00pm-5pm	Killarney office 0646630301
2C Castle House, Castle Street, Sligo	Wednesday 12 th December	10.00am 12.30 pm	Sligo office 071 9141858



STEPS PROGRAMME 2018

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

Location	Day & Date	Time (Start & Finish)	Region to contact
Westside Resource Centre, Seamus Quirke Rd, Galway	Wednesdays: Jan 17 th , 24 th , Jan, 31 st , Feb. 7 th , 14 th , 21 st	11.00 am-2pm	Galway office 091587640
Carmelite Community Centre, 56, Aungier Street, Dublin 2	Mondays: Feb 5 th , 12 th , 19 th , 26 th , March 5 th , 12 th	6.00 pm – 9pm	Eastern office 014557500
Carmelite Community Centre, 56, Aungier Street, Dublin 2	Wednesdays: April 11 th , 18 th , 25 th , May 2 nd , 9 th , 16 th	10.30am – 1.30pm	Eastern office 014557500
The Charleville Centre, Church Avenue, Tullamore	Wednesdays: July 18 th , 25 th , Aug 1 st , 8 th , 15, 22 nd	10.30am – 1.30pm	Tullamore 05793 46790
Station house, Hotel Letterkenny, Donegal	Mondays: Sept. 3 rd , 10 th , 17 th , 24 th Monday Oct. 1 st & 8 th	6.00 pm - 9pm	Donegal office 074-9168725
The Midleton Park Hotel, Old Cork Rd, Glebe, Midleton, Cork	Tuesdays: Sept 4 th , 11 th , 18 th , 25 th , Oct 2 nd and Oct 9 th	6.30 – 9.30 pm	Cork South 021 4274774
North County Dublin Venue tbc	Tuesdays: September 18 th & 25 th October 2 nd , 9 th , 16 th & 23 rd	6.00 pm – 9pm	Dundalk Office 042 9337585 Dublin: 014557500
Limerick Education Centre, Marshal Hse Dooradoyle Road	Mondays: October 1 st , 8 th , 15 th , & 22 nd	10.00 am - 3pm	Midwest office 061 313773
Glenwood park road, Killarney, Co. Kerry	Tuesdays: October 9 th , 16 th , 23 rd , November 6 th , 13 th , 20 th	10.00 am-1pm	Killarney office 064 6630301

PARENTS STEPS PROGRAMME

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

DATES OF PLANNED PARENTS STEPS PROGRAMME 2018

Location	Day & Date	Time (Start & Finish)	Region to contact
Bru Columbanus, Wilton, Cork	Tuesdays: February 6 th , 13 th , 20 th , 27 th	7.00 pm -10pm	Cork South 021 4274774
St. Marys Parish, Fair Green, Dillonsland, Navan	Thursdays: March 1 st , 8 th , 15 th , 22 nd	10.00am – 1pm	Dundalk Office 042 9337585
Carmelite Community Centre, 56, Aungier Street, Dublin 2	Tuesdays: April 10 th , 17 th , 24 th , 1st May	10.00am – 1pm	Eastern office 014557500
St Michaels Family Life Centre, Church Hill, Sligo	Monday: April, 9 th , 16 th , 23 rd , 30 th	6.00pm - 9pm	Sligo office 071 9141858
The Charleville Centre, Church Avenue, Tullamore	Mondays: April 9 th , 16 th , 23 rd , 30 th	6.30pm – 9pm	Tullamore 05793 46790
Waterford Tower Hotel, The Mall, Waterford	Wednesdays: April 11 th , 18 th , 25 th , & 2 nd May	10.00am-1.00pm	Kilkenny office Tel 056-7789904
Westside Resource Centre, Seamus Quirke Rd, Galway	Tuesdays: April' 24 th , 1 st , 8th 15th May	10.30am -12.30pm	Galway office 091587640
Manor west hotel Tralee, Ratass, Tralee, Co. Kerry	Tuesdays: April 10 th , 17 th , 24 th , 1 st May	10.00 am-12.30pm	Killarney office 064 6630301
Ross House, Mallow, Cork	Tuesdays: April 10 th , 17 th , 24 th , 1 st May	10.00 am - 1pm	Cork North 021 4274774
Vienna Woods Hotel, Cork Glanmire Wood, Dunkettle, Cork	Tuesdays: Sept. 4th, 11th, 18th and 25th	6.30 pm – 9pm	Cork North 021 4274774
Carmelite Community Centre, 56, Aungier Street, Dublin 2	Mondays: October 1 st , 8 th , 15 th , 22 nd	6.00 pm - 9pm	021 4274774 01 4557500
Clare Education Centre, Kilrush Road, Ennis	Thusdays: October 4th, 11th, 18th , & 25th	6.00 pm – 9.00 pm	Midwest office Tel. 061-313773



