



25TH Executive Council 2019/2020

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Editor writes ...

Does absence make the heart grow fonder? Surely many of us have felt this during those months of restricted movements when we were separated from people dear to us. Absence from places of worship too has been for many an especially deeply-felt deprivation. Many would agree that absence has indeed brought home what these treasured realities mean for them.

The impact of the pandemic is wide-ranging and multi-faceted. Some have lost their loved ones, and others experience loneliness. Many have lost their jobs or have had to close their businesses and are concerned about how they are going to cope. Worries about economic survival, anxiety about paying mounting bills and the stress of looking after children have exacerbated relational tensions in some families, which could have caused an increase in domestic violence. Our individual and collective resources for dealing with these complex challenges are being tested severely. When reserves of mental resilience fail, cases of anxiety and depression multiply, people turn to alcohol, and the risk of self-harm, suicide and other maladaptive behaviours increases. Driven by a need to vent frustration and anger by blaming someone, others have abused Asians, or even health care workers. There is, of course, a good side too especially in the case of dedicated healthcare workers and essential workers, and of people engaged in helping such as social services agencies as well as many ordinary people who offer support in simple ways to those in need of it.

As Singapore progressively eases restrictions, many are asking if life would simply pick up again as before. No one knows what a post-Covid world would be like. The world is moving away. What will surely count in the long run is whether society has listened and learned from this testing time. Are we looking more deeply at matters of social inequality, homelessness and poverty; or of pollution and climate change?

In our own modest way, ECG has been working to strengthen the epilepsy community while exploring together on what better ways to serve people with epilepsy, once the new normal beacons.

Let us put our hearts together to pray that this painful and deeply unsettling pandemic experience might give rise to fresh insights into life and faith, enhanced compassion, a deepened wisdom and greater resilience of spirit for us all. Let us be the fireworks in each others' lives!

Last but not least, ECG wishes everyone a Happy National Day!

~ Goh Keng Hwee





ECG News and Upcoming Events



13th Asian & Oceanian Epilepsy Congress



The 13th Asian & Oceanian Epilepsy Congress (AOEC), organised jointly by the regional associations of the International League Against Epilepsy (ILAE) and the International Bureau for Epilepsy (IBE), will be held in Fukuoka, Japan from the 10th June to 13th June 2021. An exciting epilepsy and society symposium for people with epilepsy and their carers will be held on 13 June 2021.

ECG is now LIVE! @Giving.Sg



Giving.sg is a one-stop platform for you to donate, volunteer or fundraise. ECG has gone into digital fundraising and other creative fundraising or payment methods such as PayNow.

Simply choose UEN, input ECG's UEN: S95SS0164F, click/tap **Make a Transfer**, input the amount you want to give, type the purpose for this transfer, and click/tap **Next**. Review your input and click/tap **Transfer Now** button.

The covid-19 pandemic has affected many of ECG's plans, and our fundraising efforts are feeling the impact.

If you are in a position to donate, help us raise much needed funds for our operations, especially for our new centre at Bukit Merah. All donations qualify for tax relief. Your support matters now more than ever! Thank you for your support.

When : 12 September 2020

Time : 3 pm

Where: Hybrid virtual-physical



If you are an ECG member, join us for this year's 25th Annual General Meeting, to make your voice heard and share suggestions and ideas for our future work.

Enhanced safety measures at ECG

Thank you for your love and support these past months. We simply can't wait to welcome you back! The well-being of our members and volunteers remains our top priority, and we kindly seek your cooperation in complying with these measures:

- *Wearing a face mask at all times;
- *Undergoing temperature screening, and making health and travel declarations;
- *Completing SafeEntry check-in and check-out procedures;
- *Observing the one-metre safe distancing requirement when at the premises.

EnAble Support Group Meeting (Online)

When : Every last Friday of the month

Time : 6pm (Registration is required at least 3 days in advance)



Registered Charity No.
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Ministry of Health IPC No.:
HEF0043/G
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Operating Hours
Mondays - Fridays: 9am to 6pm
Saturdays: Strictly By Appointments Only

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