



CROYDON EPILEPSY SOCIETY

NEWSLETTER

Summer 2016

Since our last Newsletter in May we have had the election for London Mayor with Sadiq Khan being elected as London's new Mayor and also a new Prime Minister, Theresa May. We wish them both success in their new roles.

The **European Union membership referendum** on 23rd June 2016 resulted in a vote to exit Europe. The result being quite close with the UK voting to leave the EU by 52% to 48%. However, it has led to the resignation of David Cameron, the Prime Minister, with the Conservative Party going through the process of electing a new leader. Theresa May being chosen as his replacement.

National Epilepsy Week took place from Sunday 15th May to Saturday 21st May 2016 with our AGM on 17th May 2016.

We held our **AGM** at the East Croydon United Reformed Church hall during National Epilepsy Week on Tuesday 17th May.

Our President, Prof Frank Besag attended and agreed to be our President for a further year. Sadly, we had less members attend this year.

It was suggested at the AGM that we should set up a **Twitter account**, as this is an easy way for people to find out what is happening with the society. We have since done this, so please follow @croydonepilepsy (<https://twitter.com/croydonepilepsy>)

We hope members are enjoying the summer weather and have managed to take a holiday away from home. In previous years we have reminded members visiting Europe to take their **European Health Card** with them in case they are unwell. Due to our vote to exit Europe this card may no longer be valid in the future, however this summer it can still be used. I had a great holiday in Sorrento in Italy for the last week of June. I visited Naples, Isle of Capri, the ruins of Pompei and Herculanium, Mount Versuvius and took a boat trip around the Amalfi Coast.

Finally a special thank you to all those members who have paid their 2016 subscriptions and sent donations as well.

Dawn Gibbons, Honorary Secretary

Summer of Sports

The sun is out, the days warmer and nights are longer which makes it perfect to try some sports in your local park. Then again as we're in London it could also be raining outside so sit back and enjoy watching sports on TV. You may have watched Europe's best footballing talent in the **Euros 2016** with Portugal beating France 1-0 in the final. This was on the same day that Andy Murray won his 2nd Men's Singles Championship at **Wimbledon** beating Milos Raonic in three sets 6-4, 7-6, 7-6 but there is more to come. Here's a list of sporting events to enjoy from the comfort of your sofa:

Tour de France (2nd-24th July)

British Open Golf (4th-17th July)

US PGA Golf (28th-31st July)

Rio Olympics 2016 (5th-21st August)

US Open Tennis (29th August-11th September)

Premier League Football Season (13th August 2016-21st May 2017)

Rio Paralympics 2016 (7th-18th September)



Hopefully, at the **Rio 2016 Olympics**, Britain will be able to match their previous success at London 2012 when we won 65 medals with 29 of them gold.

So, if you're not a keep fit aficionado don't worry you can still take part by supporting your team, sports men and women and country in the various events through out the summer and beyond.

Just a final tip; fresh air and a little gentle stroll around your local park goes a long way into keeping fit and the mind active.

However, if you fancy taking part in some exercise but enjoy some company try going on one of the regular health walks organised by the **Croydon Walking for Health Scheme**.

The Sport and Physical Activity team currently run a free weekly programme of Health Walks accredited by **Walking for Health**. Their aim is to help people in the community to get out in the fresh air, exploring the abundance of green space and parkland in Croydon. Added benefits include getting fit and healthy and making new friends.

Details can be found at the **Healthy Living Hub** at Croydon Central Library, Katherine Street, Croydon or visit www.walkingforhealth.org.uk/walkfinder/london/croydon-active-lifestyles

Go On, give it a go and enjoy.

Marco Valencia, Chairman

Wayne Woodward & Britain's Got Talent

You may not have heard of Wayne Woodward before but he came second in BGT 2016. A talent show that really puts pressure on contestants in order to win the chance to perform in front of the Queen and hopefully become famous in the process.

What's remarkable about Wayne, who is 21 years of age, is that he has epilepsy and in fact had a seizure during one of his rehearsals for the show. But epilepsy and performing in front of a live audience and millions watching on TV did not deter young Wayne even though he was fearful of having another seizure.

His bravery is a testament to young artists, musicians, sports enthusiasts, poets etc who have epilepsy. They can achieve their dreams and perform to their full potential whether it's to a group of friends or a mass audience. As Wayne pointed out "*Elton John used to have seizures and now is a superstar*". Wayne is correct and let's not forget another pop legend who had epilepsy and influenced the music world; Prince.

Well done Wayne Woodward for taking part in BGT 2016 and overcoming your fears and nerves in order to perform for us. I'm sure we will hear your name again in the near future but not because you have epilepsy but because you're a great singer.



Wayne Woodward at BGT 2016

Marco Valencia, Chairman

Croydon Epilepsy Society Contact Details

Drop In Centre Update

We are endeavouring to continue running the centre on a Wednesday on a regular basis from 11 am to 3pm subject to staff cover. However, please contact us in advance if you would like to visit us at the centre so a volunteer will be there to speak to you.

When unmanned please email cesociety@btconnect.com or phone us and leave a message and we will endeavour to get back to you as soon as possible.

Further information can be provided by the following national support groups when our centre is closed:

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

Address: The Len Pyant Community Centre, 17 Elmwood Road, Croydon CRO 2SN.
Telephone: 020 8665 1255

Email Address: cesociety@btconnect.com ; croydonepilepsy@gmail.com

Visit our Facebook Page: www.facebook.com

Web Site: www.croydonepilepsysociety.org

Elected Members

President

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

Vice - Presidents

Rev G Derriman
Mrs R Richmond
Gavin Barwell MP

Honorary Vice - Presidents

Dr P B C Fenwick
Mrs Rosemary Aselford

Committee Members

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