INNERWISE Programme for Adults with Epilepsy

This innovative course is specially designed to provide an opportunity for people to learn to positively manage their mental health and to create positivity, confidence and resilience in life, by learning meditation and tools

to manage their mental health. Topics include: Managing Stress and Anxiety; Learning Meditation; Transforming negative beliefs; Learning about the inner self; Creating affirmations; Trusting inner wisdom. The programme is delivered as a longer programme of 6 modules or in shorter components of four sessions or as a one-day workshop.

Location	Day & Date	Time (Start & Finish)	Region to contact
Esplanade Hotel Bray	Thursdays: 8th March	10.00am – 1pm	Eastern office 01 4557500
IT Sligo, Ash Ln, Bellanode, Sligo	Tuesday: 19 th June	9.30 am - 4pm	Sligo office: Tel. 074-9168725
IT Sligo, Ash Ln, Bellanode, Sligo	Wednesday: 20th June	9.30 am - 4pm	Sligo office: Tel. 074-9168725
The Charleville Centre, Church Avenue, Tullamore	Wednesdays: Oct. 3rd, 10th, 17th, 24th	6.30pm – 9pm	Tullamore 05793 46790
KDYS Youth Centre, Fair Hill, Killarney	Thursdays: May 31st, 7 th , 14th, 21 st June	10.00am-12pm	Killarney office 064 6630301
Rochestown Park Hotel, Cork Douglas, Co. Cork	Saturday: 15th Sept	10.00 am – 4.00pm	Cork North 021 4274774

INNERWISE – Self-Care Day for Parents

This one day workshop for parents is a well-being day which facilitates participants in learning some meditation and relaxation techniques and exploring strategies to manage on the impact of having epilepsy in the family.

Location	Day & Date	Time (Start & Finish)	Region to contact
Hotel Kilmore, Dublin Road, Kilgarry, Cavan Town	Saturday: 19 th May	10.00am – 4pm	Dundalk Office 042 9337585
Radisson Hotel, Canal Road, Letterkenny	Saturday: 28th April	9.30am - 4pm	Donegal 074 9168725
The Charleville Centre, Church Avenue, Tullamore	Wednesday 06th June	10.00 am – 4pm	Tullamore 05793 46790
Kilmurry Lodge Hotel, Castletroy, Limerick (TBC)	Wednesday 3rd October	10.00am - 4 pm	Midwest 061 313773
Manor West hotel Tralee, Rathass, Tralee, Co. Kerry	Thursday 18 th October	10.00 am-2pm	Killarney office 064 6630301

SPECIAL PROGRAMMES – 2018

INTERNATIONAL EPILEPSY DAY – MONDAY 12TH FEBRUARY			
Location	Event	Time (Start & Finish)	Region to contact
Castle House, Castle Street, Sligo	Outreach	10.00am -12pm	Sligo office 074-9168725
Longford Town Shopping Centre	Outreach	10.00am – 3pm	Tullamore 05793 46790
Imperial Hotel, 13 South Mall, Cork	Treatment Booklet Launch	10.30am-12.30pm	Cork 021-4274774
Longford Town Shopping Centre	Information stand	10.00am – 3.00pm	Tullamore 05793 46790
Limerick Crescent Shopping Centre	Information stand	9.30am – 3.00 pm	Limerick 061-313773
University Hospital Galway (Foyer)	Information Stand	10.00 am – 1 pm	Galway 091 587640
Cavan General Hospital	Information Stand	10.00am – 2pm	Dundalk 042-9337585
Waterford Regional Hospital	Information Stand	10.30am-3.30pm	Kilkenny 056-7789904
Boots, Johnston Court, Sligo	Information Stand	12.00pm - 4pm	Sligo 074-9168725
St. Vincent’s Hospital, Dublin 4	Information Stand	9.00am – 1pm	Eastern 01 4557500
Mater Hospital, Dublin 7	Information Stand	10.00am – 1pm	Eastern 01 4557500

