



# A Message from Poss

July / August 2017

A big hello to all my friends!

I hope you are all well and happy. What have you been doing lately? I haven't heard from many of you for a while and I'm very interested in what you are up to!

You must be back at school now because I am. I miss Miss Roo when we have holidays and I miss my friends also. It's always good to be back at school. I like my holidays too though!

The Brisbane Show (that's the EKKA for those of you who don't live in Brisbane) is coming up soon. Are you going? It's so much fun but it can be very crowded and very hot. My mum always says 'don't forget your hat and sunscreen'! It's a good thing to remember! My favourite part is seeing all the animals in the parade, in the big ring! Also I like the ferris wheel the best because you can see all over the grounds.

Epilepsy Queensland is having a September Sizzle in September. It's all about making sure everyone knows about seizure first aid. It's so important that we know how to take care of our friends should they have a seizure. We can then help them and keep them safe. Maybe you and your family can hold a September Sizzle! Or maybe your school, it can be a BBQ or a morning tea, or whatever you like. It's an opportunity to make sure everyone knows about seizure first aid! You can read all about it further in my newsletter.

*Little Poss*



epilepsy  
queensland inc

## Inside this issue:

A message from Little Poss! What's coming up!	1
Member Profile	2
Ask Dr Dudley	3
Members birthdays	4
Birthdays continued	5
Poss' missing words!	6
Little Poss' maze!	7
September Sizzle	8



## Did you know?

- ◆ You can ask Dr Dudley about your epilepsy!
- ◆ You can nominate someone to 'spotlight' in the newsletter!
- ◆ You can let us know if you don't want to receive this newsletter anymore!

Just email:  
[littleposs@epilepsyqueensland.com.au](mailto:littleposs@epilepsyqueensland.com.au)  
or phone: 3435 5000 or  
1300 852 853

## What's coming up - Save the date!

In-house Epilepsy & Midazolam training  
at Woolloongabba (2 sessions in October) 14 September  
19 October

Gold Coast Epilepsy & Midazolam training  
(Gold Coast Neurology, Benowa) 6 September

September Sizzle!  
Little Poss Appeal SEPTEMBER

SAVE the Date! - Qld Epilepsy Symposium  
'Thinking Outside the Box' 26 October

To register for any events please phone the EQI office -  
07 3435 5000 or 1300 852 853

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# **‘Spotlight On’**

## **Little Poss ‘Member’**

Hello my name is

**Indi!**

I love to hang out with my friends,  
I love to do things with my family.  
I love to garden with my family and to  
inspire others to grow their own food.

We have lots of veggie patches,  
9 chickens and our dog, Oscar.

I love creating my own plant business and  
potting up succulents, I do this on the

weekends, on the school holidays and sometimes after school.

I sell my plants in a stall out the front of my house.

I started high school this year, I am 13. I have lots of hobbies and  
interests. I have a big family of 7.

Mum, Dad, 2 brothers, me and my 2 sisters.

Love Indi x







# Ask Dr Dudley

Dear **Dr. Dudley**,

Sometimes my sister gets sad. I don't know why and I don't know how to make her happy. Is it her epilepsy making her feel sad?

**Jane**

Dear **Jane**,

You are very kind to be concerned about your sister. Sometimes when people with epilepsy are not well or they are having seizures, they can worry about that. Sometimes their seizures can make them feel unhappy too just because they happen! They can also feel anxious about having more seizures. It takes a while to getting used to having epilepsy. It is normal to sometimes feel sad or confused. When you have epilepsy

It might be a good idea to ask your sister if she is feeling sad or worrying about something, she might like to talk to you about it. Or she might like to talk to her Mum or her teacher about it too. It always feels better to share concerns with others. If she is feeling well and sad, maybe she would like to visit her doctor to have her epilepsy check up.

Everyone needs to have time to have some fun too. Is there something you can do together that would make her feel good, like listening to music or playing a game that you both like? Having some regular exercise or an activity that she can share with you would be great. Going for a walk or a run can be very helpful for our moods.

It's wonderful that you are being such a good friend for your sister. Keep up the great work.

