



# CROYDON EPILEPSY SOCIETY

## NEWSLETTER

**Autumn 2016**

Since our last Newsletter was published we have made **the decision to move out of the Len Pyant Centre, Elmwood Road in West Croydon at the end of September 2016.** The move was discussed at our CES AGM in May 2016.

**We also have a new phone contact number.** After much discussion the committee decided to replace the landline phone with a **mobile phone.**

There was more flexibility with a mobile phone, offering text services to members and access to the internet and email for the committee when out during the day. Also more of our members no longer have a landline now and have updated to a mobile phone.

We did consult with BT about having our landline transferred but as the telephone exchange was in a different area we could not keep our existing number. If you have concerns about the cost of phoning our new mobile number from a landline we can always ring you back.

**The new mobile number is 07926 372711.**

**Our email address is [croydonepilepsy@gmail.com](mailto:croydonepilepsy@gmail.com).**

Members should be aware of our email address as we have been sending Newsletters out via gmail since Autumn 2015. **Please check your contacts so our telephone no, email and postal address are all updated.**

We had been based at the Len Pyant Centre for over 16 years moving in during April 2000. It was sad saying goodbye to Rita Richmond, the Day centre Manager, and also to Ali Bartholomew who helped us at the centre. We wish them both well. Rita Richmond has stood down as a Vice-President of the CES but she has been made a Honorary Vice-President by the committee in recognition of all her help and support to the charity over the years.

Marco also started a new job at City |Lit at the end of September and we wish him all the best in his new role. He will be missed at the CroydonCentral Library both by his colleagues and regular customers. However, he is intending to carry on with supporting the charity in his capacity as Chairman.

**We will be running the charity from my home address so please do not send any correspondence to the Len Pyant Centre.** My contact details can be found at the end of this Newsletter.

Although we may no longer have the day centre as a meeting place we can still arrange to meet members if they wish at the Clocktower Cafe in Croydon or other local venue.

**If you notice our old CES contact details in any publication or online site please contact us so we can contact them with our updated details.**

In August, I was invited to visit the Eureka garden, near Westerham Hill which was open to the public during the summer under the **National Garden Scheme**. It contained a colourful display of flowering borders, garden art and sculptures. **[www.ngs.org.uk](http://www.ngs.org.uk)**. I was pleasantly surprised to find the garden was open to the public to raise funds for **Young Epilepsy**. **[www.youngepilepsy.org.uk](http://www.youngepilepsy.org.uk)**



In September we decided to take part in the **Friends of Selsdon Wood Open Day**. Marco was overseeing our fund raising children's activities which included "Beat the Swing Ball Ace" ! We raised £69.53 for the charity. It was also good to see David Picksley, a long time supporter of our charity who previously has raised money for us as a Marathon Runner. Thanks also to Richard Ruffell who helped man our stall.



Dawn Gibbons Honorary Secretary

## **Friends of Selsdon Wood (FSW) Open Day**

Sunday 11th September 2016

We had the honor of being invited to the FSW open day. The weather was on our side and after putting up the marquee we were ready to rumble, have fun and make the public aware of the the CES and its work.

Dawn came up with the novel idea of setting up a swingball activity (see picture below) where children paid to participate and then try and beat myself and Karl, who kindly volunteered to take part. Prizes were at the ready for those who managed to beat us but it also encouraged others to join in as they could see that we were having great fun and all for a good cause. My competitive side came rushing to the surface and so did Karls' but all in good humor. I was beaten twice though by a 7 year old but let's keep that between us.

As Dawn mentioned earlier the open day was a real success all round and we managed to raise £69.53 with a mixture of a book sale, sale of art work and tapestry, donations and of course the Swingball competition. The tapestry pictures had been made my members attending the old centre in Elmwood Road. We found them when clearing out the day centre during the summer. The society even participated in the children's rhyme time with me playing my guitar and singing with Dawn a few nursery rhymes. There was a real interest in our society and its history and many visitors took leaflets and information away with them and we also added a few visitors to our mailing list.

Thank you FSW for inviting us to participate and giving us the opportunity to voice our goals and objectives on such a friendly and beautiful day.



The Swingball Competition gets underway (above)

Marco Valencia Chairman

## Travel Update:

We were updated by a member that West Croydon bus station in Station Road was reopened on the 8th October 2016 with new buildings after being closed for a prolonged period. For further details visit:

<https://tfl.gov.uk/travel-information/improvements-and-projects/west-croydon-bus-station>.

## Croydon Epilepsy Society Contact Details

**Please contact us by phone or email as we no longer have a Day Centre on a Wednesday morning.** 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](http://www.epilepsy.org.uk)

Helpline 0808 800 5050

Epilepsy Society [www.epilepsysociety.org.uk](http://www.epilepsysociety.org.uk)

Helpline 01494 60140

Address: 64 Newlands Woods, Bardolph Avenue, Croydon CRO 9JR.

Mobile No: 07926372711

Email Address: [croydonepilepsy@gmail.com](mailto:croydonepilepsy@gmail.com)

Visit our Facebook Page: [www.facebook.com](http://www.facebook.com)

Web Site: [www.croydonepilepsysociety.org](http://www.croydonepilepsysociety.org)

Twitter: Follow us @croydonepilepsy ( <https://twitter.com/croydonepilepsy> )

## Elected Members

### President

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

### Vice - Presidents

Rev G Derriman  
Gavin Barwell MP

### Honorary Vice - Presidents

Dr P B C Fenwick  
Mrs Rosemary Aselford  
Rita Richmond

## Committee Members

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