BRAIN AWARENES WEEK – 5TH – 12TH MARCH 2018				
Location	Day & Date	Session for	Time (Start & Finish)	Region to contact
Manor West Hotel, Ratass, Tralee, Co. Kerry	Monday 5th March	Parents Buccal Midazolam Information Session	6.00pm – 8pm	Killarney office Tel: 064-6630301
Charleville Park Hotel, Charleville, Co. Cork	Monday 5 th March	Outreach Sessions	1.00 pm - 3pm	Cork North Office Tel. 021-4274774
Mayo Education centre, Castlebar, Co. Mayo	Monday 5th March	Adults with Epilepsy Info & Support Group	10.30am-12.30pm	Galway Office Tel. 091 587640
Tullamore Court, Tullamore	Monday 5 th March	Information and awareness event	10.00 am – 1pm	Tullamore 05793 46790
Iontas Centre, Castleblaney, Monaghan	Monday 5 th March	Nurse Talk Q&A and support group	6.00pm – 8.00pm	Dundalk Office Tel. 042-9337585
Epilepsy Ireland Offices, Letterkenny	Monday 5 th March	Parents Buccal Midazolam (BM) Information Session	7.00pm- 9pm	Donegal Office Tel. 074-9168725
Charleville Park Hotel, Rathgoggan North, Cork	Monday 5 th March	Teachers & SNA Seminars	6pm -8pm	Cork North 021 4274774
The Charleville Park hotel, Charleville, Cork	Monday 5th March	Outreach sessions	1.00pm – 3pm	Cork North 021 4274774
Charleville Park Hotel, Rathgoggan North, Cork	Monday 5 th March	Parents Buccal Midazolam Information Session	10.00am-1pm	Cork South 021 4274774
Imperial Hotel, Eyre Square, Galway	Tuesday 6th March	Support groups for people with epilepsy	11.00am-1pm	Galway Office 091 587640
Roscommon Cuan Aire, Castlerea	Tuesday 6 th March	Outreach Session	3.00pm – 5.00 pm	Galway Office Tel. 091 587640

BRAIN AWARENES WEEK – 5TH – 12TH MARCH 2018 (continued from previous page)				
Ross House, Mallow	Tuesday 6 th March	Outreach Session	11.30am- 1 pm	Cork North Office Tel. 021-4274774
Bantry	Tuesday 6 th March	Outreach Sessions – subject to booking appt.	TBC	Cork South Office Tel. 021-4274774
Mallow Cork	Tuesday 6 th March	Support Group for parents of children with epilepsy	10.00am- 12.30 pm	North Cork Office Tel. 021-4274774
Maritime Hotel, The Quay, Bantry, West Cork	Tuesday 6 th March	Public Information Session	7.00pm - 9pm	Cork South Office Tel. 021-4274774
Bantry	Wednesday 7 th March	Outreach Sessions – subject to booking appt.	TBC	Cork South Office Tel. 021-4274774
Westside Resource Centre. Seamus Quirke Rd, Galway	Wednesday 7th March	Parents Buccal Midazolam (BM) Information Session	10.30am- 12.30pm	Galway office: Tel. 091 587640
Esplanade Hotel, Strand Rd, Newcourt, Bray, Co. Wicklow	Thursdays: 8th March	Innerwise for adults with epilepsy	10.00am – 1pm	Eastern office 01 4557500
Boots pharmacy Kilkenny high street	Friday 9th March	Information Stand	10.30am- 2.30pm	Kilkenny office 056 7789904

