



A Message from Poss

January / February 2019

Hi to all my friends!

2019 has really begun!

The Christmas and school holidays are over, or almost, and most of us are back into the swing of the new year. I do hope you all had an awesome time and stayed safe and well over the holidays.

I had a great time going from place to place with my friends and family and

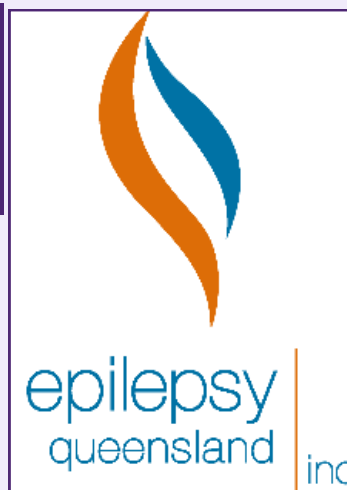
now I'm back at school.

In January we celebrated Australia Day. What did you do to celebrate? Did you Go to the beach or have a bar-b-que? I'd love to hear how you celebrated our nation's day!

Purple Day is coming up on 26 March. It's an important day for people with epilepsy because it's their special day. Cassidy Megan founded Purple Day because she wanted everybody to come together and teach others about epilepsy. We all try to do something that will let everyone know about epilepsy. Some people wear purple shirts or ribbons in their hair, some people sell cup cakes to raise money for EQI to support research and others just get together to celebrate Purple Day on March 26.

Have a look inside the newsletter and see some photos from last year. You will find a flyer telling you more about how you can participate. I hope I can see you on purple day!

Little Poss



Inside this issue:

A message from Little Poss! What's coming up!	1
Member Profile	2
Ask Dr Dudley	3
Members birthdays	4
Member birthdays	5
Little Poss' puzzles	6
Little Poss' recipes	7
Little Poss' colouring!	8



Did you know?

- ◆ You can ask Dr Dudley anything 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!

In-house epilepsy workshops
Woolloongabba office! 11 April

Gold Coast epilepsy workshops 13 March

Purple Day celebrations 26 March

Where?

Story Bridge Climb?

See inside!

Please contact Epilepsy Queensland on services@epilepsyqueensland.com.au
Or call 1300 852 853 for more information

Epilepsy Queensland Inc
PO Box 1457
Coorparoo BC QLD 4151
www.epilepsyqueensland.com.au



‘Spotlight On’

Little Poss ‘Member’

Audrey

Hello, my name is Audrey and I turned 5 years old on the 7th December.

I have epilepsy caused by a benign lesion that is deep in my brain called Hypothalamic Hamartoma. This is a rare condition and I am amongst only a handful of people that have this condition. I was born with this condition but only diagnosed when I was 9 weeks old when Mum knew something wasn't quite right. I spent most of my first year of life in hospital as I was having a high occurrence of seizures around the clock.

I continue to have seizures every day and every night however the frequency is not as great from the time I was born. I tend to have more seizures during the night time.



I have seizures that are called 'Gelastic Seizures'. I am often heard with a laugh or 'cry out' when I am having an event. They can easily be overlooked or mistaken for either a behavioural issue or I am just happy. My epilepsy has been tricky for some people to recognise.

I take medication for my epilepsy but this does not stop the seizures from occurring. I am happy, sociable and I love going to Early Childhood Development Programs (ECDP) and a main-stream kindy to be with the other kids to play and do all the activities. I especially love the singing and dancing. I use my big voice and show my moves when it's time to sing and dance. Everyone is cool about managing my epilepsy. When I have a seizure at ECDP or kindy, I know my teacher/carer will help comfort me and give me a big hug when it's finished. I love hugs. I generally just go back to doing what I was doing before the seizure occurred.

I had epilepsy surgery in 2017 at the Royal Children's Hospital in Melbourne. This surgery didn't change my seizure frequency but it has given me opportunity to learn. I am speaking more words and my understanding has improved. I am also learning how to use a spoon/fork, undress myself and use the toilet. I have regular speech and occupational therapy sessions. I still have a long way to go to catch up to my friends and I am likely to have further surgery but for now we just 'wait and see'.



I have a great team of doctors here in Brisbane and also in Melbourne too. My Mum and Dad are grateful to have them too.

I live at home with my Mum and Dad, Peta and Adam and my big brother, Antoni. He's 7 years old. My brother makes me laugh with his silly antics and he hugs me sometimes when I have a seizure.

I hoped you liked my story and I hope to see you at Poss' next Birthday party!

Audrey



Ask Dr Dudley

Dear Dr. Dudley,

Is it ok for my sister to do rock climbing, when she has epilepsy? It seems dangerous to me and I'm frightened she will fall or have a seizure.

