



A Message from Poss

September / October 2018

Hi to my friends!

It's school holiday time! I just love holidays. Are you going away somewhere fun? I would like to see you photos if you take any.

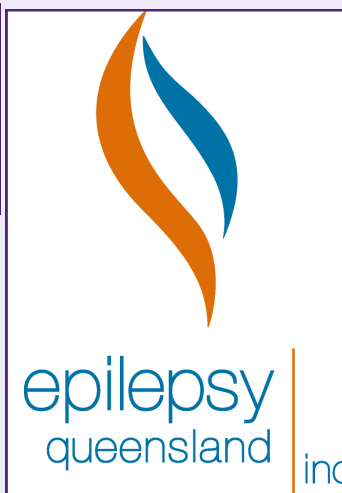
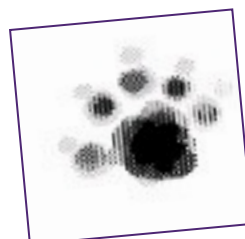
I would like to go away but not this time. I have to see my neurologist for a check up and I am going to visit the dentist to have my teeth checked too.

It's important to take care of your teeth and to take care of your health. My neurologist likes to see me, I think I am his favourite patient because I always take my medication and I always go to bed early so I get some good sleep. At least I try to!

I like to visit my friends when I'm on holidays, it's always good to see them and hear about their school term. Some of them play sport and some do other things like dancing and athletics. I love to hear their stories.

I'd love to hear your stories too. I would love to know what you do when you are not in school. Would you like to send me a letter or an email? You can send me an email to this address - littleposs@epilepsyqueensland.com.au or post it to PO Box 1457, Coorparoo DC, Qld 4151. I hope you enjoyed your holidays.

Little Poss



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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
or phone: 3435 5000 or 1300 852 853

What's coming up!

In-house Epilepsy & Midazolam training
at Woolloongabba

18 October
15 November

Benowa Gold Coast training

14 November

Date Claimer!

30 October 2018

'What's in the pipeline!'

**9th Annual Queensland Epilepsy Symposium
'Thinking outside the box'**

Please contact Epilepsy Queensland on services@epilepsyqueensland.com.au
Or call 1300 852 853 for more information

Epilepsy Queensland Inc
PO Box 1457
Coorparoo BC QLD 4151
www.epilepsyqueensland.com.au



‘Spotlight On’

Little Poss ‘Member’

Ellie

Hi,

My name is Ellie. I’m five and I live in Brisbane. I am in prep and I love doing art and craft. I was diagnosed with frontal lobe epilepsy in July 2018. I had to have lots of tests done to see why I was having seizures. One of those tests was an MRI at the hospital.

The hospital staff were very good and helped me understand what was going to happen during the test so that I wasn’t scared. They even let me test the machine out on my toy Ricky! He wasn’t scared, and neither was I. I stayed really still the whole time so that the doctor could take photos of my brain.

The diagnosis was all a bit scary at first for me and my family, but my medicine seems to now be controlling my seizures now.

Bye for now!





Ask Dr Dudley

Dear Dr. Dudley,

I'm not so sure I like having epilepsy because it can be hard. Can you help me understand?

Maddie

Dear Maddie,

Having epilepsy doesn't mean that you are weird. You are still exactly the same person. You can still do all the things your friends do like swim, ride, learn and play sport. If you do have a seizure, you might need a rest afterwards. Then you can go back to what you were doing. You can also do all the things you want to do as an adult.

Everybody is different. Some people are short, others are tall. Some people enjoy netball and some enjoy tennis or soccer. Some people get headaches and others sprain their ankle. Epilepsy is just another difference between people. All the things that you like to do, people with epilepsy can do too. Being a friend means looking out for each other. Having epilepsy doesn't mean that you can't hang out with your friends. You can still do all the things that you love to do. Sometimes you may need to be a little more careful. That's why it's a good idea to tell your friends about your epilepsy, so they can look out for you. You should also ask an adult about the different ways that you can be more careful.

When something new happens, it can take a bit of getting used to. It might take a while to get used to having seizures. It's normal to sometimes feel sad or confused. If you feel like this, it's a good idea to talk to your friends or an adult. It's also important to remember that epilepsy is something that you have, not who you are.

It's a good idea to talk to your friends about your epilepsy so they can understand it better. It will help them know what to do if you have a seizure. You should also find out if your friends have a medical condition like asthma or food allergies. Then you will know what to do if they need your help.

Sometimes it's hard to understand new things. When you first learn maths, it can be difficult. But when you learn how to do it, it's much easier. If someone doesn't know about epilepsy, you can help them by talking to them about it. Once they understand what seizures are, they will be able to help you.

Bullies are often people who aren't very understanding. They can sometimes be aggressive or say mean things. If bullying is a problem for you, you should tell an adult. When you fall off your bike, you can pick yourself up and carry on riding. Having epilepsy is a bit like this. After you have a seizure, you can pick yourself up and carry on what you were doing!

I hope this is helpful Maddie!

Dr. Dudley



Happy Birthday!



There is a prize for the best colouring-in! You can send them to me at Epilepsy Qld and I will pick the winner!

