



CROYDON EPILEPSY SOCIETY

NEWSLETTER

Summer 2015

We hope that our members are enjoying the summer weather and keeping well. Marco Valencia, our new Chairman, who was elected at the 2015 AGM in May has written an article about Walking in Croydon and how to enjoy your local green spaces.

Our thoughts are with those who were reflecting on the 10th Anniversary of the London bombings of 7/7 2005 and for those holiday makers who were effected by the shootings in Tunisia in June. At these times we reflect that our family and friends are all safe and secure in these difficult times. However, don't be put off travelling abroad just be extra alert and follow any advice from your tour operator or airline.

AGM 2015

The AGM took place during National Epilepsy Week on Tuesday 19th May. This year we hosted the event at the East Croydon United Reformed Church hall. We had a good attendance including our President, Prof Frank Besag.

Marco Valencia was elected as our new Chairman. He has been an active member of the committee over the last 18 months including help raising funds for the society by taking part in the 10k marathon in September 2014.

Items that were discussed were **discrimination in the workplace** for those with disability. It is hard sometimes to discuss about personal health issues such as epilepsy at an interview. From my own experience when I have mentioned my own epilepsy to the person interviewing me, if they have some knowledge of the condition perhaps by knowing someone already with epilepsy then it is not an issue. However, on the other side if the interviewee is completely ignorant I have been asked if "I would pass out if I had a busy queue of people"! Just keep positive and highlight your skills and that you can do the job on offer.

Prof Besag discussed the **possibilities of surgery** to help reduce fits by those with serious epilepsy. Surgery has become a more common option in recent years. One of our members undertook surgery and it has helped them with their epilepsy. It may not be suitable for everyone so it is best to discuss with your consultant first. We hope that we can include a more detailed article on the subject in a future Newsletter. **If you have had surgery for your epilepsy and**

would like to share your experiences please contact us.

We also discussed the need to find **new Vice-Presidents** as a number of ours have now retired. Since the AGM we have had confirmation that **Gavin Barwell**, our local MP for Croydon Central **has accepted our request to become a Vice- President.**

It was mentioned that we should investigate the possibilities of having closer links with the national organisation "Epilepsy Action" due to the limitations of our group. A guest attending the AGM mentioned their local group at Sutton had shut down.

The **Michael Chandler Award** was presented to Karl Harbour this year at the AGM. The award was in recognition of the hard work he spent setting up our new web site - www.croydonepilepsysociety.org and providing IT support over the last 12 months.

Thank you to all those who have sent in their subscriptions and donations. We received a donation of £750 from the Liverpool Victoria Insurance company. The staff of the Croydon office had voted to help our charity. We also are grateful for donations from Marion Rout and Mervyn Batterham, cousins of Jim Rossington, our previous Chairman.

Please find a reminder form included with this Newsletter if you have not a chance to pay your subscription yet. Your continued support is much appreciated.

Dawn Gibbons, Honorary Secretary

Walking in Croydon

It's that time of year when various outdoor pursuits can be practised at various locations but none compares to walking. Its free, a good exercise for the body and mind and Croydon has endless parks, woods, open spaces and local organisations which accommodate this most entertaining hobby. You can enjoy it on your own, in a group or walking your dog...the choices are endless.

You can also have guided walks which involve an expert leading a walk and explaining the history and interests of the location you're in.



Selsdon Wood Nature Reserve

Recommended areas for a lovely walk are Lloyd Park, Happy Valley, Selsdon Wood Nature Reserve, South Norwood Country Park, Addington Hills, Coombe Woods, North Down, Farthing Downs to name but a few.

There are many local groups that can give you guidance and tips on walking in Croydon. You may wish to join, look through the web pages or get in contact with:

Croydon Ramblers:

www.croydonramblers.org.uk

COPSE: 0208 688 0559
Surrey Walking Clubs:

www.copsecroydon.co.uk
www.walkinginsurrey.co.uk



Lloyd Park

Croydon Council also runs the ***Walking for Health*** scheme to get everyone walking and enjoying the borough's endless open spaces. You can get information of the programme by visiting the Croydon Healthy Living Hub, located in the Croydon Clocktower, Katharine Street. At the same you can pick up walking leaflets at Central Croydon Library including **Into the Green Yonder - Walk Croydon** for July -Dec 2015. The leaflet lists free guided wildlife walks.

Furthermore, just by visiting www.croydon.gov.uk/leisure/parksandopenspaces you can acquire endless information about walks, talks, events and more in the borough of Croydon.

So what are you waiting for? Get those walking shoes on, plenty of fresh bottled water, sun cream and hats and a camera. Enjoy the open spaces. They're free and all yours!!!!

Travel Tips for Overseas Holidays

And finally if you're travelling further afield for your strolls.....some basic travel tips:

- Make sure your passport is up to date
- Check flight times including check-in times and boarding passes - if travelling to the USA an ESTA will need to be completed.
- Take the correct currency
 - If visiting Europe don't forget to take your European Heath Card
- Pack as light as possible
- Research the city/town/location which you're visiting (attractions, hotels, transport, banks, emergency services etc)
- Pack a small travel guide for guidance - Lonely Planet or Rough Guides are good
- Learn a bit of the local language; an "hola" or "au revoir" go a long way in breaking the ice with the locals
- Respect local customs and traditions
- ENJOY!!!!!!!!!!

Marco Valencia, Chairman

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 Pant Community Centre, 17 Elmwood Road, Croydon CRO 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
Mrs R Richmond
Gavin Barwell MP

Honorary Vice - Presidents

Dr P B C Fenwick
Mrs Rosemary Aselford

Committee Members

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