



## MEDIA RELEASE

**WHAT:** Purple Day For Epilepsy

**WHERE:** Worldwide

**WHEN:** Thursday 26 March 2020

**WHY:** To raise awareness and spread information about one of the world's most common serious brain disorders – epilepsy. Go [HERE](#) for more information

**Purple Day for Epilepsy** is recognised worldwide on **26 March**. Each March local community Purple Heroes raise awareness and vital funds to assist Queenslanders living with epilepsy. Bundaberg has its own Purple Hero, Renee Williams.

Now 21, Renee has been battling epilepsy for over a decade. “Although I have very good quality treatment, we are yet to find a solution to my seizures. I have seizures every few days,” says Renee. “They really suck the life out of you. I find it hard to get through the day without a nap which really limits what I am able to do in terms of work and having a social life.”

When asked what the hardest part of epilepsy is, Renee responded with “the stigma.”

“There is definitely a stigma. People who think they know what epilepsy is but actually have no idea. Some people think that when you have a seizure you froth at the mouth or that you wet yourself or that you can quickly recover as soon as you finish seizing, none of which are true for me.”

However, Renee is not letting anything hold her back. She has a blog dedicated to chronicling her experience with epilepsy, is writing a book and has an Etsy page. “I am currently selling paintings on Etsy, with the proceeds going towards Epilepsy Queensland and The Cameron Boyce Foundation. I have been asked to do a painting for a young girl who is also living with epilepsy, which is a real honor.”

This Purple Day, Renee is traveling to Brisbane where she will celebrate with her peers and the team at Epilepsy Queensland Inc. “I am really looking forward to being around people who just get it.”

When asked what message she would like to spread this Purple Day, Renee responded with “inclusion.”

Everyone can get involved with Purple Day. You can:

1. Take a snap of your Purple Moment, share on Facebook or Instagram, use the hashtag #GoPurpleForEpilepsy and tag us @EpilepsyQueensland for your chance to win a purple iPhone 11.
2. Hold your own Purple Day morning tea or other fundraiser
3. Create your own fundraising webpage and share your story on Everyday Hero
4. Visit a local participating Pharmacy to purple from our retail range. Thank you to Malouf Pharmacies Bundaberg North, Burrum Street Pharmacy, Plaza Pharmacy Bundaberg, Eastside Pharmacy Bundaberg, Malouf Pharmacy Bundaberg South and Burnett Heads Pharmacy for your support.
4. Sell items from our new retail range at your work, school or local markets. Check out our new retail range including the newest member of our epilepsy family Myrtle the turtle or some old favourites that have been reduced.
5. Find out more about epilepsy on our website [epilepsyqueensland.com.au](http://epilepsyqueensland.com.au).

**MEDIA:** If you would like further information or are interested in setting up an interview or photo opportunity, please contact Epilepsy Queensland's Communications Manager, Karen Furnivall on 07 3435 5000 / 0402 578 954 / [kfurnivall@epilepsyqueensland.com.au](mailto:kfurnivall@epilepsyqueensland.com.au). Photos can also be made available.

*[Epilepsy Queensland Inc.](http://EpilepsyQueensland.com.au) was founded in 1969 and provides vital services and support to the 100,000 Queenslanders diagnosed with epilepsy. Through information and counselling services, guided workshops, and community advocacy Epilepsy Queensland is the only Queensland based epilepsy organisation dedicated to improving the quality of life of people with epilepsy, their carers and families.*