NATIONAL EPILEPSY WEEK – 14TH – 20TH MAY 2018				
Location	Day & Date	Session for	Time	Region to contact
Portlaoise: Citizen Information Office	Monday 14 th May	Outreach Sessions	10.00 am – 4pm	Tullamore 05793 46790
Mayo Education Centre, Castlebar, Co. Mayo	Monday 14th May	Outreach Sessions	1.00 pm -3pm	Galway office 091 587640
Mayo Education Centre, Castlebar, Co. Mayo	Monday 14 th May	Parents Buccal Midazolam (BM)	10.30am- 12.30pm	Galway office 091 587640
Kerry University Hospital Ratass, Tralee, Co. Kerry	Monday 14 th May	Information stand	9.00am – 1pm	Killarney office 064 6630301
Waterford Regional Hospital Venue in community TBC.	Tuesday 15 th May	Transitional Nurses Talk & Paediatric Talk	TBC	Kilkenny office Tel 056-7789904
Tallaght TBC	Tuesday 15th May	Seminar for PWE their families & carers	TBC	Eastern office 01 4557500
Midland Regional Hospital, Mullingar	Monday 16 th May	Outreach Sessions	10.00 am – 3pm	Tullamore 05793 46790
St. Michael's family life centre, Sligo	Wednesday 16 th May	Epilepsy for everyone	11.00am - 12.30pm	Sligo office 071 9141858
Cork University Hospital, Wilton Cork	Wednesday 16 th May	Information stands	10.00am-4pm	Cork South 021 4274774
University Hospital Limerick, St Nesson's Rd, Dooradoyle	Wednesday 16th May	Information stands	9.30am -3.00pm	Midwest 061313773
Newgrange Hotel Navan, Bridge St, Dillonsland, Co. Meath	Wednesday 16 th May	Teachers & SNA Seminars	6.00pm-8.00 pm	Dundalk Office 042 9337585

DATES FOR SUPPORT GROUPS FOR PEOPLE WITH EPILEPSY

Location	Day & Date	Time (Start & Finish)	Region to contact
Waterford	Mon 15 th Jan (other dates TBC)	7.30pm-9.30pm	Kilkenny 056-7789904
Ballina Family Resource Centre, Ballina	Tues 16 th Jan	10.30am -12.30pm	Galway 091 587640
The Charleville Centre, Tullamore	Wed 17 th Jan (other dates TBC)	1.00pm – 3pm	Tullamore 05793 46790
Bru Columnbanus, Wilton, Cork	Tues 23 rd Jan	7.00pm-8.30pm	Cork 021 4274774
Glenwood park road, Killarney, Kerry	Wed 24 th Jan	10.30am-12.30pm	Killarney 064 6630301
Glenwood park road, Killarney, Kerry	Wed 21 st Feb	10.30am-12.30pm	Killarney 064 6630301
Mayo Education Centre, Castlebar	Mon 5 th March	10.30am-12.30pm	Galway 091 587640
Cuan Aire, Castle Rea, Roscommon	Mon 5 th March	5.00pm – 7pm	Galway 091 587640
Glenwood park road, Killarney, Kerry	Wed 22 nd March	10.30am-12.30pm	Killarney 064 6630301
Glenwood park road, Killarney, Kerry	Wed 18 th April	10.30am-12.30pm	Killarney 064 6630301
Castle House, Castle Street, Sligo	Mon 23 rd April	11.00am – 1pm	Sligo 071 9141858
Bru Columnbanus, Wilton, Cork	Tues 24 th April	7.00pm-8.30pm	Cork 021 4274774
Glenwood park road, Killarney, Kerry	Wed 23 rd May	10.30am-12.30pm	Killarney 064 6630301
Citizen Information, Cavan town	Wed 13 th June	10.00am– 2pm	Dundalk 042 9337585
Mayo Education Centre, Castlebar	Mon 18 th June	10.30am – 12 pm	Galway 091 587640
Glenwood park road, Killarney, Kerry	Wed 20 th June	10.30am-12.30pm	Killarney 064 6630301
Ballina Family Resource Centre, Ballina	Mon 25 th June	10.30am -12.30pm	Galway 091 587640
Cuan Aire, Castle Rea, Roscommon	Mon 25 th June	5.00pm – 7pm	Galway 091 587640
Imperial Hotel, Eyre Square, Galway	Tues 26 th June	11.00am – 1pm	Galway 091 587640
Glenwood park road, Killarney, Kerry	Wed 22 nd Aug	10.30am-12.30pm	Killarney 064 6630301
Glenwood park road, Killarney, Kerry	Wed 19 th Sept	10.30am-12.30pm	Killarney 064 6630301
Mayo Education Centre, Castlebar,	Mon 22 nd Oct	10.30am – 12.30 pm	Galway 091 587640
Imperial Hotel, Galway City, Galway	Tues 23 rd Oct	11.00am – 1pm	Galway 091 587640
Cuan Aire, Castle Rea, Roscommon	Tues 23 rd Oct	5.00pm – 7pm	Galway 091 587640
Glenwood park road, Killarney, Kerry	Wed 24 th Oct	10.30am-12.30pm	Killarney 064 6630301
Ballina Family Resource Centre, Ballina	Wed 7 th Nov	10.30am -12.30pm	Galway 091 587640
Glenwood park road, Killarney, Kerry	Wed 21 st Nov	10.30am-12.30pm	Killarney 064 6630301
Glenwood park road, Killarney, Kerry	Wed 12 th Dec	10.30am-12.30pm	Killarney 064 6630301