Little Poss's HALLOWEEN



Halloween Word Scramble

Unscramble the Halloween words and write the letters in the boxes. Use the letters in the shaded boxes to form a new word that answers the riddle.

OYPKSO

--	--	--	--	--	--

LABKC

--	--	--	--	--



OLSETENK

--	--	--	--	--	--	--	--

NTHAEDU EUHOS

--	--	--	--	--	--	--	--	--	--

ATHPNOM

--	--	--	--	--	--	--

RIMG EPERAR

--	--	--	--	--	--	--	--	--	--

AUONDLCR

--	--	--	--	--	--	--	--



Q. What is a witch's favorite food?

--	--	--	--	--	--	--



Green monster slime bark!



What you need:

A grown up to help you!

180Grams white chocolate chopped

Yellow, purple & green food colouring

1/2 x 150grams Crawly lollies

12 candy eyes

1/3 cup smarties roughly chopped

1 tablespoon of rainbow lollies

What to do:

Using a pencil, mark a 20 x 30cm rectangle on a sheet of baking paper. Place, marked down side, onto a large tray.

Place chocolate in a microwave-safe bowl. Microwave on medium, stirring with a metal spoon halfway through for 2 minutes or until smooth.

Transfer 1 tablespoon to a bowl. Repeat with another 1 tablespoon and a separate bowl.

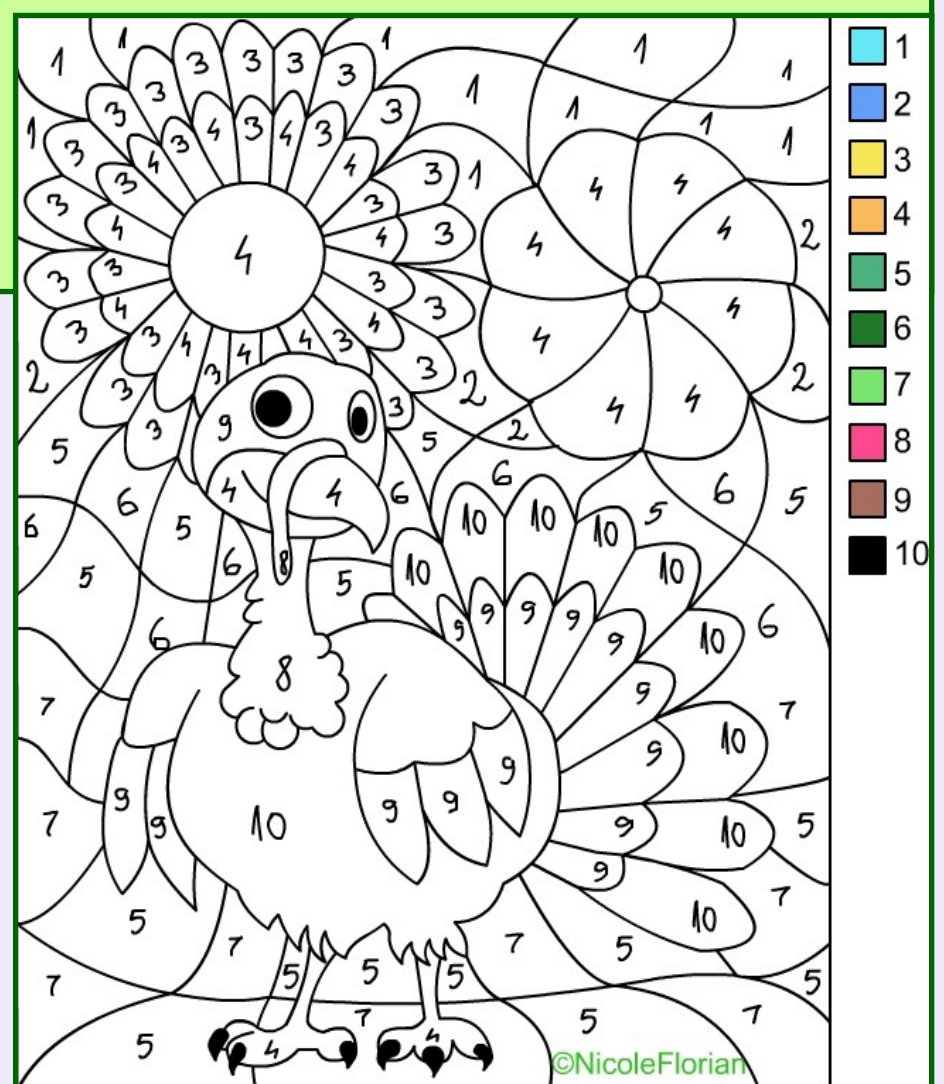
Using food colouring, tint 1 portion purple. Using green and yellow food colouring, tint remaining portion lime-green. Using the marked rectangle as a guide, spread lime green chocolate onto baking paper. Drizzle with yellow and purple chocolate. Run a skewer through the chocolate to create a marbled effect.

Arrange the Crawly lollies and eyes on the bark.

Sprinkle with smarties and rainbow lollies.

Stand for 20 minutes to set. Break into pieces.

Serve and enjoy!



September Sizzle!

Some great sizzles we had!



Seizure First Aid Quiz!

Do you know what to do for a friend having a seizure?
What do the mixed up words mean?

1. Stay Mlac
2. