



# A Message from Poss

July / August 2018

Hi to my friends!

I'm writing to you again! I must have been a little late last time, as it seems like yesterday that I was chatting with you.

A very happy birthday to my friends who have birthdays in July and August. I hope you have an awesome day and get very spoilt.

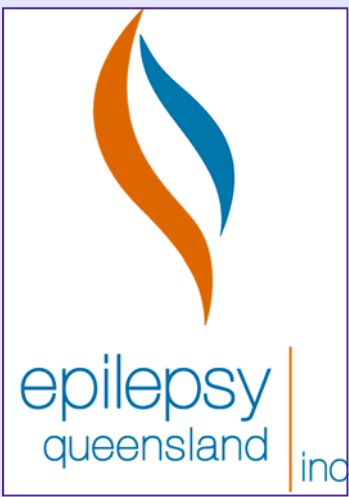
I have been spending time with my new friends Jo, Nix and Nellie. They came to my birthday party and wrote me a letter, so I put it in this newsletter for you to read.

It's Brisbane's Exhibition (show) day during August, that's coming up soon. Maybe you don't go to the exhibition, I don't always go as it's very crowded and I get a bit overwhelmed sometimes with all the noise and people. If you do go, make sure you take some water and food, don't forget to rest up too!

Epilepsy Qld has it's September Sizzle coming up soon, so take a look in the newsletter or on their website.  
[www.epilepsyqueensland.com.au](http://www.epilepsyqueensland.com.au)

Bye for now.

*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](mailto:littleposs@epilepsyqueensland.com.au)  
or phone: 3435 5000 or 1300 852 853

## What's coming up!

In-house Epilepsy & Midazolam training  
at Woolloongabba  
**16 August**  
**13 September**

**SEPTEMBER SIZZLE!**

Benowa Gold Coast training  
**5 September**

**Date Claimer! 30 October 2018**

***What's new in the pipeline!***  
**9th Annual Queensland Epilepsy Symposium**  
**'Thinking outside the box'**

Please contact Epilepsy Queensland on [services@epilepsyqueensland.com.au](mailto:services@epilepsyqueensland.com.au)  
Or call 1300 852 853 for more information

Epilepsy Queensland Inc  
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Coorparoo BC QLD 4151  
[www.epilepsyqueensland.com.au](http://www.epilepsyqueensland.com.au)





# **‘Spotlight On’**

## **Little Poss ‘Member’**

### **Nix & Nellie**

Hi Everybody!

We are Nix and Nellie the Cheeky Neurons! We are a couple brain cells who like to talk about what's happening in the brain when someone has epilepsy.

We had so much fun during our recent trip to Queensland! Little Poss invited us to his birthday which was lots of cheeky fun! We made lots of friends and we talked a lot about brains and epilepsy.

We got cheeky at Queensland Museum and in Noosa too! Queensland is such a fun place to be!

When we're not getting cheeky with friends, we like to chat to experts like doctors and scientists about the brain and epilepsy.

We make videos of these chats so that you can hear from the experts too. We want to thank all of our friends in Queensland for showing us such a cheeky time! We miss you all LOTS and LOTS and we hope that we will be able to see you again soon!



We packed our beach gear for our trip to Queensland!



This is our great friend, Dr Meng Tan. He's a doctor who specialises in epilepsy, and he's the head of the neurology department at Gold Coast Health.



Here we are with our handler Jo and some of our new friends at Little Poss's Birthday Party





# Ask Dr Dudley

Dear Dr. Dudley,

If I am alone with my friend and she has a seizure, what do I need to do? Will she be ok?

