



CROYDON EPILEPSY SOCIETY

Winter 2023 NEWSLETTER

We would like to wish all our members a **Merry Christmas and Happy New Year**. We hope that our members had a good year and have been keeping well and active.

We have faced issues at home with local incidents in the national news and also globally with continued unrest in Ukraine and more recently in Palestine. In September we learnt of the sad death of 15 year old school girl Elianne Andam. Elianne who was stabbed to death at a bus stop on Wellesley Road in central Croydon as she made her way to Old Palace school.

Since our last Newsletter COVID is still with us and that is important we should still be aware of the need for testing if you have any symptoms.

<https://www.gov.uk/coronavirus>

We apologise for the lack of newsletters but I spent last year moving home which took most of my time up. I am still in the borough of Croydon so will continue to run the charity for now.

Marco Valencia, our Chairman stood down in the summer as he has since moved with his partner to Italy. We thank him for his active support of the charity becoming a Trustee in 2016 and wish him all the best for the future. This has left a vacant position.

Photo shows Marco on left with myself and Richard, our Treasurer at a fund making event at the Friends of Selsdon Wood Open Day in 2013.



It has been another difficult year financially for members with rising inflation leading to increases in mortgage, rent, energy, food and other household expenses. However, inflation has now come down from over 10% at the beginning of the year to 4.6% in October 2023 hopefully bringing some relief to members.

National Epilepsy Week 2023

National Epilepsy Week ran from 22nd to the 28th May 2023. National Epilepsy Week is an annual event that aims to raise awareness about epilepsy and gather support for people with epilepsy. The theme for this year was epilepsy matters <https://epilepsysociety.org.uk/news/epilepsy-matters> Epilepsy Action launched a new first aid campaign. Using the acronym CARE: Comfort, Action, Reassure and Emergency, the campaign informed people how to support someone having a tonic-clonic seizure. The CARE video can be watched at www.youtube.com/watch?v=MgpkYo1jNWw There was a display at Croydon Library to promote National Epilepsy Week. Information on epilepsy can be obtained throughout the year in the form of leaflets or books to loan. There is also information on other medical conditions including the new **Croydon Care Directory** for 2023/24.



This is the link for the 2022/23 directory:

<https://www.londoncaresdirectories.co.uk/wp-content/uploads/2023/03/Croydon-Care-Directory-2022-23.pdf>

Purple Day took place on Sunday 26th March 2023

In 2008, eight-year-old Cassidy Megan from Canada decided she wanted to help raise awareness for people with epilepsy and to help them realise that they're not alone.

Cassidy picked purple to represent this day because lavender is internationally recognised as the flower for epilepsy. Over the years, the event grew to become the international success we know today, celebrated by the epilepsy community from all over the world.

Croydon - London Borough of Culture 2023



As London Borough of Culture 2023, our year-long celebration of Croydon's unique identity, diverse communities and rich heritage, culture and creativity is underway.

Croydon stands Tall the display of colourful giraffes appeared around Croydon in the Autumn.

<https://www.croydonstandstall.co.uk/>

Also find time to take part in the **Croydon Music Trail**. The Central Trail takes you through the heart of Central Croydon's music eras taking in Fairfield Halls, the Broad Green Tavern and the Queen's Gardens. The Northern Trail includes The BRIT School, Stanley Arts and showcases the hometown of artists Stormzy and Nadia Rose. Photo: Mural in Queens Gardens To download the map visit:



<https://www.culturecroydon.com/event/croydon-music-heritage-trail/>



The Little Manhattan Project is the current event to visit. It will be on from December 2023 to February 2024 at the Croydon Clocktower.

For details: <https://www.culturecroydon.com/event/little-manhattan/>

For further events and information on Croydon London Borough of Culture visit: <https://www.croydon.gov.uk/croydon-london-borough-culture-2023>

Accounts and AGM

Our accounts are now up to date and a special thank to Richard Lock, a retired Accountant who completed them for us. We have put the accounts for 2021/22 on the Charity Commission website but we are still waiting for access to add the 2022/23 accounts. Please note due to our healthy bank balance we are not sending out subscription reminders at present. If you have any local projects in need of funding and that would benefit those with epilepsy please contact the society as we may be able to offer a donation. Details of an AGM are currently being reviewed.

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.

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 drop in, in George Street, Croydon is now back open Monday to Friday excluding Tuesday, 10am-1pm for drop-in advice and information. You can also call our helpline on 020 8649 9339, option 1 or email enquiries@carersinfo.org.uk.

<https://www.whitgiffoundation.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. Please contact them on 0208 683 7120, or 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: 53 Lime Tree Grove, Croydon CRO 8AZ.
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, FRCPC.

Vice - Presidents

Yvonne Green

Honorary Vice - Presidents

Dr P B C Fenwick
Mrs Rosemary Aselford
Mrs Rita Richmond

Committee Members

Vacant Chairman
Ms Dawn Gibbons Honorary Secretary
Mr Richard Ruffell Honorary Treasurer

