



CROYDON EPILEPSY SOCIETY

NEWSLETTER

Summer 2018

Summer is with us with a vengeance with temperatures reaching 30C (86F) and over on many days in July. It has been likened to the summer heat wave of 1976. August has seen some much needed rain and lower temperatures. It is important to keep hydrated in the hot weather so drink plenty of water and other liquids and use plenty of sun lotion when venturing out.

It was good to see England do well in the World Cup in Russia earlier this summer with our team reaching the semi-final for the first time in 28 years. Sadly the Wimbledon Championships were without our star tennis player Andy Murray this year due to injury.

National Epilepsy Week took place from Tuesday 15th May until Monday 21st May 2018. 87 people are diagnosed with epilepsy every single day in the UK so it is important that support is available.

We held our AGM on Tuesday 15th May 2018 at the East Croydon United Reformed Church hall.



Our President, Prof Frank Besag was unable to join us this year. However, we were pleased to see Sarah Jones, MP for Croydon Central. Yvonne Green who is now one of our Vice- Presidents also attended. Rev Graham Derriman stood down as Vice-President after over 20 years providing help and support to the society and special thanks was given to him by the committee.

The **council elections** on the 3rd May resulted in an increased majority for the Labour Party in Croydon. There are now 41 Labour councillors, with Conservatives going down to 29.

In our Spring Newsletter we reported how in March the Home Office allowed six year-old Alfie Dingley who suffers from a rare form of epilepsy, to be treated with a **three month trial of cannabis oil**.

In July 2018 the government approved that medical cannabis will be available on prescription in the UK. The Home Office announced that doctors will be able to prescribe medicine derived from marijuana “ by the Autumn.” Home Secretary, Sajid Javid said “Following advice from two sets of independent advisors, I have taken the decision to reschedule cannabis-derived medicinal products - meaning they will be available on prescription. This will help patients with an exceptional clinical need.” Mr Javid added “it is no way a step to the legislation of cannabis for recreational needs.” This comes after he granted an exceptional licence for Alfie Dingley and also Billy Caldwell aged 12, to use cannabis for their epilepsy.

Dawn Gibbons
Honorary Secretary

70th Anniversary of the NHS



The NHS was born on the 5th July 1948 after Labour came to power in 1945. When Minister of Health, **Aneurin Bevan**, launched the NHS at Park Hospital in Manchester (now known as Trafford General Hospital), it was the climax of a hugely ambitious plan to bring good healthcare to all.



The son of a coal miner, Aneurin Bevan was a lifelong champion of social justice, the rights of working people and democratic socialism. He was the Minister for Health in the UK from 1945-51.

Sylvia Diggory (picture left) was the very first patient of the National Health Service (NHS) aged just 13-years-old when she got to shake Health Secretary Aneurin Bevan's hand as he launched his masterplan from her bedside in 1948.

Today, Mrs Diggory says of the NHS: "It's fantastic - it's an incredible structure. When you really think about it there is no one else in the world who has anything to come up to it."



As well as celebrating the NHS's 70th birthday, 2018 also marks **the 70th anniversary of the Empire Windrush** arriving at Tilbury Docks, London. Many of the passengers took up roles in the NHS, which launched two weeks later.

Summer Events

The National Garden Scheme is popular in the summer with over 3,700 gardens open for charity. Pick up a booklet at your local library or visit <https://www.ngs.org.uk> for more information.



At Croydon Library there is currently a wide selection of leaflets available on places of interest in London and the South East including the London Planner.

Visit one of the many green spaces in the borough of Croydon. Croydon Council organise walks with the help of local Friends groups.

<https://www.croydon.gov.uk/leisure/parksandopenspaces/walks>

The Friends of Selsdon Wood are hosting their **Open Day** on Sunday 9th September from 12 noon to 4pm with stalls, activities, short guided tours through the wood, food and fun for all the family. <http://www.friendsofselsdonwood.co.uk>

On Sunday 2nd September **Croydon Airport** have an **Open Day** with guided tours lasting 45 minutes. Entrance is free but donations welcome.

<http://www.croydonairport.org.uk/Visitor-Centre/Whats-On>

London Open House Weekend is on from 22nd to 23rd September. The programme will be published on the 21st August.

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

Useful Information:

Croydon Health Services Neurology Department:

If you are a local support group requesting more information on epilepsy and for a speaker to come to your group to talk about epilepsy and the support available to those who may have epilepsy or be a carer for someone who has the condition. Please email for general enquiries ch-trspecialistmedicine1@nhs.net. The Neurology department includes providing support to those with epilepsy. There are two epilepsy nurses working in the department and they be able to visit your group and provide such a service.

There is a Epilepsy Nurse Hotline/Advice telephone number which is open to GP's and patients (who are already known to the Epilepsy Service).

If you are registered with a Croydon GP and under the care of a Croydon Neurologist and feel this service would benefit you please discuss with your GP who would be able to provide you with the number.

The **Croydon Carers Centre** in Katherine Street closed in May 2018. The Croydon Carers Centre is a separate organisation to the Carers Support Centre .

The Croydon Carers Support Centre in George Street is still open and their service will continue as usual.

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. 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

Yvonne Green

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

