



CROYDON EPILEPSY SOCIETY

NEWSLETTER

Summer 2017

Since our last Newsletter a number of events have occurred both in this country and abroad. In June there was a terrorist incident at London Bridge, followed by the tragic Grenfell Towers fire in North Kensington which resulted in over 80 deaths. In April there was a terrorist attack in Paris, prior to the French elections. The society would like to offer our condolences to all those affected by these tragic incidents.

We also had a snap **general election** on the 8th June which ended in a Hung Parliament with no single party having an overall clear majority. However, with the support of the DUP, Theresa May has managed to return as Prime Minister with her Conservative government. In Croydon Central, the Conservative, Gavin Barwell MP lost his seat with the Labour candidate Sarah Jones being elected with a clear majority. We wish Gavin Barwell all the best for the future in his new role as chief of staff to Theresa May. He had agreed to continue as Vice-President of the society just before our AGM and we welcome his continued support. The society is not affiliated to any political party but we hope you were able to cast a vote without any problems.

We had a successful **AGM** on the 16th May 2017 to coincide with **National Epilepsy Week**. The event took place at the East Croydon United Reformed Church hall. Our President, Prof Frank Besag was sadly unable to join us this year but send his best wishes. However, one of our Vice-Presidents, Rev Graham Derriman attended and agreed to carry on in his role for a further year. The objectives and outcomes of the meeting were very positive including using local media to promote our new contact details and to update doctor's surgeries and medical centres with our details. We appreciate all those members who have paid their subscriptions and made donations over the last year. We enclose a copy of the Chairman's Report for reference.

Mental Health Awareness week took place Monday 8th May and Sunday 14th May 2017. The event is coordinated by the Mental Health Foundation and this year's theme was "Surviving or Thriving". There are various groups that provide support to those with common mental health conditions including **Aim4Work** which provides a specialist employability programme. Call 0800 389 0177, shaw-trust.org.uk/aim4work

Croydon IAPT

Croydon IAPT are a free and confidential NHS service provided by the South London and Maudsley NHS Foundation Trust. IAPT offer a range of psychological therapies to adults 18 years and over, who are registered with a Croydon GP.

IAPT (Improving Access to Psychological Therapies) is a national programme that was created in 2005 after it was recognised that a very large percentage of the population suffer with problems like depression and anxiety at some point in their lives. Each county and London borough have their own local IAPT service that provides evidence based treatment for common problems like these.

For more information: phone 0208 228 4040, email croydoniapt@slam.nhs.uk or complete an online self-referral form <https://slam-iapt.nhs.uk/croydon/how-to-access-the-service>

On a lighter note it's that time of the year when we begin to think of warm weather, sun tan lotions and booking a holiday abroad (or nearer to home). We have had a number of hot days to take in some Vitamin D which is good for our health as it increases our metabolism and absorption of calcium and phosphorus. Although for one week in June we had a heatwave when temperatures reached over 30 degrees centigrade (86 F) in many parts of the country which for some may have been welcomed. But for most of us especially if travelling to work on public transport, sitting in our cars in a traffic queue or working in an unconditioned office or work place left us quite exhausted. I was actually on holiday in Wales that week and found the weather quite draining. However, the beautiful scenery compensated for this with views of Brecon Beacons and Snowdonia. In case we have further extreme hot spells this summer be ready with bottles of water to stop dehydration and plenty of sun protection. For those who may like to visit the coast this summer Marco has written an article about beaches in Kent.

Dawn Gibbons, Honorary Secretary

The Beaches of Kent

As mentioned above SUMMER is here and it's time to hit the beaches and get those sun factor oils on. Talking of British beaches those of Cornwall and Devon probably hit the mark but nearer to home (Croydon) you can find lovely little beaches worth visiting for a day or so. Here are a few you can try:

St Mildred's Bay: a small sandy beach next to Westgate and walking distance from Margate. It's backed by cliffs and a promenade with cafes, chalets and a tidal pool.



St Mary's Bay (Broadstairs): located between Viking Bay and Stone Bay. A sandy beach with flat rocks and plenty of rock pools. It's backed by a promenade with souvenir shops, cafes and restaurants.

Minnis Bay: described as a *perfect* beach by locals and visitors it's ideal for sunbathing, swimming, windsurfing and even kite boarding. It also has a sailing club nearby. Bars and restaurants are close by and ideal for families.

Minster Leas Beach: an expansive sandy and shingle beach facing the Isle of Sheppey. A promenade runs the length of the beach and is popular with dog walkers. Cafes and bars are situated nearby.



www.thebeachguide.co.uk

For **further tourist information** visit Croydon Central Library as there is currently a well stocked display of leaflets in the reception area and a new stock of travel books on Level 2. Visit <http://www.croydonlibraries.com/>

Marco Valencia, Chairman

Forthcoming Events:

Open House Weekend is on Saturday 16th & Sunday 1st September 2017.



An annual celebration of London's architecture and design, which allows access to 800-odd venues not normally open to the public – private homes, government buildings, historic sites, educational establishments – but it's not just about being nosy, there are also loads of walks and tours to bring the buildings alive. The web site will be updated in mid August with further details.

<http://www.openhouselondon.org.uk/>

Useful Information:

Croydon Age UK offer a range of practical home services for everyone living in the local area, especially those in later life. These include: Handy person, Home Help, Trades Persons List and Nail Care. Charges do apply. Tel no 0208 683 7120, email homeservices@ageukcroydon.org.uk, www.ageukcroydon.org.uk

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 Helpline 0808 800 5050
Epilepsy Society www.epilepsysociety.org.uk Helpline 01494 60140

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

Email Address: croydonepilepsy@gmail.com

Visit our Facebook Page: www.facebook.com/croydonepilepsysociety

Web Site: www.croydonepilepsysociety.org

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

Elected Members

President

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

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