



# EPILEPSY LINK

A NEWSLETTER OF THE EPILEPSY COMMUNITY



## WHO'S WHO IN THE NEW EXCO? (2023 TO 2024)

### President:

Dr Choong Chew Thye

### Vice-President:

Diana Koh

### Honorary Secretary:

Goh Keng Hwee

### Assistant Secretary:

Ang Wei Jie

### Honorary Treasurer:

Calvin Koh Chin Khoon

### Assistant Treasurer:

Hong Ming Khim

### Welfare Officer:

Goi Ming Ying

### Council Members:

- David Tan Zheng Yuan
- Hayden Tan
- Calvin Schaffer Zhong
- Dr Leong Wei Shin
- Patrick Soh Guan Eng

## *Thank You* for joining us at ECG 28th Annual General Meeting

Congratulations to all elected members of the 29th Executive Council at the 28th AGM held on 16 Sep 2023. We are heartened that more individuals are coming forward to contribute to the mission of Epilepsy Care Group (Singapore). We look forward to working with the new council to achieve an impactful epilepsy service where every person with epilepsy is empowered to live with dignity in a caring society.



# 14th Asia Pacific Orchid Conference

**19 AUGUST 2023**

Some ECG members were at the Singapore Expo to view orchids at the 14th Asia Pacific Orchid Conference, kind courtesy of the National Parks Board.

# President's Challenge 2023 Fundraising Concert

**10 SEPTEMBER 2023**

Fifteen ECG members were invited to a fundraising concert in support of President's Challenge 2023. That evening's program with dinner was organised by students and staff from the School of Engineering, Institute of Technical Education, Central College (Ang Mo Kio). The concert performed by the Braddell Heights Junior Orchestra, brought melodious music, with a healing touch and encouragement to healthcare workers and caregivers.

# ECG Community Row

**5 AUGUST 2023**

It was back to the waters for some watersports enthusiasts-members as they paddled their way at the Kallang River in ECG's community row. This was followed by a pizza dinner with family members joining in the fellowship!



# Epilepsy Care Group 30th Anniversary Celebration: Connecting Caregivers. Empowering Together.

**27 OCTOBER 2023**

ECG celebrated its 30th anniversary at the Carlton Hotel. The Group has come a long way from its humble 'kampung' beginning, to the current year round slew of activities for members and their families. ECG has also continue to strive to live up to the spirit of collective contribution and service to one another for the past 30 years.

The event also broadcast a video message from the Minister for Health, Mr Ong Ye Kung.

ECG's 30th anniversary celebration also acknowledged the charity's impact on the lives of many people with epilepsy and their families and improvements in better epilepsy management. It was also a great opportunity to raise awareness of the help and support available, and to recognise the contribution of the many volunteers that make ECG what it is today.

That evening's celebration also broadcast video messages from Prof Michael Chee, a founding member; Ms Donna Walsh, CEO of the International Bureau for Epilepsy (IBE); A/Prof Ding Ding, Vice President of the IBE and Vice Secretary-General of China Association Against Epilepsy; and finally Ms Carol D'Souza, Vice President of the Indian Epilepsy Association.



Students from St Patrick's School dedicated a specially choreographed dance performance on this special occasion. The dance expressed the daily struggles that we all go thru, and how we could accept with equanimity if only we reach out and know we are never alone. There was also a special Korean hip-hop from three young girls.

Lastly, to crown the evening's celebration, ECG was honoured to hear an original song composed by Haniel Soh, a school teacher, as a special tribute to all caregivers of people with epilepsy.

The song explored the special relationship between people with epilepsy and their tireless caregivers, expressing the gratitude that so often remained unsaid.

# Reshaping Epilepsy - The Hong Kong (SAR) Experience

4 NOVEMBER 2023

ECG held its second series of 'Let's Talk about Epilepsy' with a special sharing session by guest speakers, Dr Anchor Hung and Ms Ada Wong, both from the Hong Kong Epilepsy Association.

The programme started with an opening address by ECG vice president, Diana Koh. Ms Ada Wong, a person with epilepsy, shared on how she was first diagnosed with epilepsy when she was in university in Canada, and subsequently, on the struggles, the pain, she had gone thru; and how she has never believe in self fulfilling prophecy but overcame all obstacles to be what she is today. She is now a fervent advocate for people with epilepsy in Hong Kong. Lastly, Dr Anchor Hung, outlined how Hong Kong reshaped the Chinese name for epilepsy thru the years so that people with epilepsy can be accepted and respected. That afternoon's programme was moderated by Sherman Goh, executive director of ECG, and a member of the Community Council of the International Bureau for Epilepsy.

Over twenty members attended the session and asked many engaging questions.

ECG also hosted a dinner for the two Hong Kong delegates that evening, with assistant secretary, Chris Ang welcoming them.



## ECG Lunar New Year Get-together

Join ECG in celebrating the Year of the Dragon!

**When:** 17 February 2024 (Saturday)

**Venue:** ECG

**Time:** 5.30pm till 8pm



# Let's Talk About Epilepsy Purple Day Symposium

**(SUBJECT TO BE CONFIRMED)**

Join us once again for the 3rd series of 'Let's Talk About Epilepsy' which will be held as part of Purple Day 2024.

\*Welcome Address

\*The Relationship between Sleep & Epilepsy

\*Managing the Challenge of Anxiety in Epilepsy

\*Driving & the Law

**When:** 16 March 2024

**Where:** NUSS Guild House @Suntec  
3 Temasek Boulevard, Tower 5,  
#02-401/402 Suntec City Mall  
Singapore 038983

## ECG 22nd Flag Day

**DATE: 23 MARCH 2024**

Be an ECG Flag Day Ambassador. Your help is needed as tin bearers for ECG's 22nd Flag Day! We believe that with your help, this Flag Day would be a successful one as we strive to seek not only to raise vital funds but at the same time, to educate the public about epilepsy. Together, let's make a real difference this time! Call us now to volunteer!

Alternatively, you could make donations via PayNow to UEN: S95SS0164F, or send a crossed cheque payable to "Epilepsy Care Group (Singapore)" with your name and NRIC number and send to the address indicated on your right.



## About Epilepsy Care Group (Singapore)

**ROS 226/95 WEL CA1204,  
HEF0043/G, UEN:S95SS0164F**

Epilepsy Care Group (Singapore) (ECG) was established in October 1993 to address the needs and concerns of people with epilepsy, their families and those in the community directly affected by epilepsy. It is the centre of operations from which a range of services that are tailored to meet individual requirements and improve community understanding are offered.

ECG is located at:

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#02-03 Bukit Merah Community Hub  
Singapore 159462  
Tel: 63580566/97314615 (WhatsApp)  
Email: ecgs93@singnet.com.sg