DATES FOR SUPPORT GROUP PARENTS OF CHILDREN WITH EPILEPSY

Location	Day & Date	Time (Start & Finish)	Region to contact
Bishopstown, GAA Club, Ballinaspig Lawn, Bishopstown Cork	Wednesday 31 st January	7.30pm- 9pm	Cork South 021 4274774
Shanon family resource centre	Wednesday 31 st January	9.45am- 2pm	Midwest office 061-313773
Bishopstown GAA Club, Ballinaspig Lawn, Bishopstown	Wednesday 28 th March	7.30pm- 9pm	Cork South 021 4274774
Gresham Hotel, 23 O'Connell Street Upper, Dublin	Monday 30 th April	6.00pm – 8pm	Eastern Office 01 4557500
Manor west hotel Tralee, Rathass, Tralee, Co. Kerry	Tuesday 29 th May	10am-12 pm	Killarney office 064 6630301
Bishopstown GAA Club, Ballinaspig Lawn, Bishopstown	Wednesday 30 th May	7.30pm- 9pm	Cork South 021 4274774
Dungarvan, Co. Waterford	May 2018(after STEP's)	TBC	Kilkenny office Tel 056-7789904
Radisson Blu Hotel, Ennis Road, Burtonhill, Limerick	Thursday: 5th July	10.00am – 1.00 pm	Midwes office 061-313773
Cheshire Homes, Johns Hill, Waterford	Tuesday 4 th September	7.30 pm – 9.30pm	Kilkenny office 056 7789904
Grand central complex. Suite 2B, Canal road, Letterkenny	Tuesday 11 th September	7.00pm - 9pm	Donegal office 074 9168725
Manor west hotel Tralee, Rathass, Tralee, Co. Kerry	Tuesday 11 th September	10am-12 pm	Killarney office 064 6630301
Spafield Family Resource centre, Old Rd, Waller's-Lot, Cashel, Tipperary	Tuesday 9th October	7.00 pm – 8.30 pm	Kilkenny office 056 7789904
Mayo Education Centre, Castlebar	Wednesday 24th October	10.30am-12.30pm	Galway Office 091 587640
Cheshire Homes, Johns Hill, Waterford	Tuesday 6th November	7.30pm – 9.30 pm	Kilkenny office 056 7789904
Westside Resource Centre. Seamus Quirke Rd, Galway	Wednesday 14th November	10.30am-12.30pm	Galway Office 091 587640
Iontas Centre, Castleblaney, Co. Monaghan	Wednesday 21st November	6.00pm - 9.00pm	Dundalk 042 9337585
Manor west hotel Tralee, Ratass, Tralee, Co. Kerry	Tuesday 4 th December	10am-12 pm	Killarney office 064 6630301

DATES FOR PARENTS BUCCAL MIDAZOLAM (BM) EVENTS

(Some of these events are repeated from the events listed in the special events section)

We deliver a parents Rescue Medication information session which provides information about rescue medication and provides a buccal midazolam demonstration. This is not a training course.

