



# A Message from Poss

March / April 2019

Hi to all my friends!  
It's so good to talk with you again. We had a great time celebrating **purple day** a couple of weeks ago. Were you able to do something to raise awareness of epilepsy? Maybe at your school or day care? Or just in your family home? I'd love to hear about what you did. Did you wear something purple or eat something purple? Or maybe you went for a city ferry ride to

see the bridges and the other illuminations?

Easter is coming up and so is Anzac Day! Lots happening over the school holidays. I hope you get to do some funs things.

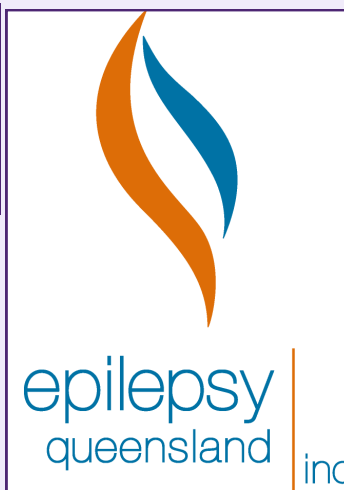
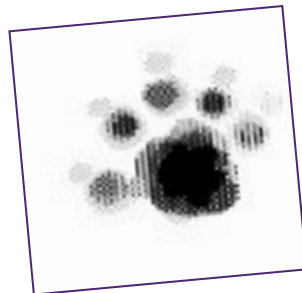
**My birthday party is coming up too on June 9th.** Don't forget to let me know you're coming so I know to expect you. There is a place you can register in this newsletter or you can just contact **Epilepsy Queensland** on the numbers below.

I hope you all have a happy **Easter**. Don't eat too much chocolate at once, make sure you keep some for later.

Also, enjoy your school holidays. Please send me a letter as I love hearing from you all. I'm going to visit my friends and we hope to go to the **Anzac Day** parade in their home town. There will be lots of things happening on that day. You might be able to march in your local parade too. **Anzac Day** is another good day to celebrate our soldiers and our country.

Stay well and safe over the holidays.

*Little Poss*



## Inside this issue:

A message from Little Poss! What's coming up!	1
Member Profile	2
Ask Dr Dudley	3
Members birthdays	4
Members birthdays	5
Little Poss' Anzac Day recipes	6
Little Poss' Colouring In	7
Purple Day Photos	8



## Did you know?

- ◆ You can ask Dr Dudley anything 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

## What's coming up!

In-house training at Woolloongabba - May 9, June 13

Gold Coast training - May 15

**Little Poss birthday - June 9**

*Please see Eventbrite for details*  
<https://littlepossparty.eventbrite.com.au>

Please contact Epilepsy Queensland on  
[services@epilepsyqueensland.com.au](mailto:services@epilepsyqueensland.com.au)  
Or call 1300 852 853 for more information.

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# **‘Spotlight On’ Little Poss ‘Member’ Claudia**

Hi, I'm Claudia.

I would absolutely love to share my journey with you.

This is me now, I'm 20 years old.

I had a left temporal lobectomy 10 years ago when I was 10 years old.

I had to travel to Sydney for the surgery and I have been seizure free ever since. I'm now in my 4th year at QUT studying Education. I have been able to travel overseas and I'm living life to the full.

My journey has been incredible, from the uncertainty about my future health and quality of life, some unsuccessful trials with medications, some endless tests and hospital visits. However, with the support of some fantastic doctors and medical staff, also support from Epilepsy Queensland, I feel so blessed that

the outcome has been such a positive one. I must admit I still get excited every month receiving the newsletter from Little Poss and I was reminded the other day that it might be time to stop receiving them as I am now 20 years old.

All the best. **Claudia**



*This is a photo of before, during and after my surgery when I was 10 years old!*





# Ask Dr Dudley

**Dear Dr. Dudley,**

My sister may be starting the Modified Ketogenic Diet soon. What is that and what sort of food will she be able to eat?

**Eloise**

**Dear Eloise**

The Modified Ketogenic Diet is a special diet that is used to treat epilepsy. It may be prescribed by your doctor for children and adults who have seizures that are hard to control with medication. The diet helps to change the way the brain burns fuel for energy. Your sister will be looked after by special dieticians and doctors so she will get the most out of the diet.

It is a diet that is very high in fat, low in protein and low in carbohydrate. There is enough protein for your sister to grow strong, with small amounts of carbohydrate foods.

She won't be able to eat biscuits, cakes or ice-cream anymore. She may be eating more things like butter, cream and avocado, as well as other foods like some chicken, cheese and eggs, as well as some fruit and vegetables.

Everybody will have different foods that will work for them and the dietician will help to get the right amount of food for your sister.

Your sister will need some support from you and your family if she does the diet, as it can be hard for her not eat her favourite foods. The diet isn't forever but if it works for your sister, she might be doing it for a couple of years.

I hope this information is helpful, but remember the doctors will give your sister lots of information before she starts the diet.

