



CROYDON EPILEPSY SOCIETY

NEWSLETTER

Autumn 2015

Autumn is gradually creeping on us with the colder evenings and shorter days. We hope that you enjoyed your summer and for those who took holidays away that they went well. If you have any good places to recommend visiting to other members please email us with the details.

We are currently promoting our charity raising event which is the [Lexus Croydon 10k Charity Run](#) at Lloyd Park taking place on **Sunday 18th October 2015**. After our Chairman's success in the run last year, Marco Valencia has offered to take part again this year to help raise funds for the charity. The race start time is 10.15 am. **So if you want to come and support him please feel free to join us.**

There was an article in the Evening Standard in September concerning a four year old boy who was praised for saving his mother after she had an epileptic fit. His mother was at home in south-east London when she suffered a seizure and fell unconscious. The young boy immediately phoned emergency services calmly giving his address and explained what he could see was happening. Three minutes later an ambulance crew arrived at the family's home and she was taken to hospital. The mother had not had a seizure for four years but had taught her son what he should do in an emergency. After medical checkups at the hospital she was allowed back home. **So if you are a parent with young children the society would stress that it is important to make them aware of what they should do if the adult is taken unwell in the house either as a result of a seizure or other medical condition.**

Another issue that was in the news in September was the result of the **Assisted Dying Bill** which Parliament voted on 11th September. Subject to safeguards, this would have changed the law so that terminally ill adults of sound mind could have assistance to end their own lives. However, the bill did not go through. MP's voted 330 to 118 against changing the law, the first Commons vote on assisted dying for 20 years.

As things stand, anyone who assists someone to take their life would be committing a criminal offence - although if they were not a medical professional and their motivation was compassionate, they probably wouldn't be prosecuted.

Gavin Barwell, our Croydon Central MP, stated in an email to his constituents - It is a highly emotive debate raising questions of individual choice, dignity, the value we place on human life and the protection of vulnerable members of society. There was roughly an equal number of his constituents who contacted him who wanted him to support the bill as oppose it.

Dawn Gibbons, Honorary Secretary

Are you a Carer?

Carers are invited to join staff at the Carers Support Centre for a free lunch in the Carers Café at 24 George Street, Croydon. CR0 1PB

The monthly lunch clubs are for carers.

Gentleman's Lunch Club: Tuesday 13th and 10th November, 1-2pm

Ladies Who Lunch: Friday 23 and 27 November, 1-2pm

To book your place call Ruth Laws on 020 8649 6280 or email ruthlaws@carersinfo.org.uk after 1st September.

Please make sure you give details of any dietary requirements when booking.

The lunch clubs are open to any carer aged 16 and over who lives in Croydon.

Recycle your old Ink Cartridges

By recycling your empty printer ink cartridges through Epilepsy Action you can help the environment and support people with epilepsy. Thanks to Recycle4Charity for each cartridge sent to them they will convert it into a £1 donation to Epilepsy Action.

For more information about recycling to raise funds, or about starting a collection at your work, school or community group, visit: epilpesy.org.uk/recycle or call Kath Barker at Epilepsy Action on 0113 210 8822.

The Croydon Epilepsy Society will certainly be sending them our used ink cartridges.

National Tea and Cake Break

Epilepsy Action is promoting a National Tea and Cake break on Friday 16th October 2015.

There isn't just one reason to hold a National Tea and Cake Break for Epilepsy Action, there are 600,000! That's the number of people living with epilepsy in the UK right now.

National Tea and Cake Break brings bakers and brew-lovers together all over the country. There are all sorts of ways to get involved, from a cup of tea and a cupcake in your kitchen, to an office tea party or school bake sale.

For cake recipes to bake take a look at the web site for the **Great British Bake Off** currently showing on BBC1.

<http://thegreatbritishbakeoff.co.uk/news-and-recipes>

Also <http://www.bbc.co.uk/food/recipes/cupcakes> where I found this simple recipe for Vanilla Cupcakes.



Vanilla Cupcakes

Ingredients

- 110g/4oz butter or margarine, softened at room temperature
- 110g/4oz caster sugar
- 2 free-range eggs, lightly beaten
- 1 tsp vanilla extract
- 110g/4oz self-raising flour
- 1-2 tbsp milk

For the buttercream icing

- 140g/5oz butter, softened
- 280g/10oz icing sugar
- 1-2 tbsp milk
- a few drops food colouring

Preparation method

1. Preheat the oven to 180C/350F/Gas 4 and line a 12-hole muffin tin with paper cases.
2. Cream the butter and sugar together in a bowl until pale. Beat in the eggs a little at a time and stir in the vanilla extract.
3. Fold in the flour using a large metal spoon, adding a little milk until the mixture is of a dropping consistency. Spoon the mixture into the paper cases until they are half full.
4. Bake in the oven for 10-15 minutes, or until golden-brown on top and a skewer inserted into one of the cakes comes out clean. Set aside to cool for 10 minutes, then remove from the tin and cool on a wire rack.
5. For the buttercream icing, beat the butter in a large bowl until soft. Add half the icing sugar and beat until smooth.
6. Then add the remaining icing sugar with one tablespoon of the milk, adding more milk if necessary, until the mixture is smooth and creamy.
7. Add the food colouring and mix until well combined.
8. Spoon the icing into a piping bag with a star nozzle and pipe the icing using a spiralling motion onto the cup cakes in a large swirl.





If you are feeling adventurous try making the Halloween Cupcakes which can also be found on the BBC web site or even create your own toppings.

Useful Community Contacts:

The Croydon Carers Centre is at 12 Katherine Street, Croydon, CR0 1NX

Telephone No: 020 8688 7219. Email: enquiries@croydoncarers.org.uk

The Croydon Carers Support Centre is at 24 George Street, Croydon. CR0 1PB

Telephone No: 020 8649 9339 Email: info@carersinfo.org.uk

Croydon Epilepsy Society Contact Details

Drop In Centre Update

We are hoping to continue running the centre on a Wednesday on a regular basis from 11 am to 3pm subject to staff cover. 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 CR0 2SN.

Telephone: 020 8665 1255

Email Address: cesociety@btconnect.com

Visit our Facebook Page: www.facebook.com

Web Site: www.croydonepilepsysociety.org

Elected Members

President

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

Vice - Presidents

Rev G Derriman

Honorary Vice - Presidents

Dr P B C Fenwick

Mrs R Richmond
Gavin Barwell MP

Mrs Rosemary Aselford

Committee Members

Mr Marco Valencia
Ms Dawn Gibbons
Mr Richard Ruffell
Mr Stephen Marshall

Chairman
Honorary Secretary
Honorary Treasurer