



Epilepsy Link

ISSUE No. 2/2020



A bi-monthly publication by Epilepsy Care Group (Singapore)

www.epilepsycare.org

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Editor writes ...

Purple Day is the international day for epilepsy and falls on 26 March each year. On Purple day, people across the globe come together to raise awareness of the condition and make a difference to the lives of people affected by epilepsy.

In 2008, Cassidy Megan created the idea of Purple Day, motivated by her own struggles with epilepsy. Cassidy's goal is to get people talking about epilepsy in an effort to dispel myths and inform those with seizures that they are not alone. The Epilepsy Association of Nova Scotia came on board in 2008 to help develop Cassidy's idea which is now known as the Purple Day for epilepsy campaign.

Here in Singapore, ECG has been blessed with many individuals and groups who help by 'doing their own thing'. They organise a special event to help raise funds for the Group. For two consecutive years since 2018, a 10 year old girl, Orla Stark, organised an event called, 'Pyjamas Day for Epilepsy' in her school to raise awareness and some funds for ECG. Students and staff gave a \$2 donation to wear their pyjamas to school. Orla also held a mini exhibition on epilepsy at her school. Orla has epilepsy.



On 1 Dec 2019, staff from Liva Nova sacrificed their sleep and participated in a 10km Standard Chartered Singapore Marathon, to raise some funds for ECG. A BIG thank you to all of you!



We hope you will join us to make Purple day even bigger and better!

Advocacy

Education

Information

Support



ECG News and Upcoming Events



13th Asian & Oceanian Epilepsy Congress



FUKUOKA, JAPAN

The 13th Asian & Oceanian Epilepsy Congress will be held at the Fukuoka International Congress Centre, Fukuoka, Japan from the 8th to the 11th of October 2020, organised jointly by the regional associations of the International League Against Epilepsy (ILAE) and the International Bureau for Epilepsy (IBE).

An exciting epilepsy and society programme for people with epilepsy and their carers will be held from 10-11 Oct 2020, in conjunction with the congress.

Part 1 (Congress) : 9-12 Oct 2020 (est. cost \$1,800)
Part 2 (Social): 12-16 Oct 2020 (est. cost \$1,500)
(Patient-member must be **accompanied** by an abled accompanying adult.)

Tentative departure date: 9 Oct 2020 @0120 hrs on SQ 656

Response to Novel Coronavirus Pneumonia

In light of the Government's move to raise the alert level for the novel coronavirus to Orange on 7 Feb 2020, ECG will put on hold all activities (such as dragon boating, EnAble), outings and large gatherings to reduce human-to-human interactions.



Wear purple on 26 March

Take a snapshot of yourself dressed in purple, email to ECG (not later than 26 March 2020), and receive a purple wristband absolutely FREE! Limited numbers only.



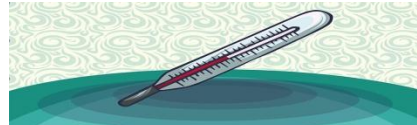
General Health Advisory



Members are advised to wash their hand frequently, cover themselves if they cough or sneeze, and keep their hands away from the face.



Members should take their own temperature regularly and be mindful of respiratory symptoms.



Wear a mask if unwell, and seek medical attention promptly and stay at home.



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

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