From Freida

Dear Freida,

It's ok to be frightened that your sister might hurt herself. You don't want her to fall or have a seizure when she is rock climbing. When she is climbing those walls, she is tied to ropes and is supervised well, therefore she is in safe hands. It would be a great idea for the supervisors to know that she has epilepsy and what to do if she does have a seizure. It is great in any situation, to be prepared and to know how to respond to a seizure. She will be secured well with ropes when she is rock climbing.

It is also good to know that a very small percentage of people have seizures that are triggered by exercise, about 2 percent. In fact, research will tell us that exercise can help reduce the amount of seizures children have, so that is good news. The best exercise you can do is walking regularly.

Of course, that is combined with the other important things a person with epilepsy should be aware of. Good sleep, having enough water (being well hydrated), taking their medication on time and Doing activities they love like rock climbing or reading a book or baking a cake and help to lower stress. In other words, having some time out is very beneficial.

I do hope this has helped you not to worry about your sister. If all those things are in place, she can enjoy rock climbing.

**From
Dr Dudley**





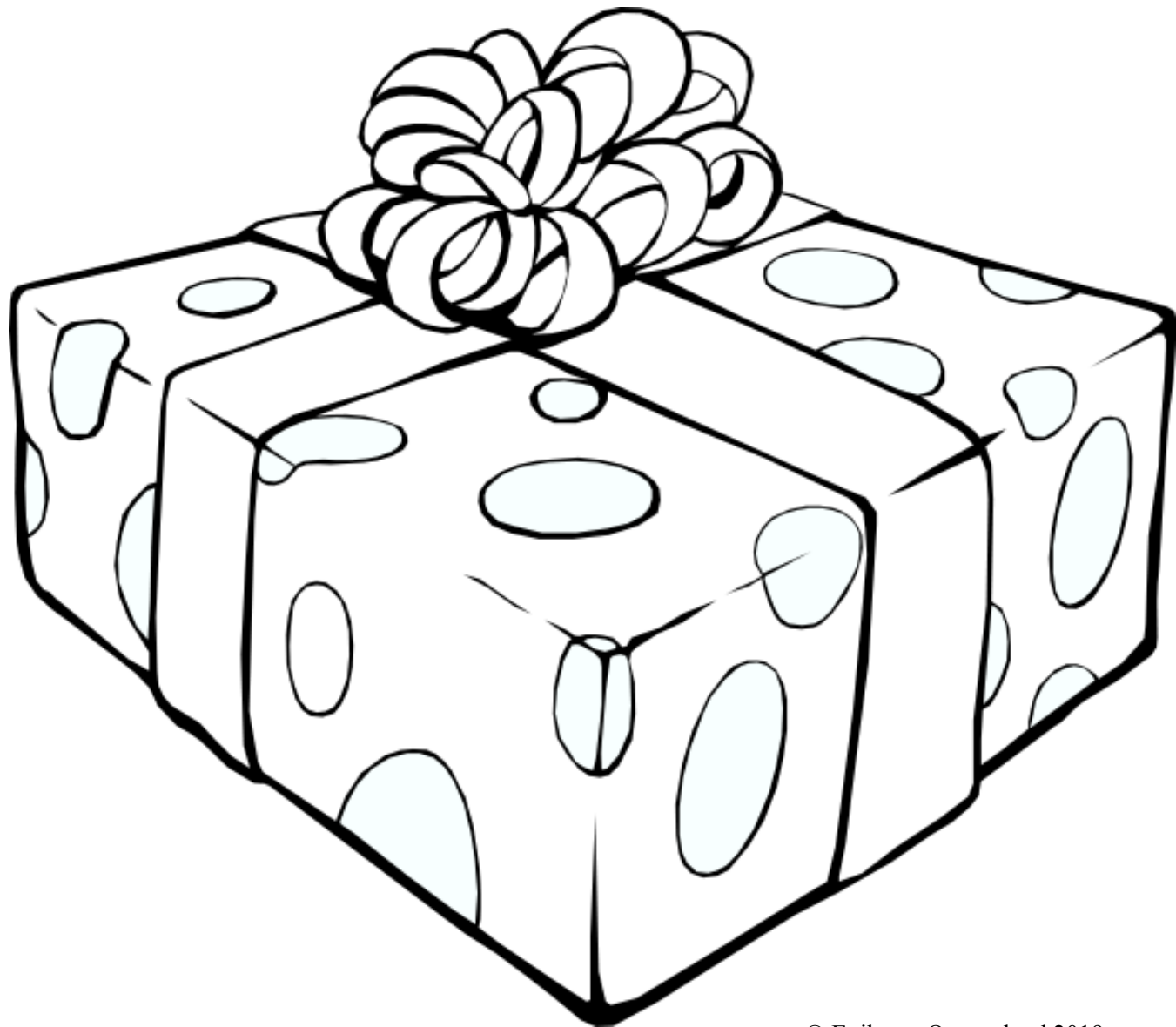
Name	Suburb	Name	Suburb
Nikkita	Australia	Lily	Cornubia
Wylie	Peregian Beach	Joseph	Birkdale
Tommy	Wurtulla	Harry	Redland Bay
Anton	Belmont	Jayden	Mount Cotton
Olivia	Seven Hills	Kaitlin	Browns Plains
Thomas	Taigum	Cooper	Regents Park
Jessica	Clontarf	Calvin	Jimboomba
Connor	Margate	Nakyiah	Goodna
Taylor	Aspley	Zach	Pacific Pines
Lachlan	Keperra	Sophie	Pacific Pines
Scarlett	Burpengary	Madison	Hollywell
Max	Morayfield	Meg	Prince Henry Heights
Livia	Wilston	Nate	Oakey
Noa	Kenmore	Jason	Jondaryan
Jasper	Kingston	Hayden	Kingaroy
Ivy	Holland Park West	Joshua	Proston
John	Holland Park	Kate	Proston
Markello	Mansfield	Alyssa	Beecher
Fletcher	Rochedale South	Harry	Erkala



