



A Message from Poss

March / April
2016

Hi everyone!

Well, Purple Day will have come and gone by the time you receive my newsletter. I have been very busy lately. I went to the Broncos football game and had an awesome time. I met lots of friends who were there for the footy but also to raise awareness about epilepsy alongside the Brisbane Broncos and Wally Lewis.

I also went to the Roar game where we had a lot of fun too. It's so much fun when we get to go out and let people know more about

epilepsy. There are some photos in the newsletter of me with my friends at these events, so have a look!

I had some competitions in my last newsletter which some of you entered. **Indi** has won a movie ticket because she was the only one who got the right amount of the purple words in the newsletter. It was written 33 times! Congratulations Indi, I hope you enjoy the movie.

I wonder who raised the most amount of money for Purple Month? If you can let me know the amount you raised, you might win the huge Purple Teddy Bear! I look forward

to hearing from you soon.

Did you know we will remember the Anzacs on 25 April. I have my most favourite recipe in this newsletter, so I hope you and a grown up can bake them on that special day.

Your Mum's special day is coming up soon. That's right, it's Mother's Day on May 8!

I hope you have something nice planned to do for her. Maybe breakfast in bed, or help her by keeping your room clean or maybe

bake her a cake. That might be nice! I hope to gather some nice berries to give to my Mum! I hope you stay well!

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 Mother's Day crossword	6
Poss's recipes & word search	7
Poss's photos	8



What's coming up!

Ipswich 100 Bike Ride	17 April
Anzac Day	25 April
Mother's Day	7 May
In-house epilepsy training (EQI Office, Woolloongabba)	19 May 16 June
Gold Coast epilepsy training (Gold Coast Neurology, Benowa)	18 May
Regional visits	
<i>Mackay</i>	17 May
<i>Mount Isa</i>	2 June

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
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‘Spotlight On’

Little Poss ‘Member of the Month’



Hi there - my name is **Tarquin!**

I am 10 years old and live in Brisbane, Queensland, with my parents and three siblings - two younger brothers and a little

sister. I was diagnosed with epilepsy just before my second birthday. My seizures are complex partial (focal) in nature and they are reasonably well controlled with my medication. However, if I get tired, stressed or unwell I tend to experience eye fluttering which means I need to rest and take it easy so more serious seizure activity does not occur.

I have also been diagnosed with Dyspraxia (or Childhood Apraxia of Speech). This condition makes it hard for my brain to communicate with the oral motor muscles and the movements that are required to make speech sounds.

Dyspraxia also affects my gross and fine motor planning so I have to work extra hard with balancing and doing activities that require strength and muscle coordination. We moved from NSW to Queensland four years ago to enable me to attend a school in Brisbane, called The Glenleighden School, which specializes in teaching

children with Primary Language Disorders. They have been really supportive of my needs and I have made some fantastic friends there.

In my spare time I love to play golf, which means I sometimes get to ride on a golf buggy with my Pa.

This makes playing golf twice as fun!

I also enjoy riding my bike, fishing, and helping my dad mow the lawns.

He loves it too!

Thank you to you Little Poss for my monthly mail outs - I really look forward to doing the activities each month.





Ask Dr Dudley

Dear **Dr Dudley**,

My sister is turning 16 and soon will have to see a different neurologist. What should she know before she sees an adult neurologist?

Mary-Ann

Dear **Mary-Ann**,

This is a great question! It's a big step changing from your familiar neurologist to a new one! It is an exciting time for your sister. She will now be responsible for caring for her own epilepsy. This will include taking her medication on time, making sure she has good sleep, and knowing what things can bring on her seizures. These are called triggers. All these things your parents would have reminded her about, but as she moves from a child neurologist to a grown up one, it's up to your sister to take care of these things.

It will take time to get used to, so encouraging your sister to ask for help and to talk about what worries her will be very important. She might like to talk to you, or she can even ask Epilepsy Queensland for information too. They will be able to help her.