Terry

Dear Terry,

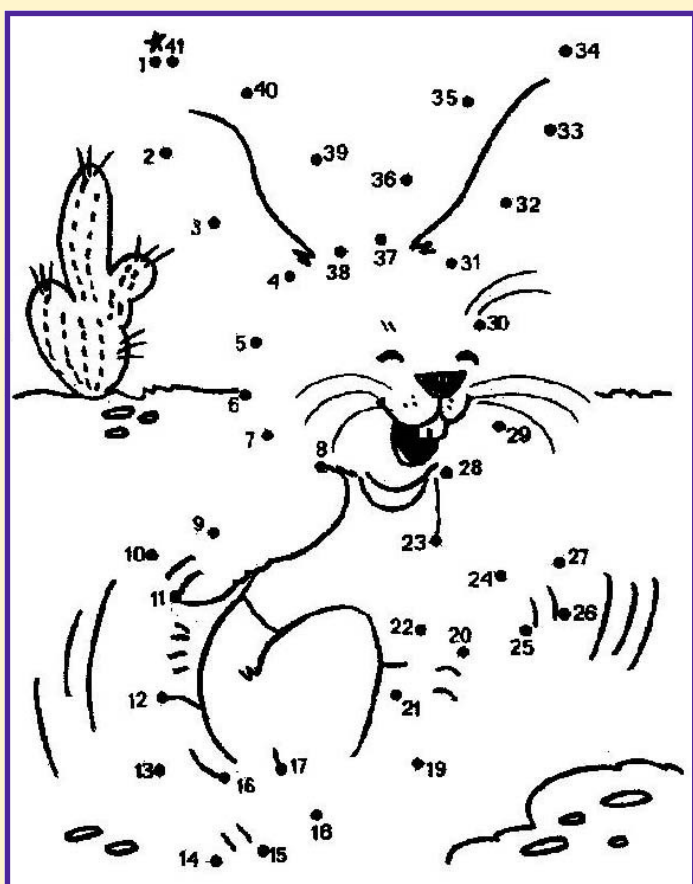
A great question! If your friend, or anyone you're with, is having seizure, there are steps you can take to help them. Try and remember that seizures often don't last long and by following these steps, you can make sure your friend stays safe.

- \* Stay calm
- \* Try and remember what TIME the seizure started
- \* Protect your friend from anything hard or sharp that might hurt her
- \* Put something soft under her head like a very small pillow
- \* As soon as you can, roll your friend onto her side so she can keep breathing
- \* Talk to her so she knows you are close by
- \* Don't try and hold her down and don't put anything in her mouth.

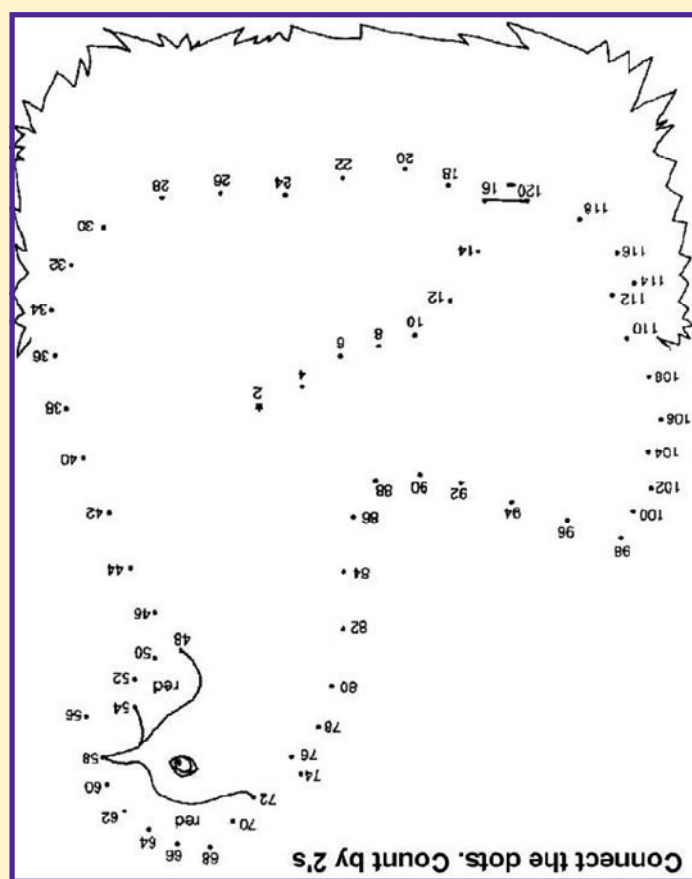
You might need to call an **ambulance** or an **adult** if one is close, if the seizure lasts longer than 5 minutes. If your friend has been hurt or if you are swimming, then it's important to call an **ambulance** too!

The most important thing is that you are being a good friend.

Dr. Dudley



I love to  
Connect the  
dots!  
See if you can  
connect these  
dots!  
One of them is  
a little tricky!

