

Epilepsy?

Supporting you

Concerned about epilepsy?
Are you or someone close
to you experiencing seizures,
newly diagnosed or needing
some support? We are here
to help.

WE UNDERSTAND

SUPPORT FOR YOU

THE BIGGER PICTURE

WHAT IS EPILEPSY?

DIAGNOSIS AND TREATMENT

REQUEST FORM

GET INVOLVED

WE UNDERSTAND

Epilepsy is not always straightforward. The cause is often unknown, it can be difficult to diagnose and seizures come in many forms.

At the National Society for Epilepsy (NSE) we understand. We have been supporting people affected by epilepsy for over a century. Can we support you?

Perhaps you don't know if you have epilepsy, but have been having 'funny turns'. Or perhaps you have been living with epilepsy for a while and you have some questions. Or you are having difficulty getting your seizures controlled even though you have tried lots of different tablets.

It could be that it's your partner, your child, friend or colleague who has epilepsy and you are not sure how to help them.

Either way, you may have many different feelings about epilepsy.

If you need somebody to turn to, we are here. At the NSE we have a range of ways to help – why not pick up the phone or go on to our website and find out more.

SUPPORT FOR YOU

There are many ways that we can support you at the National Society for Epilepsy. Let us tell you a bit about them.

Information for you

One way to understand epilepsy better is to know more about it. This can be the key to learning how to live well with epilepsy. We provide leaflets, factsheets, booklets and DVDs on different aspects of epilepsy, from diagnosis to first aid and from pregnancy to employment and leisure. Call 01494 601 392 for a full list or log onto our website www.epilepsysociety.org.uk You can order some using the attached form.

Someone to talk to

Often it helps to have someone to talk to whether it is to ask questions, think through something out loud or just make contact with someone who understands. Our helpline provides support to over 5,000 callers each year.

Epilepsy Helpline: **01494 601 400**

Monday to Friday 10am-4pm (national call rate)

A translation service is available for people who wish to speak in a language other than English.

Seizure management

NHS referrals can be made to our epilepsy specialists, assessment centre or therapeutic drug monitoring service. Have a look at www.epilepsysociety.org.uk/whatwedo Referral by GP or consultant's letter to NSE's medical department or call 01494 601 349.

Epilepsy online forum

Want to talk online to other people affected by epilepsy?

Join us at www.epilepsysociety.org.uk/forum where you can exchange views and share experiences with others affected by epilepsy.

Supporting you locally

You may have questions or anxieties, whether you are new to epilepsy or not. Find out about your nearest NSE information service at a hospital clinic near you where our trained volunteers can provide a sympathetic ear and access to information and support at a local level. Our volunteers provide resources like our seizure diary, and they use their local knowledge to signpost to local organisations and support. You may wish to consider becoming a volunteer yourself. Either way use the attached form, call 01494 601 391 to find out about your nearest service or email Elaine.Falkner@epilepsysociety.org.uk

Epilepsy Review

The definitive magazine about living with epilepsy written by experts. Epilepsy Review includes news and in-depth medical, well-being, 'ways and means', research and family articles. Available by subscription or membership. Free promotional issue available Jan/Feb 2010 while stocks last. Use the attached form to order.

E-newsletter

News and information direct to your computer. Sign up on our website www.epilepsysociety.org.uk

THE BIGGER PICTURE

Making a difference to the lives of people with epilepsy is at the heart of everything that we do at the National Society for Epilepsy.

Medical research

Our consultant neurologist researchers work with University College London, the Institute of Neurology and the National Hospital of Neurology and Neurosurgery to look for the answers that will help us to better understand epilepsy and improve treatment. For more information see our website www.epilepsysociety.org.uk/whatwedo/pioneeringresearch

Overcoming stigma

We raise awareness in the media, with the public, in schools and through epilepsy training for employers, colleges, local authorities and NHS primary care trusts. We campaign on issues that make a difference. To find out more visit our website www.epilepsysociety.org.uk

Expert care

We offer day care, supported living, respite and residential care for people with complex epilepsy at our centre in Buckinghamshire. For more information call 01494 601 374 or visit www.epilepsysociety.org.uk/residentialcare

WHAT IS EPILEPSY?

Epilepsy is the tendency to have repeated seizures caused by excess electrical activity in the brain. It is usually diagnosed after more than one seizure. It can affect anyone, regardless of age, gender or background. In the UK nearly half a million people are living with epilepsy.

Many people don't realise there are different types of epileptic seizure. Some people have seizures just in the day time and some just at night. Some have both.

These are examples of the most common types of seizure.

In **absences** the person goes 'blank' for a couple of seconds (this is common in children with epilepsy who may appear to be daydreaming).

In **complex partial seizures** people may wander around, be confused and repeatedly pull at their clothes (strangers may confuse this with being drunk).

In **tonic clonic seizures** people fall to the ground and shake (what most people recognise as an epileptic seizure).

DIAGNOSIS

Not all seizures are caused by epilepsy.

And there are also many different types of epileptic seizures. So diagnosis can take a while.