There is also a talk forum, The TEA Room (www.thetea-room.com) for teenagers with epilepsy, that helps them to share, chat and learn with other teenagers around the world about epilepsy and growing up. I'm sure you will be a great friend to your sister as she moves into another stage in her life.

Dr Dudley

What do you know about your brain?

- ◆ **The brain contains billions of nerve cells that send and receive information around the body. It gets the messages from your senses - seeing, hearing, tasting, smelling, touching and moving.**
- ◆ **Your brain collects all the information, sorts it out, thinks, remembers, creates, compares, solves problems and coordinates actions all at the same time - even when you're asleep!**
- ◆ **The brain of an adult human weighs around 1.5 kg.**

Looking after your brain

- ◆ **Your brain is protected inside your skull but could still be damaged if your head is hit or bumps into something hard.**
- ◆ **Always wear a helmet if you are riding a bike, scooter or skate board.**
- ◆ **Always wear a helmet for sports where you could be hit or fall.**
- ◆ **Never dive into water unless you know how deep it is.**
- ◆ **Apart from making sure that you don't injure your brain, you can also make sure that you help your brain by:**

- * **Eating healthy food like fish and fresh vegetables.**
- * **Exercising your brain by learning new things and trying to remember them.**
- * **Getting plenty of sleep.**





Happy Birthday!

Name	Suburb	Name	Suburb
GEORGIA	GLASS HOUSE MOUNTAINS	ISABELLA	CAPALABA
ASHTON	MALENY	JETT	ALEXANDRA HILLS
ZAHLIA	MOOLOOLAH	SCARLETT	CLEVELAND
JASMIN	COOROIBAH	SAMANTHA	VICTORIA POINT
COHEN	WARANA	TAMAZIM	EAGLEBY
LAYLA	GREENSLOPES	LEILANI	ORMEAU
EVELYN	ZILLMERE	TAYLA MAE	BEITH
GENEVIEVE	KALLANGUR	CAILIN	JIMBOOMBAH
LIAM	BURPENGARY	CHLOE	SUNNYBANK HILLS
BAILEY	NINGI	MASON	ACACIA RIDGE
EMILY	BRACKEN RIDGE	RYAN	KURABY
CHLOE	BRACKEN RIDGE	CHLOE	SPRINGFIELD
CHRISTOPHER	GORDON PARK	JACOB	REDBANK PLAINS
RYAN	EVERTON PARK	KOBY	BUNDAMBA
GENEVIEVE	ASHGROVE	JHETT	FLINDERS VIEW
FREYA	BARDON	DAELLE	KARANA DOWNS
CHLOE	KENMORE	AMY	OXENFORD
ZARLIA	HOLLAND PARK	EADIE	BURLEIGH WATERS
KYE	WISHART	MARY	SOUTHPORT
JACINTA	MOUNT GRAVATT EAST	OLIVER	RANGEVILLE
BIANCA	SHAILER PARK	LACHLAN	PRINCE HENRY HEIGHTS
RHEECE	CORNUBIA	EMMA	CAMBOOYA
CHARLOTTE	WAKERLEY	MATTHEW	JACKSON NORTH
MARCUS	WAKERLEY	ZANE	MURGON



