



A Message from Poss

January / February
2016

Hi everyone!

I suppose everyone is back at school now, well and truly into homework, sports and other exciting things that happen at this time of the year. It's still hot and people are still swimming and enjoying the summer. How did you spend your school holidays? Did you do anything special over the holidays? I'd love to hear about what you did. You could write to me and let me know or send me some drawings of what you did!



It's **Purple** Month coming, where we celebrate epilepsy with all things **Purple**! We have a **Purple** Ball where grown ups come together to dance, to party, to raise funds and awareness about epilepsy. It's a fun night, I wish I could go but it's too late for me to stay up at night!

It's **Purple** Day on March 26 but there will be no procession this year because that day falls on Easter Saturday. People will be getting ready for the Easter Bunny to arrive, so we will have the **Purple** procession next year. There are other ways you can celebrate **Purple** Month though. Would you like to be the biggest fundraiser on Purple day for Epilepsy Queensland? What if the prize was one of the our big **Purple** bears? I encourage all my little poss members to get in and raise awareness and funds for **Purple** Day. You could ask your school to be involved, see the insert in the newsletter for the registration form. I love **Purple** Month!!

I'm also very excited that the Brisbane Broncos have made Epilepsy Queensland a charity partner this year. Come see me at their first match of the year on Friday 11 March.

P.S. I have a movie ticket for the person who lets me know how many times the words *purple* appears in my newsletter too!



Bye from *Poss!*



epilepsy
queensland inc

Inside this issue:

A message from Poss! What's coming up!	1
Spotlight on!	2
Ask Dr. Dudley	3
Members' birthday	4
Birthday's continued	5
Poss's puzzles & maze	6
Photos of 2015 Awards	7
Poss's competitions	8



What's coming up!

In-house epilepsy training
(EQI Office, Woolloongabba) 10 March
14 April

Gold Coast epilepsy training 9 March
(Gold Coast Neurology, Benowa)

Brisbane Broncos Match for
Epilepsy Queensland 11 March

Brisbane Roar Match 3 April

March is Purple Campaign Month! Watch this newsletter!

Purple Ball 5 March
Purple Day 26 March

Regional visits Gladstone 21 April (venue TBC)
To register for any of these events please phone the office : 07 3435 5000



If you have a question for Doctor Dudley about your epilepsy, you can send it to:
PO Box 1457
Coorparoo BC Q 4151
or email Dr Dudley at
drdudley@epilepsyqueensland.com.au

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

‘Spotlight On’ Little Poss ‘Member of the Month’



Hi, my name is **Natalie**. I am 5 years old, and have just started prep. I live in Cairns, with my family. I love prep, and I have a special helper who helps me.

My epilepsy is caused by my brain malformations, and I also have Cerebral Palsy which affects my left side.

My epilepsy is not controlled, and I take lots of medicines - which I hate, but Mummy says it helps my brain.

My most favourite thing is to play with my big sister, and I love swimming and water play. I go to Lady Cilento Children's Hospital usually every 3 months, where Sandra and Dr Steve are trying really hard to help me. I don't make this very easy for them, as I hate having my head touched, but I am slowly getting better at it.

Thanks for taking
the time to get to
know me.



Ask Dr Dudley



POSS'S BRAIN TEASERS

Dear **Dr Dudley**,

What should I check when my doctor gives me a new medication to take? What are the side affects of medications?

Sam

Dear **Sam**,

It would be good to discuss with your doctor if you have ever had a reaction to similar medicines (he would have it in your records). You don't want to have a allergic reaction to medication. It's not very nice and can be dangerous.

