



# CROYDON EPILEPSY SOCIETY

## NEWSLETTER

Spring 2017

The first signs of Spring are always uplifting with the crocus and then daffodils in bloom together with the longer days. We still have Brexit to contend with and across the Atlantic, America's new President Donald Trump is making daily news.

**Purple Day** is taking place on **26th March 2017**.

Purple Day is an international grassroots effort dedicated to increasing awareness about epilepsy worldwide. On March 26th annually, people in countries around the world are invited to wear purple host events in support of epilepsy awareness. Last year, people in dozens of countries on all continents including Antarctica participated in Purple Day!



and

### National Epilepsy Week - Notice of AGM

National Epilepsy Week is taking place from Sunday 14th May until Saturday 20 May 2017. **We have decided to hold our AGM on Tuesday 16th May 2017**. The event is taking place at the East Croydon United Reformed Church hall in the Primary Room. The address is Addiscombe Grove, Croydon, CR0 5LP.

The start time of the AGM will be at 7.30pm with people arriving from 7.15pm. Both Marco and myself will be hosting the event. Our President, Prof Frank Besag will hopefully be able to join us as well. We will provide drinks and nibbles.

**We look forward to meeting members and getting your feedback so please join us if you can.**

We would also like to remind members that the **2017 membership subscription** is now due. Please find a renewal form included with the Newsletter. Your continued support is vital to keep the society going as we no longer have council funding. If you are happy to receive an email copy and do not require a postal version as well, please tick the relevant box on your renewal form as this helps us to save both printing and postage costs.



Easter Sunday is on April 16th and we would like to wish **Happy Easter** to all our members. Marco has written a review about the new **Croydon Boxpark**, by East Croydon rail station, where you may like to visit over the holiday period or investigate the **National Garden Scheme** for a trip further afield.

Dawn Gibbons, Honorary Secretary

## National Garden Scheme 2017

With the warmer weather visit a garden near you taking part in the **National Garden Scheme**. Look on the internet for further details [www.ngs.org.uk](http://www.ngs.org.uk) or visit your local library for a booklet. In 2016 the National Garden Scheme donated 32.7 million to charity.

In 2017 the National Garden Scheme celebrates 90 years of opening private gardens across England & Wales for charity. Over the year there will be plenty of opportunities to celebrate their 90th anniversary with them, whilst raising money for nursing and caring charities.

Throughout the year they will have gardens opening that first welcomed visitors in 1927 when the National Garden Scheme was founded. Gardens such as Englefield House, will be inviting visitors to step back in time and enjoy stunning surrounds.

On 28th May 1927 the garden gates at Hatfield House in Hertfordshire, the ancestral home of The Marquess of Salisbury, swung open and anyone willing to pay the one shilling (5p in today's currency) admission charge could, in the words of The Times reporter, "wander where they liked." This was the very first garden to open on behalf of what is now the National Garden Scheme which was established in that year by the Queen's Nursing Institute as a way to contribute to a memorial fund they had set up in aid of their patron, Queen Alexandra, following her death in 1925.

The **90th Anniversary weekend**, May 27th – 29th, will see over 400 gardens opening for a weekend of horticultural delight. However the fun doesn't stop there, with special events such as craft fairs, exhibitions and more, 2017 is set to be a truly unforgettable year at the National Garden Scheme.



High Glanau Manor in 2012 and 1927

## **Croydon Boxpark-a new place to eat & drink**

If you ever find yourself in central Croydon and feel peckish or thirsty then head over to the **Croydon Boxpark** by East Croydon station. Opened in October 2016 it's the new trendy eating experience with street food from around the globe and drinks to quench your thirst. Entirely constructed out of refitted shipping containers, Boxpark utilises a unique position in being able to offer affordable and flexible conditions for lifestyle brands, cafes, restaurants and galleries to trade and succeed.

Try Chilango for Mexican, Carioca for Brazilian, Chill Box for ice cream, Get Juiced for freshly squeezed juices or my personal favourite Dum Dum Donutterie for scrumptious doughnuts of all kinds. Have a few drinks at the Box Bar or Cronx Brewery (created by local croydonians).

