

EPILEPSY LINK

A newsletter of the epilepsy community in Singapore



What's in this issue:

Meet the 27th Exco - 1
Face-to-face with IBE
Golden Light 2021
Awardee - 2
ECG Digital Flag Day -3
The Back Page - 4

Meet ECG's newly elected 27th Executive Council (2021/2022)

Epilepsy Care Group (Singapore) held its 26th Annual General Meeting on 28 August 2021. The following members were elected into office:

President: Dr Choong Chew Thye

Vice President: Diana Koh Hwee Hoon

Honorary Secretary: Goh Keng Hwee

Assistant Secretary: Ang Wei Jie

Honorary Treasurer: Lee Soon Chua

Assistant Treasurer: David Tan Zheng Yuan

Welfare Officer: Goi Ming Ying

Council members:

Cheong Jie Hui

Calvin Koh Chin Khoon

Hayden Tan Hui Wen

Dr Harry Teoh Jian Hung

Calvin Schaffer Zhong



Face-to-face with IBE Golden Light 2021 Awardee for Singapore

Ang Wei Jie shares his thoughts on the award and epilepsy.

What was your first reaction when you heard you would be receiving the Golden Light Award? What did your family/friends/colleagues think?

It was an "AHA" moment. I am thankful and at the same time surprised for being awarded with the Golden Light Award. I was excited to learn more about the award as I didn't expect that my little effort in encouraging and helping PwE has caused ripple effect to the community. My mother was really excited to learn that epilepsy can be explained in so many different countries with different people's stories and experiences. I have yet to tell my friends and colleagues as I am currently working from home and couldn't meet them.

What do you feel is the significance of the Golden Light Award in today's epilepsy community?

It will let more people with epilepsy learn how they can benefit from the community. After hearing from the other awardees, I really appreciate the significance of the award. Many public awareness programmes were organised by the other awardees. An awardee even appeared on national TV and radio to talk about his experiences and challenges of living with epilepsy. He hopes to become an international epilepsy advocate and inspire others. It was really helpful to understand what other people are doing in their countries.

There are also awardees who shared of their positive attitude and indomitable spirit towards epilepsy as they went through the difficulties and obstacles in life. Another awardee also shared that she hopes to be able to fight for the legal rights of people with epilepsy in India, in the areas of education, employment and social life.

The Golden Light Award encourages younger PwE like myself to come forward to share our struggles and challenges faced by the illness. From our sharing, we hope to dispel the myths of epilepsy. This award comes with great responsibility. We will certainly carry on the torch passed down by our predecessors, who have done a great job in educating the community about epilepsy.



“

Do not use epilepsy as an excuse for not doing anything well.

EnAble Support Group Meeting (Virtual)

Every last Thursday
4pm



What does winning this Award means to you personally?

It was an interesting experience to know more about the epilepsy community after winning the award. You can see how other people in different countries achieve their goals from the stories of the different awardees. After winning the award it made me think about my life and remind myself of the goals that I have in life, and to learn from others who share certain similar situations in life. It showed me that I can also find my path to greater heights of success and build on my self-worth. It serves to spur me to do more and better, and believe in myself.

Finally, any tips or advice to other people with epilepsy in Singapore?

You can come for more gatherings and activities at ECG and ask your family members to join as well. You can learn to take charge of your life and understand that epilepsy is just like any other chronic illnesses. Therefore, do not use it as an excuse for not doing anything well. You can learn to find ways to overcome whatever side effects that come along with the medication. If you encounter any difficulties in coping with the illness, join ECG and learn from persons with epilepsy or talk it over with your loved ones.

ECG Digital Flag Day - 25 Sep to 24 Dec 2021

As you may be aware, the covid-19 pandemic continues to make it impossible for ECG to carry out its 19th Flag Day on 25 September 2021. We have gotten permission from NCSS to carry out a 3-month digital fundraising. 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](https://giving.sg) to donate now!

OR

To make donations via PayNow:

Input UEN: S95SS0164F to **"Epilepsy Care Group (Singapore)"**

Click/tap Make a Transfer

Input the amount you want to give

Type the purpose for this transfer

Click/tap Next

Review your input

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.

THE BACK PAGE

A newsletter of the epilepsy community in Singapore

ECG Dragon Boat Team

(Pending Govt's
advisory)

Epilepsy Care Group
(Singapore)

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

Tel: 63580566

WA: 97314615

Email:
ecgs93@singnet.com.sg

UEN: S95SS0164F



Living Well with Epilepsy Beyond the Pandemic (Virtual)

23 October 2021, 2pm to 3.30pm

As part of ECG's 28th Anniversary programme, we are pleased to announce ECG's first virtual symposium on epilepsy wellness.

Topics & Speakers:

Epilepsy & the Family - Dr Choong Chew Thye

22 months & counting - Ms Diana Koh

Accept, Adapt, and Dealing with Epilepsy

- Ms Goi Ming Ying

Working Towards Resilience - Dr James Tan

Epilepsy & Lifestyle - Dr Harry Teoh

13th AOEC Golden Light awardee's sharing

- Mr Chris Ang Wei Jie

Moderators: Mr Hayden Tan, Mr Goh Keng Hwee