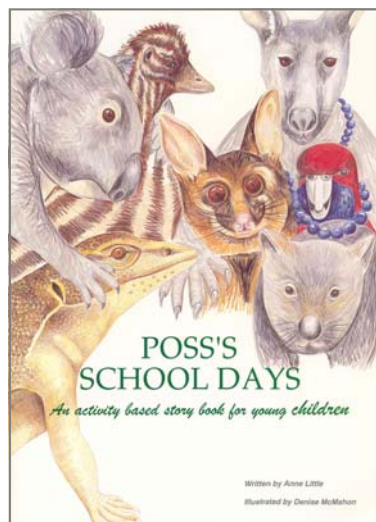
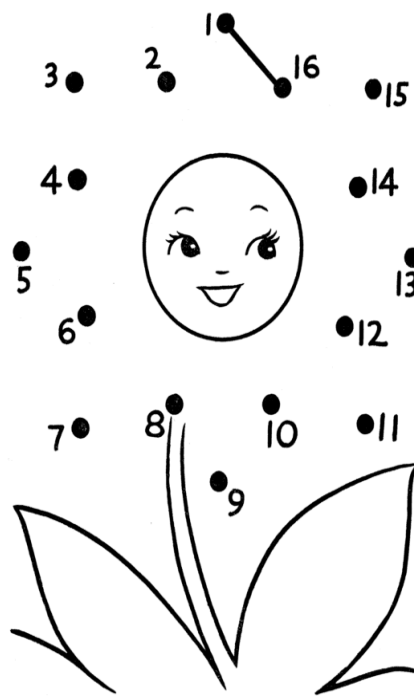
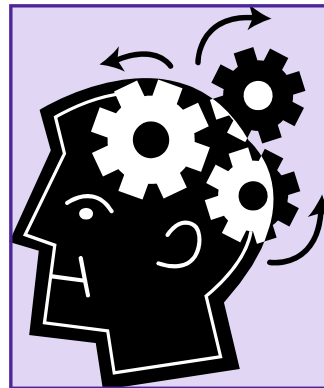
It would also be good to ask him if this new medication will interact well with any other medicine you are already taking. You should tell your doctor or pharmacist if you are taking any medicines, including medicines you might buy without a prescription from a pharmacy or supermarket or health food store. Some medicines may affect the way other medicines work or get absorbed.

Like other medicines, antiepileptic medication can sometimes cause side effects. These are things that make you feel unwell or upset like:

- ♦ Not wanting to eat
- ♦ Loss of weight
- ♦ Feeling sick
- ♦ Feeling upset or cranky for no reason
- ♦ Drowsiness
- ♦ Finding it difficult to think clearly
- ♦ Stomach pains

If you do experience any unwanted side effects, please tell your doctor or pharmacist. Your doctor will decide if your medication needs to be changed.

Dr Dudley



Who has read Poss's book 'And Down Went Poss'?

1. Epilepsy is a condition that affects animals as well as humans.

True or false?

2. Ruby Rosella is Little Poss's friend and she is a bird.

True or false?

3. Poss saw a human doctor after he fell out of the tree.

True or false?

4. Poss has epilepsy and takes medication.

True or false?

Did you know that Little Poss has a second book called "Poss's school days"?

5. Poss lives in a place called Ningaloo.

True of false?

6. He lives in a house.

True of false?

7. Poss's teachers name is Miss Roo.

True of false?



Do you want to be part of our 'Spotlight On'?

Every Little Poss newsletter features one of our very talented Little Poss members!

If you'd like to see yourself in the next newsletter, please send an email consisting of a photograph of you and a bit about you! Please send entries to: littleposs@epilepsyqueensland.com.au



Happy Birthday!