On Sundays you'll be treated to free live music and arts and crafts market. Visit the website for further information, a full listing of traders and events including the screening of films on a big screen and visiting DJs and artists.

[www.boxpark.co.uk/croydon/about/](http://www.boxpark.co.uk/croydon/about/)

Whatever tickles your fancy the Croydon Boxpark will satisfy your needs with a vast choice of eateries and bars in a clean and safe environment for adults and children. Go on give it a go; you won't be disappointed and will want to go back again and again. I'll see you there soon.

Marco Valencia, Chairman

## **Epilepsy and Driving**

Since December 2016 car drivers and motorcyclists in England, Scotland and Wales can now notify DVLA (Driver and Vehicle Licensing Agency) about their epilepsy online.

The rules around driving and epilepsy are complex. However, all drivers are compelled to tell DVLA about a medical condition that could impair their ability to drive. Previously, drivers could only inform DVLA by post or phone. They were then sent a series of forms to complete. DVLA used that information to decide what action to take.

DVLA is now offering a new system, where drivers can notify the agency of their epilepsy by completing the forms online. They can do this by visiting

[www.gov.uk/report-driving-medical-conditions](http://www.gov.uk/report-driving-medical-conditions).

If a driver is reporting a seizure to DVLA, Epilepsy Action advises that they surrender their licence beforehand. This can be done by completing the Declaration of Surrender for Medical Reasons form and posting it to DVLA. This form can be found at [www.gov.uk/giving-up-your-driving-licence](http://www.gov.uk/giving-up-your-driving-licence). This will help having their licence revoked and will make the process of reapplying for a licence easier in the future.

**It's important to stop driving and tell the driving agency when you've had a seizure because:**

There's a risk you could have a seizure while driving. This could put you and others in danger, and you could be prosecuted. If you continue driving, you will be breaking the law and could be fined up to £1000. Your car insurance is unlikely to cover you.

**For further information visit** <https://www.epilepsy.org.uk/info/driving>

## **Croydon Epilepsy Society Contact Details**

**Please contact us by phone or email as we no longer have a Day Centre on a Wednesday morning.** Please leave a message on our mobile no or text us and we will get back to you asap.

**Further information can be provided by the following national support groups if you need urgent support:**

Epilepsy Action [www.epilepsy.org.uk](http://www.epilepsy.org.uk) Helpline 0808 800 5050  
Epilepsy Society [www.epilepsysociety.org.uk](http://www.epilepsysociety.org.uk) Helpline 01494 60140

Address: 64 Newlands Woods, Bardolph Avenue, Croydon CR0 9JR.  
Mobile No: 07926372711

Email Address: [croydonepilepsy@gmail.com](mailto:croydonepilepsy@gmail.com)

Visit our Facebook Page: [www.facebook.com/croydonepilepsysociety](http://www.facebook.com/croydonepilepsysociety)

Web Site: [www.croydonepilepsysociety.org](http://www.croydonepilepsysociety.org)

Twitter: Follow us @croydonepilepsy ( <https://twitter.com/croydonepilepsy> )

### **Elected Members**

#### **President**

Professor F M C Besag, FRCP, FRCPsych, FRCPCCH.

#### **Vice - Presidents**

Rev G Derriman  
Gavin Barwell MP

#### **Honorary Vice - Presidents**

Dr P B C Fenwick  
Mrs Rosemary Aselford  
Mrs Rita Richmond

#### **Committee Members**

Mr Marco Valencia Chairman  
Ms Dawn Gibbons Honorary Secretary  
Mr Richard Ruffell Honorary Treasurer  
Mr Stephen Marshall

### **Reminder**

#### **Croydon Epilepsy Society AGM Tuesday 16th May 2017**

From 7.15 with a 7.30pm start to 9.30pm .

East Croydon United Reformed Church hall in the Primary Room. The address is Addiscombe Grove, Croydon, CR0 5LP.

**Please join Marco and Dawn. Drinks and nibbles provided.**