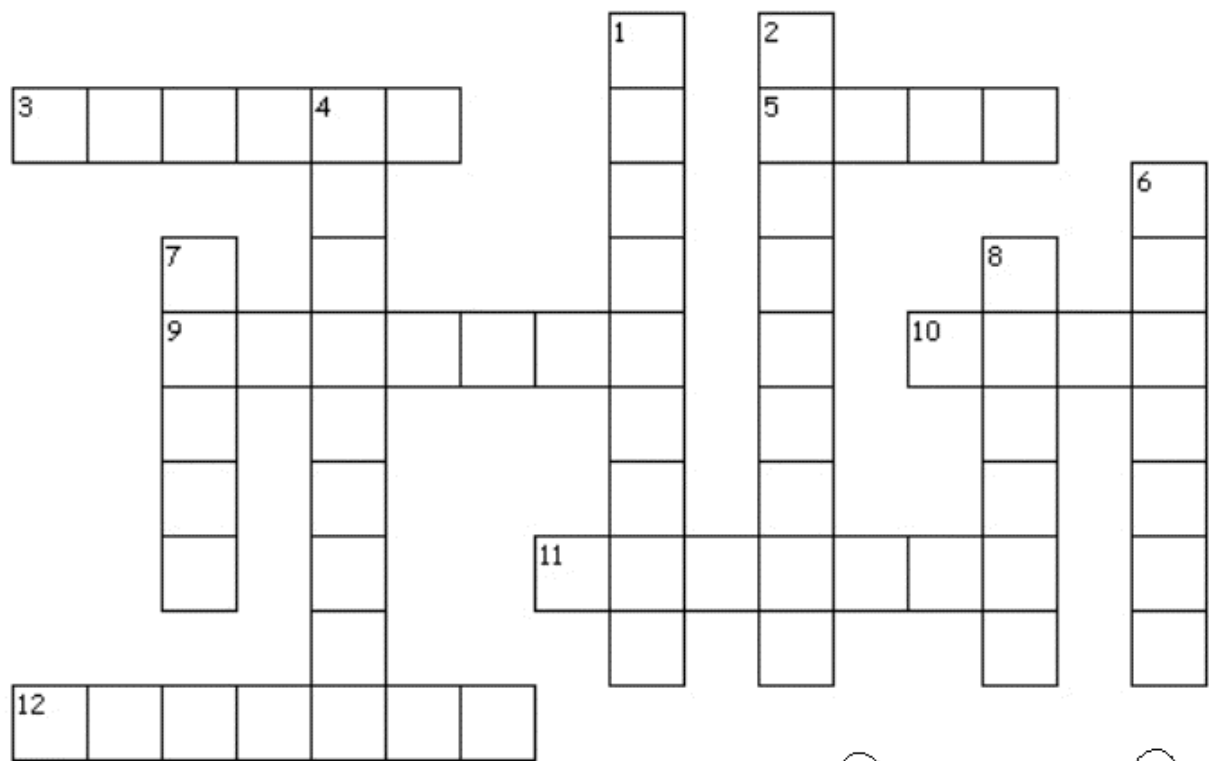


Happy Birthday!

Name	Suburb	Name	Suburb
BRIEDON	MILMAN	MITCHELL	CABOOLTURE
REBECCA	GRACEMERE	CHARLOTTE	BRACKEN RIDGE
JACE	EMERALD	DARAH	ASHGROVE
LOCHLAN	CLARE	ELLEE	KENMORE
JONTY	MUNDINGBURRA	ALEXANDER	ROCHEDALE SOUTH
PATRICK	ANNANDALE	ANDREW	CAPALABA
AMBER	HEATLEY	NICHOLAS	WELLINGTON POINT
CAITLIN	CURRIMUNDI	AARLIA	MOUNT COTTON
ROHAN	DOONAN	CHLOE	MACLEAY ISLAND
RACHEL	BUDDINA	DAYNA	EAGLEBY
PARKER	TINANA	TYSON RAY	INALA
RACHEL	PIALBA	CHLOE	BROWNS PLAINS
RY	SKENNARS HEAD	STEPHANIE	GREENBANK
SEBASTIAN	WYNNUM	BRITNEY	MARSDEN
NICHOLAS	NUDGEE	IZZABELLA	WATERFORD
JAMES	NUDGEE	COURTNEY	SPRINGFIELD
LIAM	CHERMSIDE	HARRISON	COLLINGWOOD PARK
ADAM	ALBANY CREEK	XAVIER	NORTH IPSWICH
BRAYDON	UPPER KEDRON	FLYNN	FLINDERS VIEW
EVIE	FERNY HILLS	DECKLAN	RACEVIEW
ELAINA	WARNER	TAVISH	KARANA DOWNS
SLADE	NARANGBA	EZRA	UPPER COOMERA
JACOB	NARANGBA	AVA	BIGGERA WATERS
MATTHEW	NARANGBA	NATE	TUGUN
ELLA	BANKSIA BEACH	MADDISON	SOUTH TOOWOOMBA
CODY	ROSENTHAL HEIGHTS	CHAD	TEXAS
BERNADETTE	DALBY	FRED	TOOWOOMBA

Poss's Mother's Day Crossword!