Name	Suburb	Name	Suburb
NIKKITA	UNKNOWN	JOSEPH	BIRKDALE
THOMAS	BLACK MOUNTAIN	HARRY	REDLAND BAY
GEORGIA	CURRA	ETHAN	UPPER COOMERA
WYLIE	PEREGIAN BEACH	COOPER	REGENTS PARK
ANTON	BELMONT	CALVIN	JIMBOOMBA
OLIVIA	SEVEN HILLS	BROCK	JIMBOOMBA
LORELEI	SEVEN HILLS	NAKYIAH	GOODNA
ZOE	NORMAN PARK	MADISON	UPPER COOMERA
JESSICA	CLONTARF	ZACH	PACIFIC PINES
CONNOR	MARGATE	SOPHIE	PACIFIC PINES
TAYLOR	ASPLEY	ZAC	ASHMORE
LACHLAN	KEPERRA	MADISON	HOLLYWELL
JAYDEN	DECEPTION BAY	THOMAS	BURLEIGH WATERS
NOAH	NORTH LAKES	CHARLOTTE	WILSONTON HEIGHTS
TRISTAN	NORTH LAKES	MEG	PRINCE HENRY HEIGHTS
THOMAS	TAIGUM	KAI	HARRISTOWN
LIVIA	WILSTON	JASON	JONDARYAN
DAIZE	KINGSTON	HAYDEN	KINGAROY
JASPER	KINGSTON	JOSHUA	PROSTON
JOHN	HOLLAND PARK	KATE	PROSTON
MARKELLO	MANSFIELD	ALYSSA	BEECHER
KATHERINE	LOGANHOLME	CLAUDIA-ROSE	BERSERKER
LILY	CORNUBIA	NATE	PARKHURST
ASHLEIGH KATE	CAPALABA	HARRY	ERAKALA



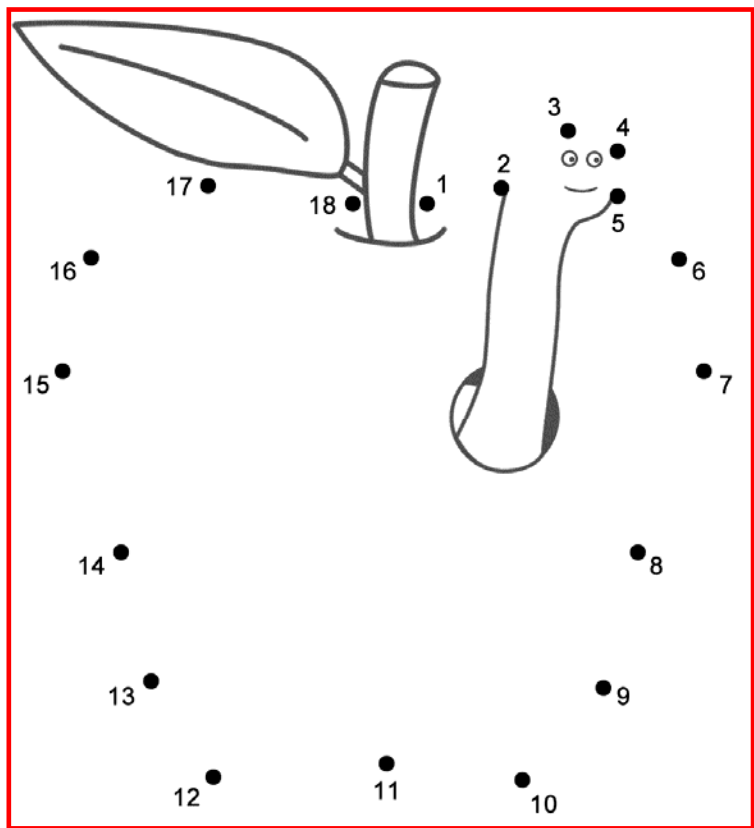


Happy Birthday!

