



# A Message from Poss



epilepsy  
queensland inc

Hi everyone!

January / February 2017

Well I had a great Christmas and New Year holiday time. Did you? I'd love to hear about your holiday. I had a wonderful time on Bribie Island. There were so many of my friends in the camping ground and we played lots of games, we did lots of swimming in the ocean and we even went fishing. I caught a big whiting but of course I let him go! He was such a nice fish! Did you get any nice presents for Christmas? I bet you did! I'd love to hear about them. But now the holidays are over, it's time to get

ready for school. I like going to school but I also like holidays. I am sometimes sad when the holidays are over, but also get excited on the first day of school. There are new people to meet and new friends to make. I am in a new classroom with a new teacher and all these exciting things to look forward too.

Are you in a new classroom? Do you have a new teacher too? Maybe some of you are going to a new school. Some of my friends are going to a new school because they are going up to year 7 which is in a different school now. They were a little anxious about it but excited at the same time. Do you know what that feels like? It's a bit like having butterflies in your tummy, but then it goes away when you talk to your friends or parents.

My mum helped me to get things organized for me to go back to school. She bought my new school books and a new school bag because my old one was too small. She is also making sure my epilepsy management plan is updated for the school so they know just how to care for me if I have a seizure at school.

The school have asked Epilepsy Queensland trainers come out to teach them about my epilepsy so all the new teachers know all about it. This makes me feel very happy and safe.

The other exciting thing that is happening soon is **Purple Day**. I am looking forward to making everything **purple** so people know that it's an important thing to remember. Epilepsy's colour is **purple** and I'd like everyone to know all about it. Maybe you could get involved with **purple day**, see the back page of this newsletter for ideas!

Epilepsy Queensland had their annual Awards Ceremony before Christmas, I was not able to go as I was on holidays. There are some photos for you to see in this newsletter. I'm told it was a great night of celebrations.

Have a happy new year and a good start to school! Stay safe and well!

*Little Poss*



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## Did you know?

- ◆ You can ask Dr Dudley about your epilepsy?
- ◆ You can nominate someone to 'spotlight' in the newsletter?
- ◆ You can let us know if you don't want to receive this newsletter anymore?

Just email:

littleposs@epilepsyqueensland.com.au  
or phone: 3435 5000 or  
1300 852 853

## What's coming up - Save the date!

In-house Epilepsy training  
at Woolloongabba

16 February  
9.30am AND 5.30pm

Gold Coast Epilepsy training  
(Gold Coast Neurology, Benowa)

15 March

2017 Purple Ball  
Purple Day

25 February  
26 March

To register for any events please phone the EQI office -  
07 3435 5000 or 1300 852 853

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www.epilepsyqueensland.com.au





# **‘Spotlight On’**

## **Little Poss ‘Member of the Month’**



Hi, my name is **Jazz!**

I am 7 years old. I was diagnosed with epilepsy at the age of 8 months and I take medication to control my seizures. I attend the Heatley Primary School and I'm in grade 2.

My teacher this year is Mrs. Hoskins.

I really enjoy school and I have many friends there.

This year (2016) I competed in the Challenge Games and I received several ribbons for my efforts.



My family are very proud of me.

On weekends I really enjoy going to the park with my family. I also like playing Xbox with my Grandad. I like to take Lucy, my pet dog, to the beach and I like throwing the ball for her to chase.

At the moment I am looking forward to going back to a school. I had a wonderful time on the holidays as I was really looking forward to them and to catching up with my family who live in Brisbane.

Bye for now!







# Ask Dr Dudley

Dear **Dr. Dudley**,

Why does my friend who has epilepsy have to wear a helmet all the time?

**Riley**

Dear **Riley**,

Some people living with epilepsy have seizures which can cause serious head or facial injuries if they fall so they might wear a helmet to protect themselves from harm. Some people can buy a helmet made for playing football that suits their head and some people may have to have them made especially for their head. There are other things that some people can use that help to protect them. Some people use an epilepsy alarm under their mattress that lets their parents or friends know they are having a seizure in their sleep. They can then feel safe when going to sleep.

If you were with someone when they had a seizure, do you know what you would do? If you see someone having a seizure, there are steps you can take to help them. Try and remember that seizures often don't last long and by following these steps, you can make sure the person stays safe.

1. Stay calm and don't leave the person alone. Maybe you could send someone else to get an adult
2. Try and remember what TIME the seizure started. Or ask someone what the time is
3. Protect the person from anything hard or sharp that might hurt them
4. Put something soft and under the person's head, like a small pillow, small towel or your jumper
5. As soon as you can, roll the person onto their side so they can keep breathing
6. Talk to the person so they know they have a friend close by.