**Dr Dudley**

## Some good old 'life advice' from Little Poss!

*Be careful when climbing trees, don't go too far up without someone to watch you!*

*Eat cake! Write letters to Little Poss - I love receiving them!*

*Do what you enjoy doing. Don't let your epilepsy stop you from doing what you love to do!*

*Don't sweat the small stuff - if something isn't working for you, move on to something else, like a good book!*

*If friends at school treat you differently because of your epilepsy, sit them down and explain that you're no different to anyone else. Give them a lesson on epilepsy*

*Remember to take you medication! Rest!*

*Get good sleep!*

*Have fun!*

*Play footy!*

*Dance!*

*Laugh lots!*

*Sing songs out loud!*

*Make friends!*





# Happy Birthday!

Name	Suburb	Name	Suburb
Kristy	WANDOAN	Finn	CHELMER
Owen	MOOLOOLAH VALLEY	Tyler	TUGUN
Jai	UNKNOWN	Eli	GRACEMERE
Riley	WODONGA	Hugo	ASCOT
Thomas	BIRKDALE	Holly	ALEXANDRA HILLS
Chelsea	NANANGO	Mikayla	FYSHWICK
Tayla	PEREGIAN BEACH	Tayler	WIGHTS MOUNTAIN
Charlotte	FOREST LAKE	Carmen	PIMPAMA
Ethan	BUSHLAND BEACH	Ryder	TIARO
Mitchell	ALBANY CREEK	Harrison	GRASSTREE BEACH
Ella	COORPAROO	Gabriella	ALEXANDRA HILLS
Paisley	STAFFORD HEIGHTS	Bailey	VICTORIA POINT
Lily	CEDAR CREEK	Faith	SHERWOOD
Darcy	TOLGA	Ashleigh	WILSONTON
Nina	DEAGON	Alisha	MACKENZIE
Taytum	CABOOLTURE	Indi	LUTWYCHE
Brydee	MOORANG	Hamish	WAVELL HEIGHTS
Jacob	CASINO	Rori	SCARBOROUGH
Addison	SHORNCLIFFE	Ethan	PARKWOOD
Charli	JENSEN	Rory	CHERMSIDE WEST
Daniel	KENMORE	Lochlainn	NUNDAH
Jett-Tio	MANLY WEST	Bree	HOME HILL
Brock	BURPENGARY	Kelcee	ROMA
Levi	GAYNDAH	Mackenzie	JENSEN
Joshua	ROBINA TOWN	Payten	MOUNT GRAVATT





# Happy Birthday!



Name	Suburb
Cooper	BENOWA
Noah	GARBUTT
Tiffany	HAY POINT
Olivia	CLONCURRY
Leo	KELVIN GROVE
Jasper	GREENSLOPES
Elle-May	MOUNT COTTON
Sebastian	CALOUNDRA WEST
Saxon	HIGHLAND PARK
Callam	COORPAROO
Pippa-Jean	MOUNT COTTON
Holly	NERANG



How about a Hot Chocolate for your birthday treat?  
Here's a great recipe!

Ask a grown up for help though!

1/2 cup Cocoa  
3 tabs sugar  
4 cups of soy, cows, or almond milk  
1/4 water  
Vanilla or cinnamon

Combine the cocoa powder and sugar. In a saucepan whisk together until blended, add the water and whisk until combined. Heat over medium heat stirring constantly, bringing to the boil. Stop stirring, reduce the heat to medium low and let the mixture boil for 2 minutes. You could add the vanilla or cinnamon at this stage if you like. Slowly add in the milk, stirring to blend. Heat the cocoa until its very hot but do not allow it to boil.

Serve it up, pour into mug and top with **marshmallows** of course!  
Happy winter treat too!





# Fill in the missing words to Little Poss' story

Epilepsy is a condition that affects ..... as well as human beings. Dogs, ..... and ..... are just a few of the ..... know to have epilepsy.

Hello, I'm little Poss and I live in a place called ....., in a tall, tall .....tree! I am a ..... possum. My teacher's name is Miss .....

I have been learning about my body. I have parts on the inside of my body like my ....., and I have parts on the outside of my body, like my nose and my ..... can you think of any other part that are on the

Wally Wombat told us that our brain is like a computer, it controls everything that our body does. Imagine that - our very own computer safely inside our head.

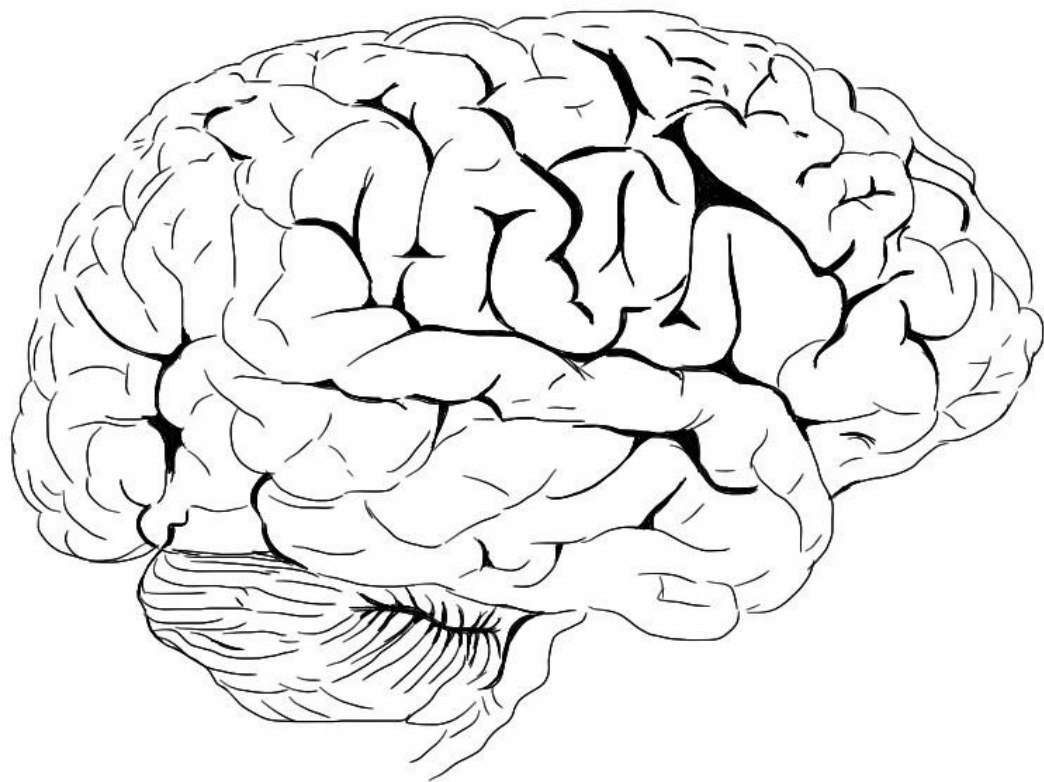
The brain is just one of the parts on the inside of the ..... Some of the others are our .....which help us breathe, our .....heart which pumps our .....blood and our .....stomach which breaks down our food.

This colouring-in is what a brain looks like on the inside.

Can you imagine all the different things that happen because of the brain? Like 'remembering', 'seeing things', 'moving our arms and legs, tasting our food and also for breathing.

I bet you can colour in this brain and make all those different parts a different colour!