Name	Suburb	Name	Suburb
MAC	PROSERPINE	MILES	LOGANHOLME
TOMMY	AITKENVALE	DANA	CAMPHILL
LILY	TOLGA	MADALEINE	BURBANK
SAMANTHA	GILLEN	RIAN	PIMPAMA
TAYLOR	PALMWOODS	RYAN	JAMBOREE HEIGHTS
BRAYDON	SUNSHINE PLAZA	AMY	CORINDA
BENJAMIN	HORWITT	BENJAMIN	ANERLEY
MOLLY	WOGONGA	TOM	FAIRFIELD
KATE	KANGAROO POINT	OLIVIA	CRESTMEAD
ALEXIS	WYNNUM	ABBY	JOSEPHVILLE
JESSICA	WYNNUM WEST	TALISHA	SUNNYBANK HILLS
DANIEL	CARSELDINE	CRYSTAL	RUNCORN
BLAKELY	NEWSTEAD	AMALIE	EIGHT MILE PLAINS
AMBER	KEDRON	JASMINE	GOODNA
LYDIA	GORDAN PARK	JAKOB	BUNDAMBA
JOSEPH	GORDON PARK	NATHAN	CHURCHILL
JOSHUA	ENOGGERA	TARQUIN	KARANA DOWNS
CHLOE	HOLLAND PARK	AENORAH	KARANA DOWNS
MORGAN	MOUNT GRAVATT EAST	CURTIS	WILSONTON HEIGHTS
NICKAYLA	UPPER MOUNT GRAVATT	LUCY	RANGEVILLE
ARKI	RANGEVILLE	LACHLAN	BLUE MOUNTAIN HEIGHTS
PIPPA	PITTSWORTH	LOCHLANN HORATIO	DALBY
REMI	ROMA	ADDISON	NANANGO
RYAN	BILOELA	ELLA	FRESHWATER
TRENT	PARAFIELD GARDENS	MARY	TOOWOOMBA

Poss's Chinese New Year maze, back to school dot to dot, puzzles & word search

Something for the teacher....



Can you find all these parts of the human body??

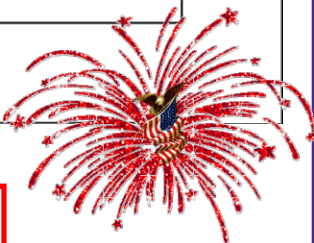
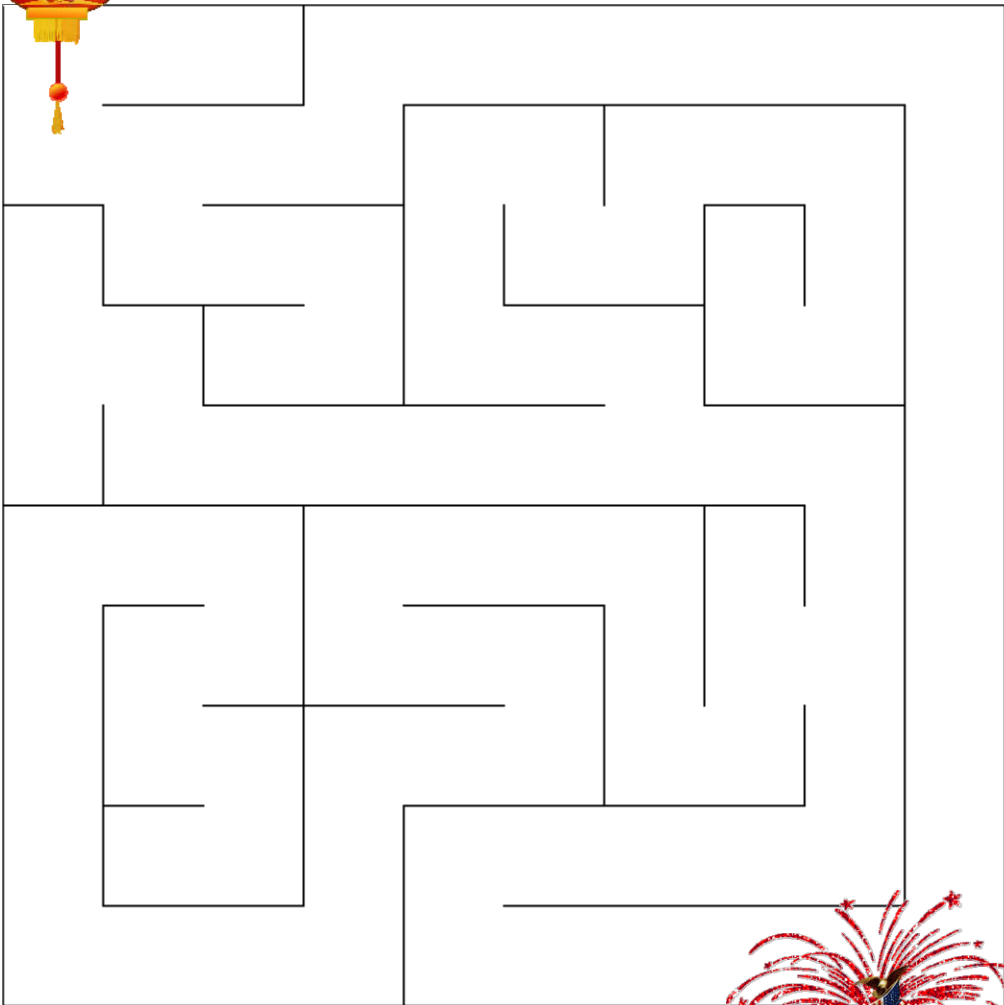
N F D S Y B R A I N
B S E E E E N K S B
L U R E N D N H W O
O F E I T I O D V N
O I V S B U P I I E
D N I V L L M S Y K
N G L D U D R E D Q
O E E N H E A R T I
S R G E T E E T H C
E L C S U M R I A H



