



24TH Executive Council 2018/2019

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Diana Koh Hwee Hoon

Executive Director/ Epilepsy Counsellor

Goh Keng Hwee S S



Editor writes ...

ECG celebrates its 25 years this year, with a celebration program on 23 November 2018. In celebration of this milestone, we want to appreciate the journey by our founders, leaders and many who have helped us over the past 25 years, in addressing the needs and concerns of people with epilepsy and their caregivers in Singapore.

In a slim yet enormously enchanting volume of elegant essays, the late neurologist Oliver Sacks wrote about what it meant to him to know he was nearing the end of his life. In those writings, a theme emerged: **gratitude**. Dr Sacks expressed gratefulness for his work, for the people in his life – including the many patients he became close with – and for the beauty of the physical world. On the day when my mother was discharged from the hospital to come home to die, she thanked me for being her son and sought forgiveness on any hurts that she may have done to me.

And it is in this light that I'm deeply grateful to the following members who had helped in ECG's recent relocation. They are Dr Choong Chew Thye, Diana Koh, Chan Wen Ting, Calvin Koh, Ang Wei Jie, Calvin Zhong, Teo Wee Meng, and Mdm Yu Yueh Shia.

Let us too appreciate these people (be it doctors, lawyers, social workers, volunteers, people with epilepsy, caregivers) who have served the Group tirelessly all these years and not take them for granted.

If we reflect on our lives, and of the many happy moments we have had enjoyed, valued, and treasured as beautiful and precious memories of family, friends, and people in ECG who mean so much to us; these beautiful and precious memories have clearly formed a very intimate part of who we are and what we are today.

Together with these happy and memorable experiences are also the painful and very trying experiences of life that we would rather not revisit as they would open the wounds of our hearts that have, for some, have taken many years to heal. Nevertheless, we also know that the joys and sorrows of life are two sides of the same coin; and such painful memories too have contributed to forming us and helping us mature into the persons we are today. Indeed, both these experiences shape and form us ... and at the core of such experiences, we accept what is, being present, and being compassionate.

At the celebration dinner, we hope to connect with what we continue to do to empower the lives of people with epilepsy; and to inspire the younger leaders to step up to contribute and collectively create a more caring and inclusive society.

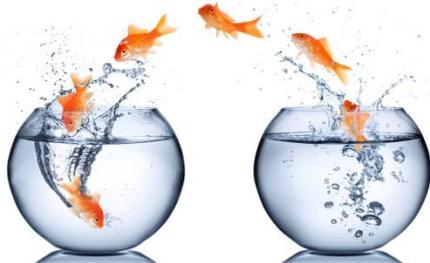
Come celebrate with us. You make a difference. Mark the date and we'll see you there!



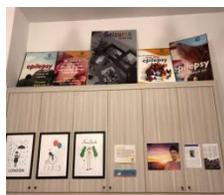
ECG News and Upcoming Events



We have moved to ...



**... 2 Kallang Avenue #08-08 CT Hub
Singapore 339407**



Do remember to update your address book. See you at our new premise!

ECG Invites Your



To mark its 25th anniversary of service to people with epilepsy, Epilepsy Care Group (Singapore) would like to collect a book of messages from supporters and well-wishers as a souvenir of the occasion. If you would like to join in the celebrations, we would love to hear from you. You can send your message to: ecgs93@singnet.com.sg



We.Are.25!

“Celebrating YourSELF.”

This year marks 25 years since ECG first set out to address the needs and concerns of people with epilepsy and their caregivers. In celebration of this milestone, we want to appreciate the journey by our founders, leaders and many who have helped us in the past 25 years; to connect with what we continue to do to empower the lives of people with epilepsy; and to inspire the younger leaders to step up to contribute and collectively create a caring and inclusive society. Come celebrate with us. Mark the date and we'll see you there!

When : Friday, 23 Nov 2018

Time : 6pm to 10pm (to be seated by 6.30pm)

Where: NUSS Suntec City Guild House
3 Temasek Boulevard (Tower 5)
#02-401/402 Suntec City Mall
Singapore 038983

Guest-of Honour: Mr Sam Tan Chin Siong (陈振泉), Minister of State, Prime Minister's Office, Ministry of Foreign Affairs & Ministry of Social and Family Development.

Fee: \$25 (Limited seats now)

Life Begins... When You Dare!



Looking for something new and exciting to spice up your life? ECG Community Row happens every last Saturday of the month (unless otherwise stated). Come experience dragon boating and sweat it out with fellow members of the epilepsy community on:

When : Every 2nd & 4th Saturday (13 Oct/27 Oct 2018)

Time : 3.30pm

Where: Kallang Watersports Centre, Stadium Link



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ECG News and Upcoming Events

Celebrating
YourSELF
EPILEPSY CARE GROUP (SINGAPORE)



Be an ECG Flag Day

Ambassador

on **Saturday, 26 January 2019**
and help epilepsy patients

Make a
Donation

◆ tin bearers needed at various
locations island-wide.

◆ Three shifts to choose from

(8.30am-12.30pm, 12pm-4pm, 3.30pm-7.30pm)



Your help is really needed for ECG's 17th Flag Day! We believe that with your help, this Flag Day would be a successful one as we strive to seek not only to raise funds but at the same time, to educate the public about epilepsy. Together, let's make a real difference this time!

If you are keen to volunteer and would like more information, please contact us NOW. Alternatively, you can send a crossed cheque payable to "Epilepsy Care Group (Singapore)" with your name and NRIC No.

ECG members would also receive a \$10 FairPrice voucher for every \$150 raised, so volunteer now!

33RD International Epilepsy Congress

The 33rd International Epilepsy Congress will be held in Bangkok, Thailand from the 22nd to the 26th of June 2019, organised jointly by the regional associations of the International League Against Epilepsy (ILAE) and the International Bureau for Epilepsy (IBE).

The congress gives delegates the chance to come together, discuss the latest developments in basic and clinical epileptology, and network with fellow researchers, clinicians and other health care practitioners. The scientific programme of the 33rd IEC promises to be innovative and engaging, with a wide range of main and parallel sessions, as well as teaching and video sessions.



Explore your inner creativity... What better time is there to learn how to create all sorts of art & crafts yourself? You'll find fun, creative, and productive ways to round out your year-end. Registration is required.

When : Every Thursday, commencing from Nov 2018

Time : 10.30am to 12.30pm

Trainer: Mdm Yu Yueh Shia (Mrs Heng)

Language: Mandarin

(This activity is in collaboration with EN Community Services)



EnAble Support Group Meeting

When : Friday, 26 October 2018/30 November 2018

Time : 3pm (Registration is required a day before)



Registered Charity No.
ROS 226/95 WEL CA1204
Ministry of Health IPC No.:
HEF0043/G
UEN: S95SS0164F

Save our Forests! Save Paper –
Print only if absolutely necessary.

Contact
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Email: ecgs93@singnet.com.sg

Address
2 Kallang Avenue #08-08 CT Hub
Singapore 339407

Operating Hours
Mondays - Fridays: 9am to 6pm
Saturdays: Strictly By Appointments Only

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