

# A Message from Poss



June/July/August 2020

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## What's NEW?

See my photo on the  
**'Little Poss Club'**  
page in our updated  
Epilepsy Queensland  
Website!

[https://  
www.epilepsyqueensland.com.au/  
services/childrens-program/little-poss-  
club](https://www.epilepsyqueensland.com.au/services/childrens-program/little-poss-club)



If you have a  
question for

Doctor Dudley about your  
epilepsy, you can send it to  
Dr Dudley at:

[drdudley@epilepsyqueensland.com.au](mailto:drdudley@epilepsyqueensland.com.au)

Hi everyone!

I trust you are all well and still are practicing social distancing and good hand hygiene. Things are changing all the time aren't they? It is coming close to school holidays again, so I hope you are staying well and can enjoy them. Epilepsy Queensland are getting excited because they are getting ready for Seizure Smart September. This is a time when everyone can get involved to help let people know all about how to keep people safe who have seizures.

We can all do something to help. Have a look at my friend Mia, she is doing "iFLY" to raise awareness and some money for epilepsy research.

There are many ways you can get involved if you'd like to. Have a look at the information in this newsletter. You might like to read a new book every day for ten days to raise awareness, or you might to walk for 10 minutes every day. There are many things that you can do with the number 10! That's the number of people who might have a seizure in their lifetime. We want people to know about this number!

I have been very busy these last months, helping my friends understand about the Covid19 restrictions, helping them to stay safe and well.

I look forward to seeing you all soon. Please stay well, keep washing your hands and coughing into your elbow and stay happy!

*Little Poss*



**Epilepsy Queensland Inc.**  
PO Box 1457  
Coorparoo DC QLD 4151  
[www.epilepsyqueensland.com.au](http://www.epilepsyqueensland.com.au)

# Spotlight On Mia

## Little Poss Member of the Month!



Hi my name is **Mia**. I am nine years old and this a little about me!

When I found out I had epilepsy I was scared, I didn't understand it or what happened to me, I was only little so I don't remember much.

My Dad and Mum helped me understand with some books from Epilepsy Queensland and the Epilepsy Foundation.

I have to remember to take my medication twice a day, my medication helps me not have seizures anymore and I can do everything I want to do. My hobbies are Ice-skating and swimming and I hope to make the squad swim team soon.

I want more people to understand what epilepsy is so I signed my school up for **Purple Day** fundraising which we are hoping to do next month and my parents helped me set up a everyday hero fundraising page. I raised lots of money for Epilepsy Queensland and now I get to go to **I FLY**.

You could do it too. For some more information about it, please see the back page of this newsletter.

Take care and bye for now. **Mia**





# Ask Dr Dudley



**Dear Dr. Dudley,**

Is having epilepsy dangerous?

**Freddy**

**Dear Freddy,**

One of the tricky things about epilepsy is that nobody knows when you might have another seizure.

So it's really important that you and everyone around you know how to keep safe.

The doctors and nurses will do everything they can to help stop the seizures and get the right medicine for you. And while they're doing that, the grown-ups at home and at school can help you.

**Here are some things they might say to you:**

Climbing up high isn't a good idea. That's just in case you have a seizure and fall and hurt yourself.

It's not safe to have a bath or a shower on your own. Make sure you have a grown-up with or near you. Make sure you have a grown-up with you if you go swimming, and if you like to ride your bike, make sure you always wear a helmet.

You might have been told you have 'photosensitive epilepsy'. This means you have to be careful around flashing lights and patterns. This is because sometimes they could make you have a seizure. You might need to wear sunglasses.

The people who look after you at home and at school will need to know about your epilepsy and first aid for you. Epilepsy Queensland has lots of first aid information on their website and also during **Seizure Smart September**. Have a look further in this newsletter.

You can definitely still have lots of fun! Just remember those few things!

**Dr Dudley**

## Seizure First Aid and how you can help!

If you see someone having a seizure, there are steps you can take to help them. Try and remember that seizures often don't last long and by following these steps, you can make sure the person stays safe.

- \* Try and remember what time the seizure started and ended
- \* Protect the person from anything hard or sharp that might hurt them
- \* Put something soft under the person's head and shoulders
- \* As soon as you can, roll the person onto their side so they can keep breathing.
- \* Talk to the person so they know they have a friend close by
- \* Call for an adult or an ambulance if you need help.