- | | | |
|-------|--------|----------|
| ARM | FINGER | LUNG |
| BLOOD | HAIR | MUSCLE |
| BONE | HEART | NOSE |
| BRAIN | KIDNEY | RIB |
| EYE | KNEE | SHOULDER |
| FEET | LIVER | SPINE |
| TEETH | | |



Trace the path through the maze. Help get the Chinese Lantern to the fireworks for Chinese New Year.



Some riddles for your friends at school!

Why did the teacher wear sunglasses?
Because her students were bright!

Why was the teacher cross-eyed?
She couldn't control her pupils!

Where did the music teacher leave her keys?
In the piano!

What did the tree say to the math teacher?
Gee, I'm a tree!

What did the pen say to the pencil?
What's your point?

How do you get straight A's?
Use a ruler!

Why did the kid study in the airplane?
He wanted a higher education!

What did you learn in school today?
Not enough, I have to go back tomorrow!





EPILEPSY QUEENSLAND'S AWARDS 2015



Role Model Award –Haidee George



Youth Award
Lewis Spriggs

Wally Lewis, our Patron assisted with the Awards!



Carer Award
Linda Powell



Education Award
Redlands College

Flame Award
The RWBH team of neurologists



Disability Award
CROSB

Marella Jenkins Award
Angela McNamee



Pam Wellings Award
'Followmont'



Doris Kemp Memorial
Award - Lindsey Navin



Health Award -
Dr Kate Riney



Ostwald Bros - Fair Go

Poss's Competitions!

- * Be the biggest fund raiser for Purple Month and win this big Purple bear!
- * Get your school involved, see the INSERT in this newsletter!
- * Tell me how many times you see the word *Purple* written in this newsletter and win *a movie ticket!*



I'm the new *Purple Puppy* you can purchase for Purple Day!

BIG NEWS!

Epilepsy Qld's new online shop is open!!
You can now buy your Purple Day merchandise securely and quickly by visiting www.epilepsyqueensland.com.au - Lots of other merchandise is also available including Little Poss, Wally Lewis and Lucy's First Disco books – plus lots more to come.

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

How to GO PURPLE!

- * Wear purple on 26 March
- * Host a Purple awareness/fundraising party/event/activity and go in the draw for lots of great prizes!
- * Become a Purple Day Hero with your very own online Purple Day fundraising page. Please go to www.everydayhero.com.au/event/purpledayer
- * Buy or sell Purple Day Merchandise – including our cute new Purple Puppy!
- * Make a tax deductible donation to Epilepsy Queensland
- * Sign up for the Purple Pledge Project
- * Order a Purple Day t-shirt!

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.

We would also greatly appreciate being advised if you have received multiple copies at the same household, so we can update our records accordingly. Thank you!