Mother's Day Crossword



Across

- 3. Special meal between breakfast and lunch.
- 5. Tight squeeze.
- 9. Inspiring awe.
- 10. The feeling mom has for her children.
- 11. To help someone grow up.
- 12. A bouquet of these will make mom's day!

Down

- 1. Amazing or astonishing.
- 2. Mom's favourite cocoa indulgence.
- 4. To engage in festivities.
- 6. A gift.
- 7. Sweet treats.
- 8. The woman who loves you no matter what!



Word list
Awesome
Brunch
Candy
Celebrate
Chocolate
Flowers
Hugs
Love
Nurture
Present
Wonderful

Elephant: *Why do mother kangaroos hate rainy days?*

Hippo: *I give up.*

Elephant: *Because their kids have to play inside!*

A mother is trying to get her son to eat carrots. "Carrots are good for your eyes," she says. "How do you know?" the boy asks. The mother replies, "Have you ever seen a rabbit wearing glasses?"

Joker: *Why did the monster's mother knit him three socks?*
Harvey: *I have no clue.*
Joker: *She heard he grew another foot!*

Sunday school teacher: *Tell me, Johnny. Do you say prayers before eating?*
Johnny: *No, ma'am, I don't have to. My mom's a good cook.*

Do you want to be part of our 'Spotlight On'?
Or would you like someone you know to be in the Spotlight? Let me know who it is!

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



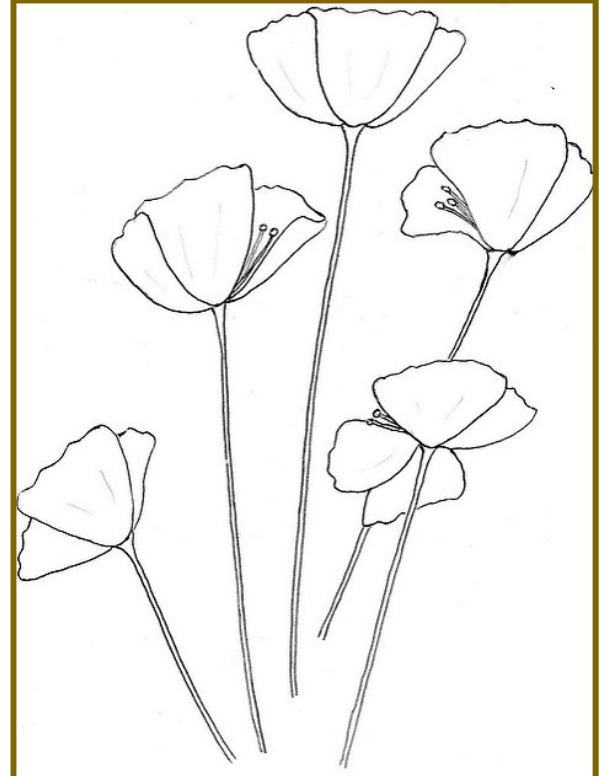
ANZAC DAY WORD SEARCH

and POPPIES to COLOUR-IN!

WORD LIST

FLOWERS
POPPY
LIVES
LOYALTY
PATRIOT
RESPECT
THANKS
WAR

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



POSS'S ANZAC BISCUIT RECIPE

With help from an adult -

Ingredients

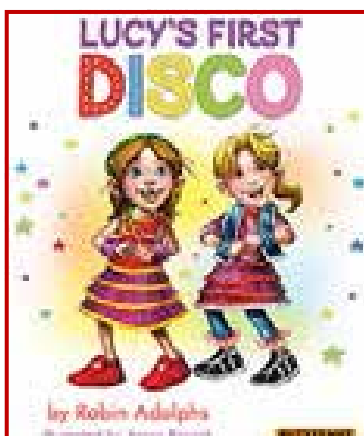
- 1 cup plain flour
- 1 cup quick oats
- 1 cup desiccated coconut
- 3/4 cup brown sugar
- 125g butter
- 2 tbs golden syrup
- 2 tbs water
- 1 tsp bicarbonate of soda



Instructions

Preheat the oven to 160°C. Line two baking trays with non-stick baking paper. Sift the flour into a large bowl. Stir in the oats, coconut and brown sugar. Put the butter, golden syrup and water in a small saucepan & stir over a medium heat until melted. Remove from the heat and stir in the bicarbonate of soda. Pour the butter mixture into the flour mixture and stir until combined. Roll mixture into balls & place on the trays, about 5cm apart.

Flatten each slightly & bake for 10 minutes or until golden brown (do not overcook, the biscuit will continue cooking for a few minutes after they are removed from the oven). Set aside on the trays for 5 minutes. Enjoy!



Poss's Book Review

Robyn Adolphs launched her new children's book "Lucy's First Disco" - a touching story about a young girl's first seizure and how her friends support her when she returns to school.

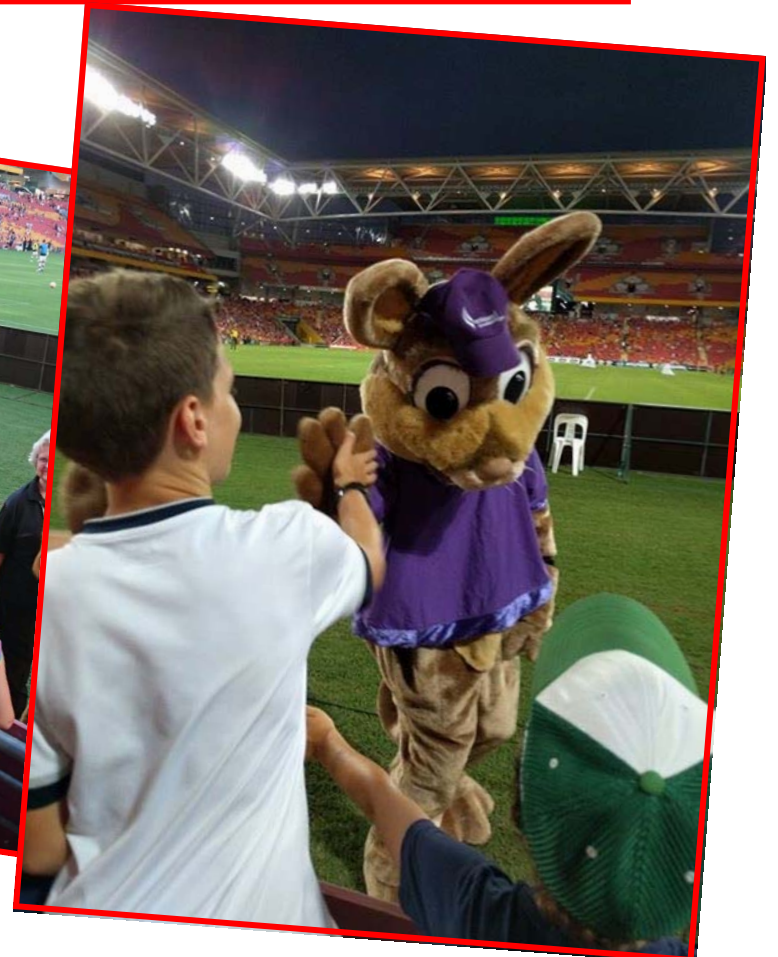
If you would like to purchase a copy for your child and their school or daycare please contact us on 07 3435 5000 (regional Queensland phone 1300 852 853) or email pr@epilepsyqueensland.com.au or go to our shop at <http://www.epilepsyqueensland.com.au/shop>



My visit with the Brisbane Broncos! It was a big night!



And with the Roar too!!



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!