



# Epilepsy Link

ISSUE No. 6/2020



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

[www.epilepsycare.org](http://www.epilepsycare.org)

## 26<sup>TH</sup> Executive Council 2020/2021

### OFFICE BEARERS

#### President

Dr Choong Chew Thye

#### Vice President

Diana Koh Hwee Hoon

#### Honorary Secretary

Goh Keng Hwee S S

#### Assistant Secretary

Ang Wei Jie

#### Honorary Treasurer

David Tan Zheng Yuan

#### Assistant Treasurer

Lee Soon Chua

#### Welfare Officer

Goi Ming Ying

### COMMITTEE MEMBERS

Calvin Koh Chin Khoon

Chan Wen Ting

Dr Harry Teoh Jian Hung

Cheong Jie Hui

Hayden Tan Huiwen

### BOARD OF CONSULTANTS

Prof Michael Chee Wei Liang

Dr Lim Kim Whee

Dr Adrian Wang Chee Cheng

Dr Vijayan Loganathan

### LEGAL ADVISOR

Anand Nalachandran

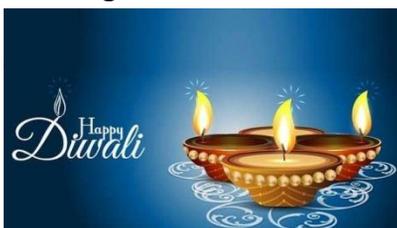
### Editorial Subcommittee

Goh Keng Hwee S S

Chan Wen Ting

### Executive Director/ Epilepsy Counsellor

Goh Keng Hwee S S



## Editor writes ...

The daily expression of gratitude can have a powerful impact on people's overall health and well-being.

The habitual expression of gratitude has been shown to increase the production of neurotransmitters important for our general well-being. In other words, it rewires our brain in significant ways.

But how can we ask people today to be thankful when so many are deeply worried, not only about the risk of infection to themselves and their loved ones, but also about loss of work and income or lodgings?

Paradoxically, it is precisely the expression of gratitude that can help us prevent negativity from taking over and diminishing our capacity to respond.

We can jot down reasons for being thankful in a journal daily, or write letters of appreciation. And don't forget little rituals such as lighting a gratitude candle.

The augmentation of mental strength and resilience is immensely relevant for our living creatively and constructively through this demanding time.\*

As we reflect on what we are grateful for this Thanksgiving, ECG would like to say a big thank you for the support you have given to us in our move to a brand new IG-worthy premise.

Last but not least, ECG wishes all our Indian friends a Happy Deepavali!

~ Goh Keng Hwee

\* A version of this article appeared in the print edition of The Straits Times on September 2, 2020, with the headline 'Expressing gratitude can boost one's well-being'.



Check us out at our new premise @

3779, Jalan Bukit Merah #02-03

Bukit Merah Community Hub, Singapore 159462

Advocacy

Education

Information

Support



# ECG News and Upcoming Events



## 13<sup>th</sup> Asian & Oceanian Epilepsy Congress



In view of the uncertain situation with COVID-19 affecting many countries in Asia and Oceania, the International League Against Epilepsy (ILAE) and the International Bureau for Epilepsy (IBE) have made the difficult decision to stage the 13<sup>th</sup> Asian & Oceanian Epilepsy Congress (AOEC) as a virtual congress, from the 10<sup>th</sup> June to 13<sup>th</sup> June 2021. More details will be announced at a later date.

## ECG Digital Flag Day

As you may be aware, the covid-19 pandemic has made it impossible for ECG to carry out its 18<sup>th</sup> Flag Day this 28 November 2020. So we are depending on the following platforms to help us raise much needed funds for our operations. If you are in a position to donate, please help us. Together, let's make a real difference this time!

Log on to Giving.Sg to donate now!

OR



To make donations via PayNow:

- 1) Input UEN: S95SS0164F to "Epilepsy Care Group (Singapore)
- 2) Click/tap **Make a Transfer**
- 3) Input the amount you want to give
- 4) Type the purpose for this transfer
- 5) Click/tap **Next**
- 6) Review your input
- 7) Click/tap **Transfer Now** button



Alternatively, you may still send a crossed cheque payable to "Epilepsy Care Group (Singapore)" with your name and NRIC No.



Staying fit and maintaining a healthy regime might be a bit challenging for you. That's why ECG has created "the GYM" to help you to have the best workout in the cool comfort of the new ECG Wellness Centre!



## Opportunity! Shop has returned

ECG's Opportunity! Shop (popularly known as Op! Shop) has returned at our new premise with a brand new look. Op! Shop sells new and pre-loved items of good quality with something for everyone at affordable prices. Come visit us and check out some real nice stuff, or just have coffee on us!



## EnAble Support Group Meeting

**When** : Every last Friday of the month

**Time** : 4pm (Registration is required at least 3 days in advance - Limited to 4 members only)



**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**  
Telephone: 63580566  
WhatsApp: 97314615  
Email: [ecgs93@singnet.com.sg](mailto:ecgs93@singnet.com.sg)

**Address**  
3779 Jalan Bukit Merah #02-03  
Bukit Merah Community Hub  
Singapore 159462

**Operating Hours**  
Mondays - Fridays: 9.30am to 6pm  
Saturdays: Strictly By Appointments Only

**Advocacy**

**Education**

**Information**

**Support**