*Little Poss*

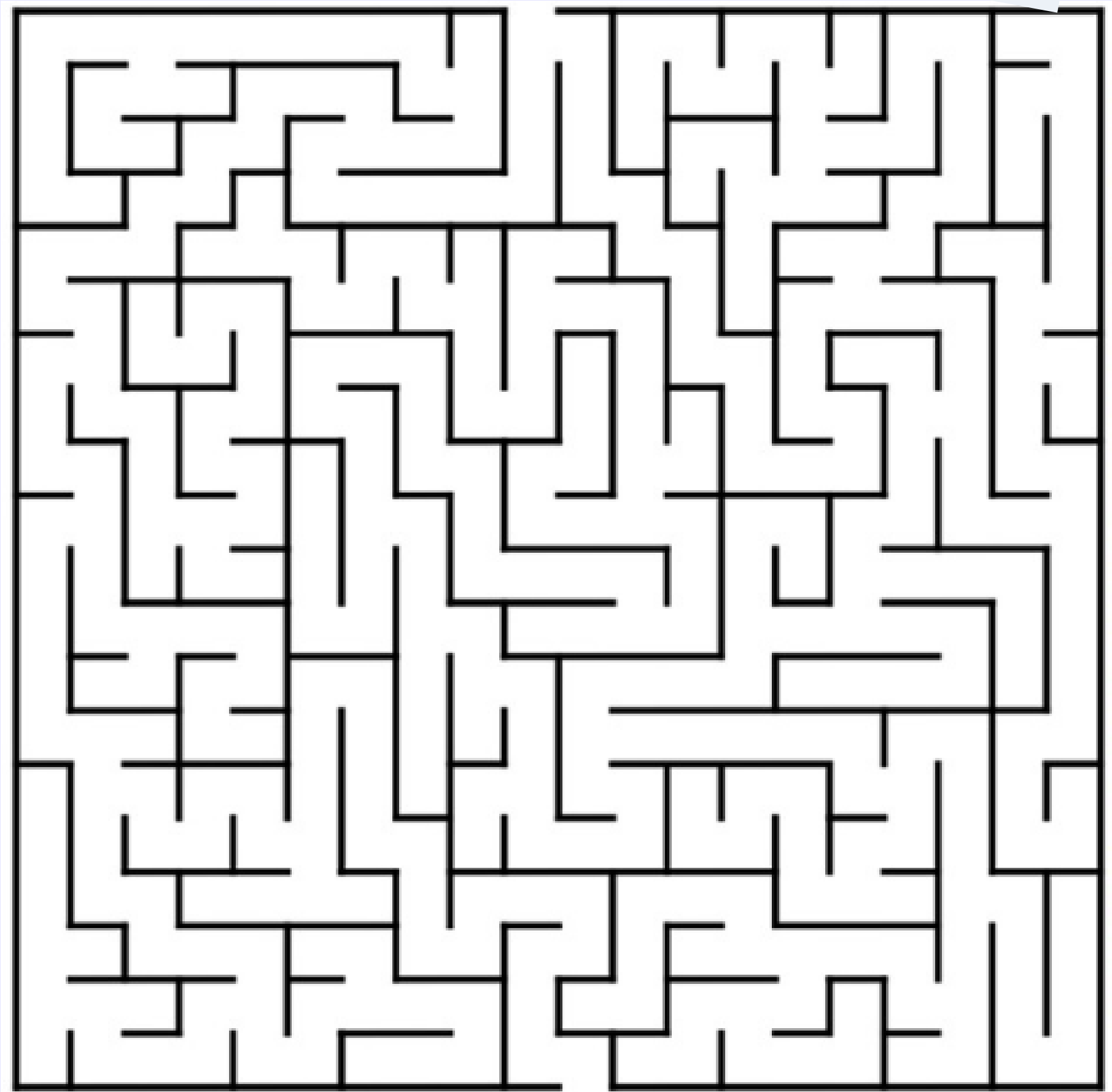


## Little Poss' Jokes

1. What do you have to give before you can keep it?
2. The more of these you take, the more you leave behind. What are they?
3. What is so fragile that sound can break it?
4. What goes up but never comes down?
5. When I was born I was big, but the older I get the smaller I am! What am I?



Can you help Little Poss find his  
*birthday cake?*



How many words can you make out of  
'Happy Birthday' ?

*Please let me know and I will send the winner a prize!*



# Step up for epilepsy awareness this September! Little Poss Appeal & September Sizzle!



## Little Poss Appeal

Help us create positive change for children  
Living with epilepsy by raising  
awareness and much need  
funds. How you can help?

Help us sell our range of cute merchandise  
including pens, Poss badges and awareness  
wristbands, plus  
gorgeous plush possums.

This year we have  
reintroduced both the finger and hand puppets as well  
as a 25cm possum.



## September Sizzle for Seizure First Aid

Our first September Sizzle for Seizure First Aid.  
Join with us by hosting a Sizzle Event (Breakfast, BBQ, Dinner Party Morning/ Afternoon Tea) to increase  
awareness and understanding of seizure first aid. **See our flyer insert!**

Sign up! Host your own sizzle! BBQ! Morning Tea! [www.epilepsyqueensland.com.au/sizzle](http://www.epilepsyqueensland.com.au/sizzle)

Be a Seizure First Aid Hero - share your story!  
[www.everydayhero.com.au/event/septembersizzle](http://www.everydayhero.com.au/event/septembersizzle)

Buy/sell merchandise - visit our online shop, download and return an order form.  
[www.epilepsyqueensland.com.au/little-poss-appeal](http://www.epilepsyqueensland.com.au/little-poss-appeal)

## Can you unscramble this important message?

## Vslië Strfi Rrzsieu Dai Vasse

Unscrambled message - 'Seizure First Aid Saves Lives'

### WE RESPECT YOUR PRIVACY

We hope you enjoy reading our Little Poss Newsletter.  
However, if you do not wish to receive the Little Poss newsletter anymore,  
please let me know by calling  
07 3435 5000 / 1300 852 853 (regional Queensland) or emailing  
[services@epilepsyqueensland.com.au](mailto:services@epilepsyqueensland.com.au)