



Epilepsy Link

A NEWSLETTER OF THE EPILEPSY COMMUNITY IN SINGAPORE



ECG reaches out to Epilepsy Thailand ... with affection

10 April 2023

Six ECG members met their Thai counterparts in Queen Sirikit Children Hospital, Bangkok, on 10 April 2023, as part of an initiative to help build the capacity of epilepsy-patient support of the two associations. The meeting also provided a platform for rich cultural exchanges between Singapore and Thailand, forged by common identity in coping and involvement with epilepsy.

This first-ever exchange programme also included talks from both groups on topics such as 'Enhancing access to epilepsy social care in response to WHO's Intersectoral Global Action Plan on Epilepsy and Other Neurological Disorders (IGAP)' and 'Overcoming stigma of epilepsy.'

Towards the end of the programme, the two epilepsy groups exchanged souvenirs, memento as a mark of friendship and look forward to future collaborations.



Epilepsy & Society in the Era of IGAP

The International Bureau for Epilepsy (IBE) will be organising a symposium, entitled: 'Epilepsy & Society in the Era of IGAP - Realities and Prospects on Sunday, 23 July 2023 in Jaipur, India.

There will be dedicated sessions addressing the inclusion, treatment, research, and prevention gaps in epilepsy. The sessions will contain a mix of presentations and interactive panel discussions - offering global and regional perspectives.

Those interested, kindly email or contact ECG. Subsidy* may be considered.

Please note that PwE must be accompanied by a family member. Sightseeing is at member's own discretion.

International Golden Light Awards 2023

Elizabeth Kee, Goi Ming Ying, Calvin Koh Chin Khoon, Chris Ang Wei Jie, and Orla Stark were past recipients of the International Bureau for Epilepsy 'Outstanding Persons with Epilepsy Awards' or now known as 'Golden Light Award.'

Is there a young person (between 18-35 years of age) with epilepsy in ECG who is working to bring epilepsy 'out of the shadows and into the light', who you believe is deserving of recognition? Or do you know a young adult in ECG caring for a person with epilepsy who is a 'shining light' and worthy of reward?

If so, let us know by 22 May and we would help in submitting the nominations.

Why is Epilepsy Different for Women? (A virtual conference)

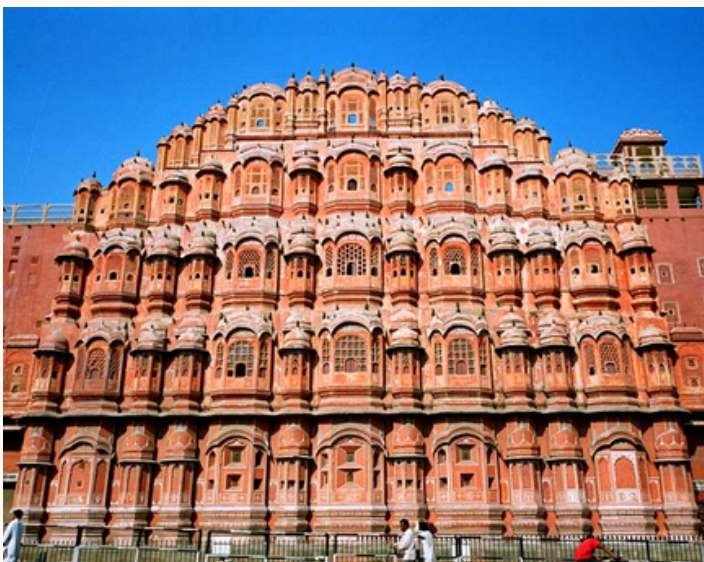
Friday, 2 June 2023
1900 hrs (Singapore Time)

Registration is now open until 31 May 2023 for this free three hours conference.

Secure your place now by registering at:
www.ibe-epilepsy.wecongress.es

35th International Epilepsy Congress 2-6 Sep 2023 Dublin, Ireland

Are you planning to attend the 35th International Epilepsy Congress in Dublin, Ireland? If so, contact us for more details.



Reports and Upcoming Activities

GYMWorks!

ECG has started a fitness workout on every Monday at 7pm. This will be conducted by a trained fitness coach.

Limited to 6 members for a 75 minute session.



ANNUAL GENERAL MEETING

Watch this space for further details



ECG 21st Flag Day - 18 March 2023

ECG's 21st Annual Flag Day was held on 18 March 2023. We appreciate all the support, donations and help rendered in this fundraising project. We look forward to greater support again in 2024! The total amount collected was \$9,738.15.

The top 3 collectors are:

- 1) Hong Ming Khim - \$304.65
- 2) Leong Khai Tong - \$164.85
- 3) Yvonne Li - \$158.65

The total amount collected for #50 Million Steps held from 9 Jan 2023 to 13 Feb 2023 was \$485.

The most number of steps go to:

- 1) Koh Ah Yan (212,265)
- 2) Cecilia Baey (85,284)

Congratulations to All! They will each receive a token on 8 July 2023.

Sharing Session and Appreciation Night

Join us for a sharing session on epilepsy social care and stigma on Saturday, 8 July 2023 at 4.30pm, followed by an appreciation ceremony to thank the top three achievers for 2023 #50 Million Steps and our Annual Flag Day, and dinner.

- *Welcome address
- *Introduction to IGAP
- *Epilepsy social care
- *Overcoming stigma
- *Group sharing
- *Presentation of tokens
- *Dinner

ECG Dragon Boat Community Row

Calling all persons with epilepsy, and their families! Come row with us in our first Community Row on Saturday, June 24, from 4pm to 6pm at the Kallang Water Sports Hub. Let's take this opportunity to build rapport and renew friendship with the epilepsy community. Dinner will be provided.



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A NEWSLETTER OF THE EPILEPSY COMMUNITY IN SINGAPORE



ECG Lunar New Year Celebrations

***Support us.
Make a donation!***

UEN: SS95SS0164F

or write a cheque
Payable to:

**EPILEPSY CARE GROUP
(SINGAPORE)**

**Epilepsy Care Group
(Singapore)**

**3779 Jalan Bukit Merah
#02-03 Bukit Merah
Community Hub
Singapore 159462
Tel: 63580566**

EPILEPSY LINK

28 January 2023

After three years of Covid restrictions, the ushering in of the Year of the Rabbit to mark the Lunar New Year returned in full swing, with celebration at ECG on the evening of the seventh day of the first lunar month. This day, called Renri (Human Day), according to Chinese customs, was the day human beings were created and is considered to be the birthday of all humans.

It was a joyous evening with exciting games, lucky draw, oranges, attractive prizes, and a sumptuous buffet dinner. ECG expressed appreciation to all donors, well-wishers, volunteers, and members for making this event possible.