



CROYDON EPILEPSY SOCIETY

Summer 2019 NEWSLETTER

We hope our members are enjoying the summer weather and looking forward to their holidays. Please take care in the hot weather and make sure you drink plenty of water and don't forget to put on sun protection and a hat.



On the 20th July 2019 we celebrated **the 50th Anniversary of man landing on the moon**. In 1969 Apollo11 was manned by Neil Armstrong, Buzz Aldrin and Michael Collins. We wonder how many of you remember that historic day and we hope for those who were not there to witness it, there may be other opportunities for future space travel to the moon and beyond.

National Epilepsy Week took place from Monday 20th May until Sunday 26th May 2019. There was a display at Croydon Library to highlight it and also promote our CES AGM.



The Croydon Epilepsy Society AGM was on Tuesday 21st May 2019 at the East Croydon United Reformed Church hall.

Both Marco and myself hosted the event. We were grateful that our President, Prof Frank Besag was able to attend. Sarah Jones, our MP for Croydon Central and Yvonne Green, our Vice President also attended.

Cicely Mary Barker was a popular children's book author, illustrator and British artist, born June 28, 1895 in Croydon. As Cicely Mary Barker suffered from epilepsy as a child, she was unable to go to school, so was educated at home where her creative drawing and writing skills were nurtured and developed at such an early age. She was best known for a series of fantasy illustrations depicting fairies and flowers. Barker's art education began in girlhood with correspondence courses and instruction at the Croydon School of Art.



Her earliest professional work included greeting cards and juvenile magazine illustrations, and her first book, ***Flower Fairies of the Spring***, was published in 1923. Similar books were published in the following decades. She died in 1973.

During the summer months find time to visit the **Cicely Mary Parker Memorial Garden** at Park Hill Park, Croydon.

There is currently a project to fund a community garden in the park which is located next to the memorial garden.



Summer events

The National Maritime Museum in Greenwich has the largest exhibition about the moon in London. The exhibition runs from 19th July to the 5th January 2020.

Visit <https://www.rmg.co.uk/national-maritime-museum>

Over in South Kensington, the **Science Museum** has a Summer of Space Festival

<https://www.sciencemuseum.org.uk/see-and-do/summer-of-space>

while the **Natural History Museum** houses a giant model moon.

<https://www.nhm.ac.uk/visit/exhibitions/museum-of-the-moon>

The **National Garden Scheme** continues over the summer and gives visitors unique access to over 3,500 exceptional private **gardens** in England and Wales, and raises impressive amounts of money for nursing and health charities through admissions, teas and cake. Visit <https://www.ngs.org.uk> for more information.

In our Spring Newsletter we mentioned **Purple Day** that took place on Tuesday 26th March 2019. Purple Day is an international grassroots effort dedicated to increasing awareness about epilepsy worldwide. Purple Day was created in 2008 by Cassidy Megan, a young Canadian girl who has epilepsy. Her aim was not only to raise awareness of the condition but to also get people talking about it. She wanted people with epilepsy to know that they were not alone.

Many people ask *Why Purple?*

The first response to this question is that Cassidy chose the colour purple for the day because **Lavender** is officially the international flower, come symbol, of epilepsy.

There is also a medical reason. According to medical research Lavender and the colour purple act as a relaxant and anti-convulsant and is included in some of the medication prescribed to epilepsy sufferers and other neurological conditions.

If you fancy a relaxing afternoon surrounded by lavender visit the Mayfield Lavender Farm in Banstead. <https://www.mayfieldlavender.com/mayfield-lavender-farm>



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 an 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 telephone number.

The Croydon Carers Support Centre in George Street, Croydon is open to provide support to carers. <https://www.whitgiftfoundation.co.uk/content/carers-support-centre>
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
There is also a Helpline no 0208 686 0066 for general enquiries.

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