Name	Suburb	Name	Suburb
Taylor	Palmwoods	Braydon	Sunshine Plaza
Benjamin	Norville	Daniel	Carseldine
Oliver	Narangba	Amber	Kedron
Elliot	Gordon Park	Nickayla	Upper Mount Gravatt
Miles	Loganholme	Tiffany	Carina
Dana	Camp Hill	Madeleine	Burbank
Oliver	Alexandra Hills	Benjamin	Annerley
Tom	Fairfield	Abby	Josephville
Amalie	Eight Mile Plains	Jasmine	Goodna

What colour is your present?

How many dots can you count?



Little Poss' Puzzles and things...

T	O	O	W	O	O	M	B	A	P
O	A	P	I	E	W	T	L	T	E
W	I	N	T	O	N	I	A	H	E
N	R	E	E	M	P	S	C	E	N
S	O	W	I	R	T	A	K	R	A
V	M	O	P	L	Y	Y	A	T	B
I	A	B	M	R	E	B	L	O	S
L	D	I	Y	F	K	L	L	N	I
L	O	N	G	R	E	A	C	H	R
E	M	E	R	A	L	D	K	A	B

When Ruby Rosella and I travelled last year, these are the towns we visited! See if you can find their names!

Atherton	Toowoomba	Townsville	Weipa
Winton	Ayr	Blackall	Bowen
Brisbane	Dalby	Emerald	
Gympie	Longreach	Mount Isa	Roma

Did you know?

- ◆ A crocodile ALWAYS grows new teeth to replace their old teeth?
- ◆ There are 100 million bricks in the Empire State Building?
- ◆ That the brushtail possum (that's me) is an endangered species in the Northern Territory?
- ◆ And that they like to live in trees that have hollows?

Can you make 20 words,
using my name?

Send me the list and I'll pick the winner!

Little Poss

Brain Power

Try to unscramble the words below to discover eight famous Australian landmarks.

1. ATREG RERBARI EFER
2. ETH RAEPO EUSHO
3. BNYRO YBA
4. SSBA TARITS
5. DLGO CSTOA
6. SDYENY ARBHORU
7. MLEBNOURE MSTR

1. Great Barrier Reef
2. The Opera House
3. Byron Bay
4. Bass Strait
5. Gold Coast
6. Sydney Harbour
7. Melbourne Trams

Little Poss' Recipe for Purple Day

PURPLE Smoothie!

What you need -

- ◆ Help from a grown up!
- ◆ 2 frozen bananas (best frozen very ripe the ones with black spots are the best as they are sweeter)
- ◆ 1 cup of fresh pineapple
- ◆ 2 cups of coconut milk or filtered water
- ◆ 1 tightly packed cup baby spinach
- ◆ 3-4 medjool dates
- ◆ 1 tsp raw organic honey
- ◆ 3/4 cup of blueberries (frozen is fine)

What to do -

- ◆ Add remaining ingredients and blend
- ◆ Serve and enjoy!



Some Purple Day ideas!

Make purple cupcakes and take them to school

Make a purple face mask

Wear a purple tutu or anything purple

Wear Purple stockings



Spray your hair purple (with permission)

Paint your face like me!

Wear a wig! Or a flower in your hair!

Tie Dye your t-shirt!



Can you colour in my cousin O'Poss?

Can you help get ready for Purple Day? He wants
to get all dressed up in purple!
The best picture will win a prize.

Send it to -
Little Poss
C/- Epilepsy Queensland
PO Box 1457
Coorparoo DC, Qld 4151