June



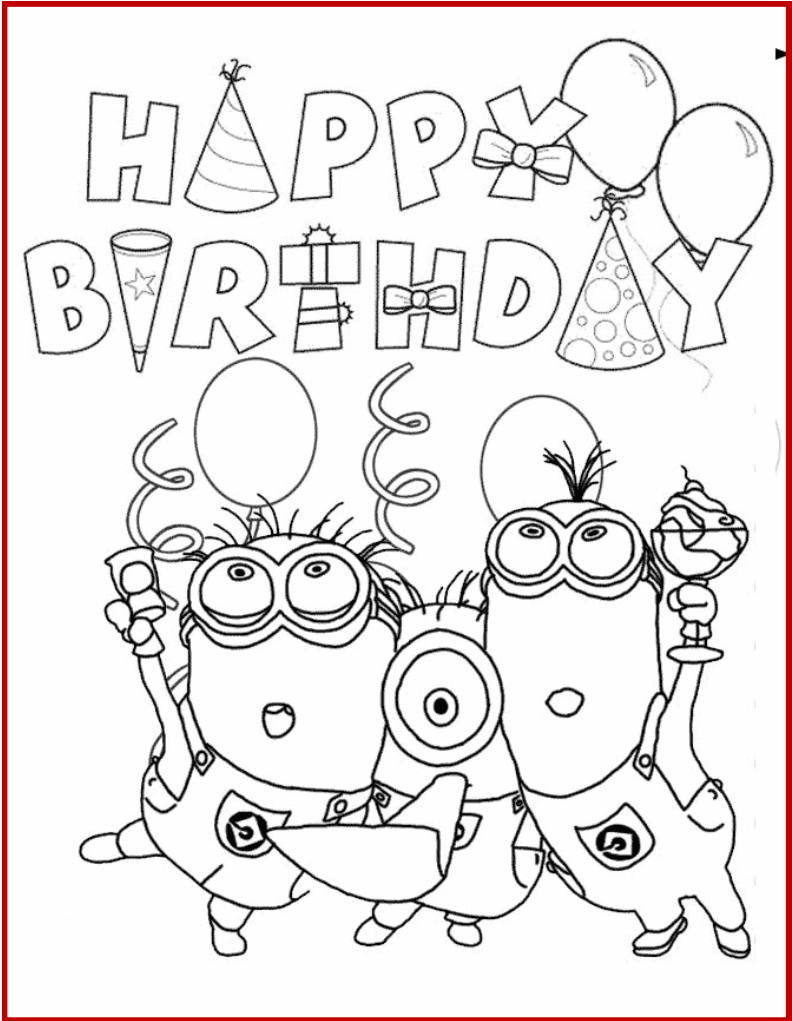
July

<i>Name</i>	<i>Suburb</i>	<i>Name</i>	<i>Suburb</i>
ELEANOR	CHAPEL HILL	SAM	BUDERIM
TYLER	TUGUN	LOCHLAINN	DEPOT HILL
ROCHELLE	SPRINGWOOD	COHEN	CLONTARF
JESSICA	CLEAR MOUNTAIN	COOPER	BELMONT
EMMA	GOONDIWINDI	TIFFANY	HAY POINT
KEELY	CURRIMUNDI	OWEN	WATERFORD
KIARA	GYMPIE	ELLA	COORPAROO
CHARLIE	INDOOROOPIILY	PIPPA-JEAN	MOUNT COTTON
LIBBY	BUDERIM	JACK	FIG TREE POCKET
BREEANNA	MORAYFIELD	HARLEY	WARWICK
HAYDEN	SOUTH MACKAY	RORY	BUNYA
ALEXANDER	DALBY	BRYDEE	MOORANG
ZOEY	COOMBABAH	KRISTY	WANDOAN
MATTHEW	CAPALABA	DANIEL	BROOKFIELD
ISABELLA	CHELMER	BREE	HOME HILL
HARRY	TOOGOOM	HUGO	ASCOT
TAHLIA	BUCASIA	FINN	GRACEVILLE
PETA	GILSTON	NOAH	STAFFORD HEIGHTS
SETH	BUCCAN	LEO	KELVIN GROVE
JASMINE	KEPNOCK	CHARLOTTE	FOREST LAKE
NADIA	WALKERSTON	PAYTON	MOUNT GRAVATT EAST
NEIHARA	STAFFORD HEIGHTS	JACK	BANKS POCKET
CLAUDIA	TINANA	SEBASTIAN	CALOUNDRA WEST
CHARLOTTE	HAY POINT	TAYLA	BRISBANE
CARLOS	TARRAGINDI	HENRY	HERSTON
BRODIE	ELANORA	MADISON	SOUTH GLADSTONE
HARRY	ROTHWELL	CEZANNA	SLACKS CREEK