When the adult comes, they might call an ambulance if the seizure has gone longer than 5 minutes or if the person has had a second seizure.

**Dr Dudley**

## LITTLE POSS' PURPLE CHALLENGES

**How many words can you make from this word - PAEDIATRICIAN**

**Paediatrician** - a doctor who specializes in medical conditions affecting children. Children with epilepsy will usually see a paediatrician up to the age of 16 - 18 years, and will then be referred to a neurologist.

### Super Challenge

Take this tongue-tying test and become a **Tornado Talker!** As quickly as you can, read the following words out loud, without making a mistake.

**"This is the super challenge tornado talker test which will find out how fast you can talk. Say every word clearly without a stumble, trip, tremor or twitter! Do not dally, dither, chatter or quiver but talk quickly and try not to run out of breath".**

Very fast - 10 seconds      Tornado Talker - 5 seconds or less!

Most people talk at between 70 and 180 words a minute. Much slower or faster than this and it can become difficult to understand. Some people though can speak very quickly and still be understood. The world record is 650 words a minute.



# Happy Birthday!

Name	Suburb	Name	Suburb
KATHERINE	LOGANHOLME	CONNOR	MARGATE
ANNABEL	WINDSOR	CURTIS	WILSONTON HEIGHTS
JESSICA	CLONTARF	ETHAN	UPPER COOMERA
JOSHUA	PROSTON	SOPHIE	PACIFIC PINES
NATHAN	CHURCHILL	JOSEPH	BIRKDALE
THOMAS	TAIGUM	DANIEL	CARSELDINE
CRYSTAL	RUNCORN	LUCY	RANGEVILLE
ZACH	PACIFIC PINES	ALYSSA	BEECHER
BRAYDON	SUNSHINE PLAZA	LILY	TOLGA
CHLOE	MACLEAY ISLAND	ZOE	NORMAN PARK
JESSICA	WYNNUM WEST	CHARLOTTE	WILSONTON HIGHTS
LYDIA	GORDON PARK	ELLA	FRESHWATER
JOSEPH	GORDON PARK	NOAH	NORTH LAKES
WYLIE	PEREGIAN BEACH	THOMAS	BURLEIGH HEADS
JASON	JONDARYAN	JASMINE	GOODNA
BROCK	JIMBOOMBA	JOHN	HOLLAND PARK
SAMANTHA	GILLEN	MARKELLO	MANSFIELD
TRISTAN	NORTH LAKES	HARRY	ERAKALA
TRENT	PARAFIELD GARDENS	NIKKITA	TRAVELLING
JOSHUA	ENOGERRA	MADELEINE	BURBANK
TAYLOR	PALMWOODS	DANA	CAMP HILL
OLIVIA	CRESTMED	COOPER	REGENTS PARK
HARRY	REDLAND BAY	OLIVIA	SEVEN HILLS
ZAC	ASHMORE	LORELEI	SEVEN HILLS





# Happy Birthday!

Name	Suburb	Name	Suburb
KATE	PROSTON	NICKAYLA	UPPER MOUNT GRAVATT
CHLOE	HOLLAND PARK	TOM	FAIRFIELD
TARQUIN	KARANA DOWNS	RYAN	JAMBOREE HEIGHTS
AMBER	KEDRON	JAKOB	BUNDAMBA
LILY	CORNUBIA	LISA	REDLYNCH
MEG	PRINCE PACIFIC HEIGHTS	LACHLAN	KEPERRA
TAYLOR	ASPLEY	HAYDEN	KINGAROY
NATE	PARKHURST	ADDISON	NANANGO
ANTON	BELMONT	PIPPA	PITTSWORTH
AMY	CORINDA	NAKYIAH	GOODNA
TOMMY	WURTULLA	KAI	HARRISTOWN
ARKI	RANGEVILLE	BENJAMIN	NORVILLE
JAZZ	KELSO	MOLLY	WODONGA
LIVIA	WILSTON	RYAN	BILOELA
REMI	ROMA	PEYTON	CLIFTON BEACH
AMALIE	EIGHT MILE PLAINS	ABBY	JOSEPHVILLE
CALVIN	JIMBOOMBA	JASPER	KINGSTON
BENJAMIN	ANNERLEY	MILES	LOGANHOLME
LOCHLANN	DALBY	ALEXIS	WYNNUM
AENORAH	KARANA DOWNS	MADISON	HOLLYWELL
RIAN	EAGLEBY	RILEY	TOOWOOMBA

**Birthday people, can you un-jumble these letters?**

seyiepp

aditomneci

voespelre

acermice

oispcmnona

sohdiyal

rpelpu

etsfya

cpexiereein

lonsoabl



# Little Poss' Purple Recipe

## Purple Ice Cream Recipe

You will need help from a grown up plus the following ingredients -

1 litre carton of your favourite vanilla icecream.  
Some blueberries and a couple of drops of purple food colouring **or** both!

