



## **CROYDON EPILEPSY SOCIETY**

### **NEWSLETTER**

#### **Winter 2015**

We have come to the end of another year. Hopefully it was a good one for our members and provides you with happy memories.

Christmas is nearly upon us and most of us will be busy organising social events to celebrate either with work colleagues or with friends and family.

However, there are some people who may feel very alone at Christmas such as the elderly who maybe housebound and their own families and friends are unable to visit them as they are not living near them. Feeling isolated can lead to depression. If you have an elderly neighbour who lives on their own think about dropping a Christmas card through the door with your telephone number offering a cup of tea and a chat.

You may have friends that you have are facing their first Christmas without a loved one due to the death of a partner or close family member. You may be in that situation yourself and feel that Christmas is not for you. However, don't turn the opportunity down to take part in any festive activities. A visit to a local church to listen to some carols may lift your spirits. Contact your local church for details. If you can't get out or the weather is bad, call a friend for a chat - their will most probably welcome your call and be glad of the opportunity to swap news.

#### **Tips to keep healthy this Winter**

Keep yourself healthy by making sure you keep warm both at home and when you go outside. It is recommended that you keep your home at least 18 degrees C. Set heating to come on just before you get up and switch off after you've gone to bed. Get your boiler checked by a qualified expert to ensure your heating is working properly. You may be eligible for a grant to make your home more energy-efficient - see [www.gov.uk/phe/keep-warm](http://www.gov.uk/phe/keep-warm). If going out wear a warm coat with layers of clothing underneath to keep you well insulated.



If you are unlucky and pick up a up a nasty bug make sure you follow these tips: rest, drink plenty of fluids, have at least one nutritional meal a day to keep up your energy levels. Finally, talk to your pharmacist for advice on getting any pain relief you need such as paracetamol or ibuprofen.

If you need medical advice fast but its not life threatening, or your not sure where to go, call 111 - the free, 24 hour NHS phone line. An advisor will assess your symptoms and give you the advice you need, or direct you to the right local health service for you.

There is also the option of visiting a NHS walk-in centre such as the Edridge Road Community Health Centre in Croydon . Contact no: 020 8401 3645.

Address: Edridge Road Community Health Centre , 2 Edridge Road, Croydon, Surrey, CR9 1PJ.

<http://www.thepracticeedridgeroad.nhs.uk>

For more information and advice on staying well and healthy throughout the winter, visit [www.nhs.uk/staywell](http://www.nhs.uk/staywell).

Sadly, Marco Valencia was unable to take part in the **Lexus Croydon 10k Charity Run** at Lloyd Park on the **Sunday 18th October 2015** due to ill health. Hopefully, he will be able to take part next year.

In September, we received a generous donation from the Purley United Reform Church which was raised at their church coffee mornings. The society appreciates their support.

Dawn Gibbons, Honorary Secretary

## Get out and about at Christmas

If you have time off at Christmas check out your local cinema or theatre to find out whats on. Your local library may have some flyers or a poster on their community notice board of events taking place in your area. Fairfield Halls in Croydon offers a wide range of events at Christmas including plays, classical and popular music concerts, pantomime - Cinderella and even a carol event. [www.fairfield.co.uk](http://www.fairfield.co.uk)

There is a concert "Carols by Candlelight" on at Croydon Munster Church on 20th December. <http://www.croydonminster.org>

The big film this Christmas is the Star Wars film "The Force Awakens". However, if this is not to your taste try the animated film "Alvin and the Chipmunks" or "The Peanuts Movie."

For a change from the Grants Vue cinema in Croydon try out the Beckenham Odeon cinema.

Don't forget we are close to central London so a short train journey from East Croydon can open up other festive activities such as a trip to a museum, art gallery or a visit to the west end to see the Christmas lights and to browse the shops.

At the Science Museum is the exhibition entitled "Cosmonauts: Birth of the Space Age." <http://www.sciencemuseum.org.uk>. The National Gallery has an exhibition "Goya - the Portraits." <http://www.nationalgallery.org.uk>



## Restaurant Recommendations

Many local restaurants and pubs have special Christmas Menus. Marco, our Chairman, has kindly provided some suggestions of restaurants to try over the festive period.

*Forget the diet because the season to be jolly is finally here and what better way to celebrate but by having a meal in Croydon with friends and family during the festive season.*

*I have selected my top 5 establishments where you can enjoy a meal and a drink and make new friends along the way.*

**Spreadeagle Pub-** 39-41 Katherine Street CR0 1NX

Lovely local pub next to the Croydon Clocktower offering beers, ales and wines including mulled plus a varied selection from the xmas menu....yummy yummy

**Zizzi Italian Restaurant-** 57-59 Southend Croydon 0208 649 CR0 1BF

Great selection of Pizzas, pastas and Italian wines but during the festive season you can enjoy turkey and mulled wine...I recommend the 4 season's pizza and a glass of house red

**Royal Garden Restaurant and Karaoke-** 43 Shirley Hills CR0 5HQ

If you don't fancy festive meal and would rather have something from further afield try this place. In an idyllic setting on Addington Hills it offers a wide range of Asian cuisine to satisfy any palate. Go for the succulent lemon chicken; it's sticky sweet and scrumptious

**The Oval Tavern-** 131 Oval Road Croydon CR0 6BR

Another of my favourites...enjoy a Sunday roast with extra **xmas** trimmings and live Jazz on Sundays between 1-3pm. Great cosy atmosphere with great ales

**The Greendragon Pub-** 60 High Street CR0 1NA

One of the best pubs to past your festive season...cosy, clean and atmospheric...great Christmas menu and buffet for groups....again perfect wines and beers for all tastes

So there you have it my list for you to ponder and enjoy. Forget last year's resolution of dieting and munch away and enjoy Christmas to the full.

Marco Valencia, Chairman

## ***MERRY CHRISTMAS & A HAPPY NEW YEAR***



### **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](mailto: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](http://www.epilepsy.org.uk)  
Epilepsy Society [www.epilepsysociety.org.uk](http://www.epilepsysociety.org.uk)

Helpline 0808 800 5050  
Helpline 01494 60140

Address: The Len Pyant Community Centre, 17 Elmwood Road, Croydon CRO 2SN.  
Telephone: 020 8665 1255

Email Address: [cesociety@btconnect.com](mailto:cesociety@btconnect.com) ; [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)

#### **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	



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