If your GP thinks you have epilepsy they will send you to a neurologist (a doctor who specialises in the brain and nervous system) for diagnosis or treatment. You can ask for a referral to a neurologist with a specialism in epilepsy – you may have to travel further afield to get this but it is worth it.

If you have just been diagnosed with epilepsy you may feel shocked or anxious. Feelings about a diagnosis or living with epilepsy can change over time. There may be good days and bad days. Your family and friends may feel affected too. We offer a helpline if any of you would like somebody to turn to.

TREATMENT

For most people with epilepsy, there is good treatment – usually with anti-epileptic drugs – and seizures can be brought under control.

For a small number of people it is more difficult to control seizures and many will benefit from specialist treatment through a 'tertiary referral' to an expert NHS centre, such as the one at NSE. You can ask your GP or call our helpline to find out more about this.

There are some key issues to consider if you have epilepsy – such as pregnancy, driving and safety. Call our helpline or look on our website for information.

REQUEST FORM

Free information

I would like to receive:

- a free information pack
- a free promotional copy of Epilepsy Review

Fundraising and support

I would like:

to make a donation of £

Please use the form on the next page.

If you wish to Gift Aid your donation, see below.

- to receive NSE's fundraising leaflet
- to receive volunteering information

Membership schemes (see the inside back cover for details)

I would like:

- to know more about NSE Membership
- to become an Associate Member (£17.50 p/a)
- to become a Research Associate Member (£50 p/a)
- to subscribe to Epilepsy Review (£13.50 p/a)

Name

Address

Postcode

Telephone

Email

Please see over for payment details Please send your completed form to **Fundraising Dept, NSE, FREEPOST SL766, Gerrards Cross SL9 7BR.**

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By signing this declaration, NSE can reclaim the tax you pay on your donations. This will effectively increase the value of your gift by 25% – and it costs you no extra. **Declaration:** I wish NSE to treat all donations I have made over the past six years and until further notice as Gift Aid. I am a UK taxpayer.

Signature

Date

We would like to send you further NSE information from time to time. Please tick here if you do not wish to receive this.

NSE code: NSE WIS 06/10

PAYMENT OPTIONS

You can pay by cheque, credit/debit card and Direct Debit. If you pay by Direct Debit it saves our administration costs. **Thank you.**

I enclose a cheque/postal order for £

Please make cheques payable to NSE

I would like to pay by credit/debit card

Mastercard/Visa/Switch/Maestro/CAF Voucher

Total £

Card number

Valid from Expiry date

Security code (the last 3 numbers on back of card)

Issue number (Maestro/Switch only)

Signature

Date

I would like to support NSE by Direct Debit

I wish to start a Direct Debit of £

Each Month Quarter Year

Starting on 1st or 15th

of Month Year



Instructions to your bank or building society

Please pay the National Society for Epilepsy (NSE) direct debits from the account detailed in this instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this instruction may remain with NSE and, if so, details will be passed electronically to my bank or building society. **Service User Number 754518**

To Bank/Building Society name

Address

Postcode

Name(s) of account holders(s)

Account number Sort code

Signature

Date

NSE ref no Registered charity no 206186

Return to:
Fundraising Dept, NSE, FREEPOST SL766, Gerrards Cross, SL9 7BR

GET INVOLVED

There are various ways you can get involved.

Make a donation

Donate online, send us a one-off gift or set up a regular gift.

Organise a fundraising activity

Or attend one of our NSE events.

Become an associate member

At £17.50 per annum, this is ideal for anyone who wants regular communications about living with epilepsy. Benefits include 'Epilepsy Review' magazine three times a year, access to members-only website, and priority 'special invitations' to conferences.

Become a research associate member

At £50 per annum, this helps to ensure our ground breaking medical research continues. As well as the benefits of associate membership (listed above) you will also receive NSE's Annual Research Review, regular research papers and invitations to special research seminars.

Subscribe to Epilepsy Review

For £13.50 per annum (including p&p), you will receive three issues a year.

For more information request our fundraising leaflet using the form attached or visit our website.



Please keep this for your records

- This guarantee is offered by all banks and building societies that take part in the direct debit scheme. The efficiency of the scheme is monitored and protected by your own bank or building society.
- If amounts to be paid or the payment dates change you will be told of this in advance by at least 10 days as agreed.
- If an error is made by us or your bank/building society, you are guaranteed a full and immediate refund from your branch of the amount paid.
- You can cancel a direct debit at any time by writing to your bank or building society. Please also send a copy of the letter to the NSE.

www.epilepsysociety.org.uk

Epilepsy Helpline

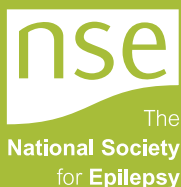
information...time to talk...
emotional support...translation

01494 601 400

(national call rate)

Monday to Friday 10am-4pm

National Society for Epilepsy
Chesham Lane
Chalfont St Peter
Bucks SL9 0RJ
Telephone 01494 601 300



Every effort is made to ensure that all our information is correct and up to date. Please note that some information may change after the date of printing. This information is not intended to be a substitute for medical guidance from your own doctors. NSE cannot be held responsible for any actions taken as a result of using NSE information resources.

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