**Dr. Dudley**



@FoodInsight





Name	Suburb	Name	Suburb
Ashton	Maleny	Bianca	Shailer Park
Zahlia	Mooloolah	Charlotte	Wakerley
Jasmin	Tewantin	Isabella	Capalaba
Cohen	Warana	Jett	Alexandra Hills
Layla	Greenslopes	Samantha	Victoria Point
Eve	Tingalpa	Tamazim	Eagleby
Chloe	Bracken Ridge	Leilani	Ormeau
Evelyn	Zillmere	Chloe	Mason
Genevieve	Kallangur	Ryan	Kuraby
Liam	Burpengary	Chloe	Springfield
Blake	Morayfield	Jacob	Redbank Plains
Bailey	Ningi	Jhett	Flinders View
Ryan	Everton Park	Daelle	Kurana Downs
Genevieve	Ashgrove	Mary	Southport
Freya	Bardon	Eadie	Burleigh Waters
Kaleb	Moggill	Nicholas	Dalby
Zarlia	Holland Park	Matthew	Jackson North
Kye	Wishart	Briedon	Milman
Antoni	Mount Gravatt East	Jace	Blackwater
Amber	Heatley	Parker	Tinana
Rohan	Doonan	Rachel	Piabla





Name	Suburb	Name	Suburb
Ry	Skennars Head	Harrison	Wilston
Charlotte	Wavell Heights	Darah	Ashgrove
James	Nudgee	Alexander	Rochedale South
Adam	Albany Creek	Kyden	Mount Cotton
Matthew	Narangba	Braxton	Mount Cotton
Mitchell	Caboolture	Dayna	Eagleby
Ella	Banksia Beach	Tyson Ray	Inala
Charlotte	Bracken Ridge	Chloe	Browns Plains
Liam	Chermside	Izzabella	Waterford
Jaelon	Cedar Vale	Decklan	Raceview
Ezra	Upper Coomera	Ava	Biggera Waters
Nate	Tugun	Chad	Texas
Bernadette	Dalby	Ridley	Mount Sheridan

Some birthday jokes for you, hope you have a happy day!

Knock, knock.  
Who's there?  
Abby.  
Abby who?  
Abby birthday

Knock, knock.  
Who's there?  
Omar.  
Omar who?  
Omar goodness, it's your birthday?

Knock, knock.  
Who's there?  
Bacon.  
Bacon who?  
Bacon a cake for your birthday.

Knock, knock.  
Who's there?  
Mark.  
Mark who?  
Mark your calendar, because my birthday's coming!

Knock, knock.  
Who's there?  
Osborn.  
Osborn who?  
Osborn today - wish me a happy birthday!

Knock, knock.  
Who's there?  
Sue.  
Sue who?  
Sue-prize!! Happy birthday!

Knock, knock.  
Who's there?  
Wanda.  
Wanda who?  
Wanda wish you a very happy Birthday!

# Little Poss' Anzac Day Recipes!

Some of Little Poss' favourites!



## What you need!

A grown up to help you please!

### Cheesecake base -

- 250 g milk chocolate melts
- 1/3 cup desiccated coconut
- 2 cup Rice Bubbles

### Cheesecake filling -

- 300 ml thickened cream
- 340 g cream cheese
- 1/3 cup caster sugar
- 3/4 cup milk
- 1 1/2 cup Milo
- 4 tsp gelatine powder
- 2 tbs Milo

## What to do!

- Put the chocolate in a heatproof bowl and zap for 40 second bursts in the microwave until melted.
- Combine the melted chocolate, coconut and Rice Bubbles in a bowl, stir until well combined.
- Grease and line a 20cm springform cake tin.
- Press the chocolate Rice Bubble mixture into the base of the tin, flattening it with a spoon. Refrigerate for about 30 minutes.
- Beat the softened cream cheese until soft and creamy and add the caster sugar.
- Add about a tablespoon of boiled water to the Milo powder and mix it into a paste until dissolved well. Put the milk into a jug and heat it in the microwave for about two minutes, until nearly boiled.
- Stir the Milo mixture into the milk, whisk until it's all combined. Dissolve the gelatine in about a tablespoon of hot water and add that to the hot Milo mixture.
- Add the Milo mixture to the cream cheese, gradually, a little at a time. Fold in the whipped cream.
- Pour the filling over the base and refrigerate overnight. Sprinkle with Milo powder and serve! **Enjoy!**

# Anzac biscuits with a Twist!

## What you need - A grown up to help!

- ♦ 1 cup plain flour
- ♦ 2 cups rolled oats
- ♦  $\frac{3}{4}$  cup white sugar
- ♦ 125g butter, chopped
- ♦ 2 tbsp golden syrup
- ♦ 2 tbsp hot water
- ♦ 1 tsp bicarbonate of soda



Preheat oven to 150°C. Line 4 oven trays with baking paper.

Put flour in a bowl and stir in oats and sugar.

Put butter, syrup and hot water in a small saucepan over a medium heat. Stir occasionally until butter has melted.

Stir bicarbonate of soda into syrup mixture and remove from heat. Add warm syrup mixture to oat mixture.

Stir until well combined. Shape tablespoons of the mixture into 28 balls. Arrange balls on prepared trays about 8cm apart.

Press each ball lightly with your fingers to flatten slightly.

Bake, in batches, for 18-20 minutes or until golden brown.

Remove from oven and cool on trays.

**Serve and Enjoy!**

## OR make Chocolate freckles -

Shape 2 tsp of mixture into balls to make 52 balls. Press 1/3 cup M&Ms in to tops of biscuits. Reduce baking time to 16 minutes.

**Enjoy!**





# Happy Easter from Little Poss!

Send me your Colouring In of this *little Bunny* and I'll pick the best one for a prize!

# Happy Easter!





In case you missed Purple Day, here are some photos!

