



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 the **26th of March**. Each March local community Purple Heroes raise awareness and vital funds to assist Queenslanders living with epilepsy. Emerald has its own local hero, Rhyannan Vale.

Rhyannan and her mum were on their way to get Rhyannan's learners permit when she was 16-years-old when she suddenly had a seizure. "I have no family history of epilepsy, so it really was a shock," says Rhyannan.

As it turns out, Rhyannan's epilepsy was triggered by scar tissue in her brain from when she was sick as a child.

"Shortly after that first seizure, I was diagnosed as an epileptic and I have been seizing every day since."

Now 29, Rhyannan is a single mum to her two sons. "It is so hard because these seizures take the life out of you. I ring and speak with the team at Epilepsy Queensland a lot because having support is so important. Not many people know anything about epilepsy even though it is a serious health condition which can be debilitating."

This Purple Day, Rhyannan wants to spread awareness. "I just wish people knew more. I really want to spread awareness so everyone can understand the effect that it not only has on your brain, but on your life."

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. Create your own fundraising webpage and share your story on Everyday Hero
3. Find out more about epilepsy on our website 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. Photos can also be made available.

[Epilepsy Queensland Inc.](#) 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.