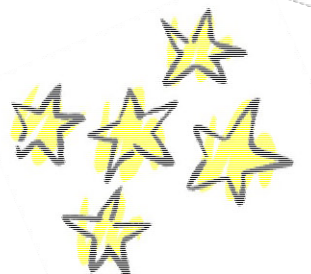
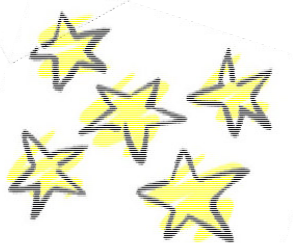
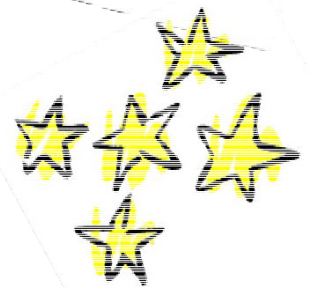
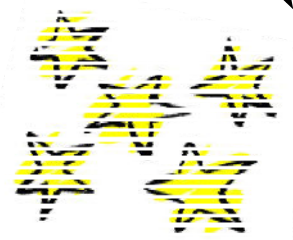




# Happy Birthday!



Colour in  
your  
birthday  
cake  
&  
the best  
one gets a  
present  
from me!





# Carnival colouring in Fun



Win a prize! Send in your colouring in to Litte Poss!

# Toffee Apples & Caramel Popcorn cones! Yum!

## What you need:

### Help from a grown up!

- ◆ 6 Pink Lady apples, stalks removed
- ◆ 375g dark chocolate melts
- ◆ Crushed peanuts
- ◆ 500g demerara sugar
- ◆ 125ml (1/2 cup) water
- ◆ 100g butter, chopped
- ◆ 2 teaspoons white vinegar
- ◆ 1 tablespoon golden syrup

## What to do:

Melt the chocolate melts. Dip 1 apple, two-thirds of the way, into the chocolate and rotate to coat. Sprinkle with peanuts. Place on the lined tray to set. Repeat with more apples, chocolate and peanuts.

Place the sugar, water, butter, vinegar and golden syrup in a large saucepan over medium heat and stir until the sugar dissolves. Bring to the boil.

Reduce heat to low and cook, brushing down the side of the pan occasionally with a pastry brush dipped in water, for 25-30 minutes or until a sugar thermometer reaches 154°C or "crack stage".

Dip the remaining apples into toffee and rotate to coat. Place on the lined tray. Set aside until the toffee sets and apples have cooled completely. Serve.

Enjoy!



## What you need:

### Help from a grown up!

- ◆ 100g natural flavour microwave popcorn
- ◆ 2 x 300g pkts soft caramels
- ◆ 300g butter, chopped
- ◆ 10 ice-cream cup cones
- ◆ 200g dark cooking chocolate, chopped

## What to do:

Line a baking tray with baking paper. Cook the popcorn in the microwave following packet directions. Transfer to a large bowl. Place the caramels and butter in a saucepan over low heat. Cook, stirring, for 5 minutes. Pour the caramel mixture over the popcorn and stir to coat. Divide the caramel popcorn among the cones and place in the fridge for 1 hour.

Heat chocolate in the microwave on medium, stirring every 30 seconds with a spoon until the chocolate melts. Drizzle a little chocolate over the top of each cone.

Place in the fridge for 10 minutes or until set. Serve & Enjoy!



# September Sizzle

During September 2017, **Epilepsy Queensland** held it's first **September Sizzle** for **Seizure First Aid**.

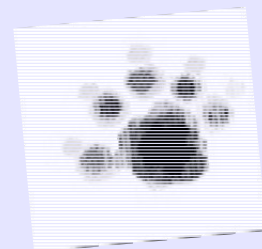
One in 10 people will have a seizure during their lifetime. With this in mind, our aim is for one person in every home to know

**Seizure First Aid.**

Check out the **EQI website** and see how easy it is to get involved.

You too can make a difference! Get involved in **September Sizzle 2018** by hosting a sausage sizzle or other event (Breakfast, BBQ, Dinner Party, Morning/Afternoon Tea) to raise vital funds to increase awareness and understanding of **seizure first aid**.

*Little Poss*



Host a September  
**SIZZLE**  
FOR SEIZURE  
FIRST AID



## 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)