Location	Day & Date	Time (Start & Finish)	Region to contact
Manor West Hotel, Ratass, Tralee, Co. Kerry	Monday 5 th March	6.00pm – 8pm	Killarney office Tel: 064-6630301
Grand central complex. Suite 2B, Canal road, Letterkenny	Monday 5 th March	7.00pm to 9pm	Donegal Office Tel. 074-9168725
Westside Resource Centre. Seamus Quirke Rd, Galway	Wednesday 7 th March	10.30am- 12.30pm	Galway office Tel. 091 587640
Ardee Business Park, Hale Street, Ardee, Co. Louth	Thursday 26 th April	10.00am – 1.00pm	Dundalk Office 042 9337585
The Charleville Centre, Church Avenue, Tullamore	Wednesday 09 th May	10.00am – 1.00pm	Tullamore 05793 46790
Mayo Education Centre, Castlebar	Monday 14th May	10.30am- 12.30pm	Galway office Tel. 091 587640
Limerick Education Centre, Marshal House, Dooradoyle Road, Limerick	Monday 19 th September	10.00am – 12.00 pm	Midwest office 061 313773
Kilkenny Education Centre Callan Road, Kilkenny	Thursday 11th October	10.30 am 12.30 am	Kilkenny office 056 7789904

Buccal Midazolam – Rescue Medication Training for Professionals

(BM OPEN COURSE)

Location	Day & Date	Time (Start & Finish)	Region to contact
Limerick Education Centre, Marshal House, Dooradoyle Road, Limerick	Monday 15 th January	9.30am - 4.00pm	Midwest office 061 313773
The Charleville Centre, Church road, Tullamore	Wednesday 7 th February	9am to 4pm.	Tullamore 05793 46790
Rochestown Park Hotel, Rochestown Rd, Douglas, Co. Cork	Wednesday 7 th February	9.00am-4.30pm	Cork South 021 4274774
Boyne Valley Hotel, Drogheda, Dublin Road, Drogheda	Wednesday 14 th February	9.30am – 4pm	Dundalk Office 042 9337585
Clayton Hotel, Clarion Road, Ballytivnan, Sligo	Wednesday 28 th February	9.30am to 4pm	Sligo office 071 9141858
Clare Education Centre, Government Buildings, Kilrush Road, Ennis, Co. Clare	Wednesday 11th April	09.30pm-4pm	Midwest office 061 313773
Brehon hotel Killarney, Muckross Rd, Poulnamuck, Killarney, Co. Kerry	Wednesday 11 th April	9.30pm-4.30pm	Killarney office 064 6630301
Station House , Hotel Letterkenny	Wednesday 18 th April	9.30am - 4pm	Donegal 074 9168725
Kilmore Hotel, Dublin Rd, Killygarry, Cavan	Thursday 6 th September	9.30am – 4pm	Dundalk Office 042 9337585
c/o H.S.E office, St. Joseph's Waterford Road, Kilkenny	Wednesday 19 th Sept	9.00am -4pm	Kilkenny office Tel 056-7789904
Station house, Hotel Letterkenny	Tuesday 6 th November	9.30am to 4pm	Donegal office 074 9168725
Maldron Hotel, Oranmore, Galway.	Monday 24 th Sept	10am-4pm	Galway Office 091 587640
Brehon Hotel, Kllarney, Muckross road Poulnamuck Killarney	Thursday 08th November	9.30 am - 4.30 pm	Cork South 021 4274774
The Charleville Centre, Church road, Tullamore	Wednesday 14 th Nov	9am to 4pm.	Tullamore 05793 46790