August



Name	Suburb	Name	Suburb
HARRISON	GRASSTREE BEACH	ELLE-MAY	MOUNT COTTON
RILEY	MOUNT ISA DC	PARIS	WEST END
FERRIS	PEREGIAN SPRINGS	NINA	DEAGON
GABRIELLA	ALEXANDRA HILLS	NELSON	GLENWOOD
KELCEE	ROMA	ALISHA	MACKENZIE
OLIVIA	FERNY GROVE	OWEN	MOOLOOLAH VALLEY
BAILEY	VICTORIA POINT	TAYTURN	CABOOLTURE
LILY	BEENLEIGH	JETT-TIO	MANLY WEST
DARCY	TOLGA	MIKAYLA	FYSHWICK
SHARNEE	CAPAPLBA	LACHLAN	BALD HILLS
COOPER	BENOWA	INDI	LUTWYCHE
HOLLY	NERANG	WILLIAM	DICKY BEACH
FAITH	SHERWOOD	ZAC	REEDY CREEK
ASHLEIGH	WILSONTON	HAMISH	WAVELL EIGHTS
COLLETTE	JIMBOOMBA	ETHAN	PARKWOOD
WILLIAM	ALBANY CREEK	JESSICA	WILLIAMSTOWN
TAYLER	WIGHTS MOUNTAIN	LEVI	GAYNDAH





# Little Poss's Spring Recipe

## Mango Smoothie!

**What you need -**

**A grown up to help you!**

- \* 2 Fresh Mangos
- \* 1 cup Frozen Mango
- \* 300grms Frozen Bananas  
(previously peeled, quartered  
and frozen for 12 hours)

**What to do -**

- \* Peel the mangos and slice the  
flesh into a blender jug,  
squeezing the pips to get as  
much juice as possible.
- \* Blend.
- \* Add the frozen mango and  
frozen banana and blend again  
till smooth.
- \* Pour out into two glasses  
and serve right away!

**Enjoy!**



## Did you know?

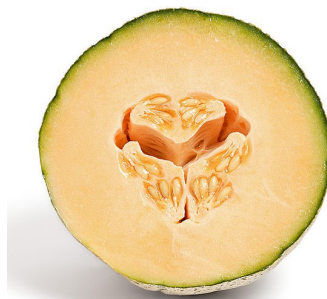
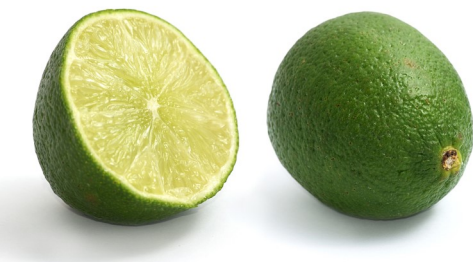
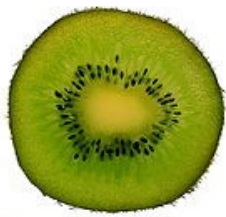
- The Mango is an ancient fruit that can be dated as old as 4,000 years.
- There are over 500 mango fruit varieties grown all over the world
- Tropical mangoes are related to cashews and pistachios.
- While still green, mangoes have higher vitamin C content but as the fruit ripens and matures the amount of vitamin A it contains increases.
- Eating all sorts of fruit is really good for your health!
- **And Little Poss LOVES fruit, especially Mangos!**



# Little Poss' Fun and Games

Can you find these hidden fruits in the box of letters below and cross off the words? The left over letters will spell out another yummy fruit!

e	m	i	l	e	m	o	n	k
g	l	p	a	n	s	a	o	i
n	m	p	s	i	p	g	l	w
a	a	i	p	r	r	p	e	i
r	n	o	i	a	n	e	m	f
o	g	c	p	t	f	a	k	r
r	o	e	u	c	i	c	c	u
t	s	r	a	e	p	h	o	i
t	a	n	a	n	a	b	r	t



Answer: PASSIONFRUIT





Join Little Poss  
in promoting this great opportunity!

## iFLY for epilepsy

4:30pm Saturday 5 September 2020, Chermside.

*Flying is limitless and inclusive – anyone can do it!!*

Join our high flyers with this fantastic opportunity to fundraise and experience indoor skydiving.

Launch your fundraising online to raise a minimum of \$300 for **Epilepsy Queensland**, and join us at **iFLY**.

Click the link for more information, to register & create your online fundraising page

<https://everydayhero.com.au/event/ifly-with-epilepsy-queensland>

iFLY make it possible for everyone to fly, from age 3-103 years, and all abilities! One of our fantastic flyers is Mia Whittall who is nine years old and lives with epilepsy.



## True or False?

Epilepsy is:

- a) A medical condition where there is a problem with the electrical messages in the brain and causes the person to have seizures OR
- b) A disease of the brain that can pass from person to person by sneezing and causes the person to have seizures