### Prepare -

Soften the icecream by leaving it out of the freezer for a short time to soften.

Take it out of the carton and place in a big bowl.

Mix in the blueberries and a drop or two of the purple food colouring.

You can make it deeper by adding more but be careful!

Place the icecream back in the carton or in some nice glasses and place back in the freezer to re-freeze.

Enjoy!



## Epilepsy Queensland Annual Awards Evening – A snapshot!



*And here are  
some of my  
Little Poss Club  
Members with  
Wally Lewis!*

*Congratulations  
Paisley,  
Gabriella and  
her Mum Leigh!*



*Congratulations to all the worthy winners!*



# Little Poss' brain waves...

Do you know that dragonflies can fly at speeds up to 50 kilometres an hour?

Do you know a rabbit's eye teeth would grow to 45 cm if it didn't gnaw them and they would eventually grow to 3 metres if the rabbit lived that long?

Did you know a dingo doesn't bark and often doesn't have a tail?

Did you know that bees must collect the nectar from 2000 flowers to make one tablespoon of honey?

Did you know that emus can't walk backwards?



## Winning Word!

All the words here appear in the puzzle. The leftover letters spell the winning word. Write the winning word on the back of an envelope with your name and address and send it to me, to be in the draw for a prize!

*cattle, beetles, lizard, lamb, emus, rosella, birds, goanna*

o	e	m	u	s	u	m
s	c	a	t	t	l	e
s	e	l	t	e	e	b
d	r	a	z	i	l	i
a	l	l	e	s	o	r
l	a	m	b	p	s	d
a	n	n	a	o	g	s

## Some giggle juice for you!



1. Where do sheep get their hair cut?  
**Baa Baa Shop!**
2. What is as big as an elephant and weighs nothing at all?  
**An elephants shadow!**
3. Why did the jelly wobble?  
**Because it saw the milk shake!**
4. What's taken before you get it?  
**Your photograph!**

**Colouring-in Competition  
Winner  
Congratulations Kate!**

**Many thanks** to my friends for all the pictures I received over the holidays, especially from Evie, Phebe, Nina, Daniel & Joseph. They are all very

**Jumbled words -**  
epilepsy, medication, sleepover,  
icecream, companions, holidays, purple,  
safety, experience, balloons

## WE RESPECT YOUR PRIVACY

We hope you enjoy reading our Little Poss Newsletter.  
However, if you do not wish to receive the Little Poss newsletter anymore, please let me know by calling 07 3435 5000 / 1300 852 853 (regional Queensland) or emailing [services@epilepsyqueensland.com.au](mailto:services@epilepsyqueensland.com.au).





## Get involved in Purple Day for epilepsy to support epilepsy awareness worldwide!

During March we need your support for our **Go Purple Campaign** to help bring **epilepsy out of the shadows and raise funds for vital services**. Your valued fundraising efforts will assist the 94,000 Queensland children and adults with epilepsy to live without fear and prejudice, while you spread awareness of the world's most common serious brain disorder.

### How can you get involved to GO PURPLE?

Whether it is at home or work, with your local school, pharmacy or in your community, there are so many ways you can raise funds and awareness for **Purple Day**. Visit [www.epilepsyqueensland.com.au/purple-day](http://www.epilepsyqueensland.com.au/purple-day) for more information, to register today and **GO PURPLE!**

**Wear purple** on 26 March and share your pictures on Facebook or Twitter with **#PurpleDay**

**Host a Purple awareness/fundraising party/event/activity** and go in the draw for lots of great prizes! Can be as simple as a morning tea at work, BBQ with friends or challenge yourself and get your friends to sponsor you for a walk, run or colouring your hair purple! There is so much you can do to raise awareness, a few dollars and have fun at the same time.

**Become a Purple Day Hero** with your very own online Purple Day fundraising page. Please go to [www.epilepsyqueensland.com.au/purple-hero](http://www.epilepsyqueensland.com.au/purple-hero).

**Buy or sell Purple Day Merchandise** – including our cute new Purple Lamb!

Order using the enclosed flyer or purchase online: [www.epilepsyqueensland.com.au/shop](http://www.epilepsyqueensland.com.au/shop)

**Make a tax deductible donation** to Epilepsy Queensland.

**Sign up** for the **Purple Pledge Project** or **Order a Purple Day t-shirt!**

### Contact Us Now!

For further information about **Purple Day** and how you can get involved please contact our Fundraising Team on 07 3435 5000 or email [purple@epilepsyqueensland.com.au](mailto:purple@epilepsyqueensland.com.au).