DATES FOR TEACHERS & SNA SEMINARS

Location	Day & Date	Time (Start & Finish)	Region to contact
Charleville Park Hotel, Limerick Rd, Rathgoggan North, Cork	Monday 5 th March	6.00pm -8.00 pm	Cork North 021 4274774
Newgrange Hotel Navan, Bridge St, Dillonsland, Co. Meath	Wednesday 16 th May	6.00pm – 8.00pm	Dundalk Office 042 9337585
Limerick Education Centre, Marshal House, Dooradoyle Road, Limerick	Monday 3rd September	7.00pm – 9pm	Midwest office 061 313773
Mayo Education Centre, Westport Rd, Knockaphunta, Castlebar	Monday: 3rd September	5.30pm -7pm	Galway Office 091 587640
Galway Education Centre	Tuesday 4th September	5.30pm -7 pm	Galway Office 091 587640
Ennis: Clare Education Centre	Mon 10th September	7.00pm – 9pm	Midwest 061 313773
Tipperary Education Centre	Monn17th September	7.00pm – 9pm	Midwest 061 313773
Thurles Education Centre (For North and South Tipperary)	Mon 17 th September	7.30pm-9.00pm	Kilkenny office 056 7789904
Station House, Hotel, Letterkenny	Tuesday 18th Sept	7pm - 8.30pm	Donegal 074 9168725
Kerry education centre, Kerry Technology Park, Tralee	Monday 24 th Sept	4.30pm -6.30pm	Killarney office 064 6630301
Waterford education centre, Newtown Road Waterford	Tuesday 25th Sept	7.00 pm – 8.30 pm	Kilkenny 056 7789904
Kilkenny Education Centre, Callan Rd, Wetland, Kilkenny	Wednesday 3 rd Oct	6.30pm -8.00pm	Kilkenny 056-7789904
The Charleville Centre, Church Avenue, Tullamore	Thursday 18th Oct	7.00pm – 8.30pm	Tullamore 05793 46790

DATES PLANNED FOR FAMILY & OTHER EVENTS

Location	Sessions for:	Day & Date	Time (Start & Finish)	Region to contact
RHA Gallery, 15 Ely Place, Dublin 2	Art Project for Teens – aged 12 – 16 years	Sat 24 th Feb & Sat 10 th March	10.30am – 3pm	Eastern office 014557500
Iontas Centre, Castleblaney Monaghan	Nurse Talk Q&A	Monday 5 th March	6.00pm – 8.00pm	Dundalk Office Tel. 042-9337585
Radisson Hotel, Ennis Road, Burtonhill, Limerick	Brain awareness week event Teenagers and Transition	Thursday 15th March	10.00am - 3pm	Midwest office 061 313773
The Charleville Centre, Church Avenue, Tullamore	Transitional Nurses & Paediatric Talk (Family & Young people)	Wednesday 14th March	7.00pm – 9pm	Tullamore 05793 46790
Radisson Hotel, Ennis Road, Burtonhill, Limerick	Transitional Nurses & Paediatric Talk (Family & Young people)	Thursday 14th March	10.00am- 15.00pm	Midwest Office Tel. 061-313773
National park Killarney	Easter family outing	Wednesday 28 th March	11.00am-2pm	Killarney Office 064 6630301
Mayo Education Centre Castlebar	Women and Epilepsy information day	Autumn Date TBC	10:00am – 2 pm	Galway Office 091 598640
The Charleville Centre, Church Avenue, Tullamore	Women’s Seminar	Monday 12th Sept	7.00pm – 9pm	Tullamore 05793 46790
Planet Entertainment Centre Galway	Teenagers Bowling Morning	Tuesday 14th August	10:30am - 12:30 pm	Galway Office 091 598640
Clara Lara, Rathdrum Co. Wicklow	Annual Family fun day	Saturday 14th July	11.00am - 4.00 pm	Eastern office 01 4557500
Planet Entertainment Centre Galway	Teenagers Bowling Morning	Tuesday 14th August	10:30am - 12:30 pm	Galway Office 091 598640
The Charleville Centre, Church Avenue, Tullamore	Women’s Seminar	Monday 12th Sept	7.00pm – 9pm	Tullamore 05793 46790
Playdium Tralee, Units 5 & 6, Mile Height Retail Park, Tralee, Co. Kerry	Halloween family morning	Tuesday 30 th Oct	9.30am - 11.30am	Killarney Office 064 6630301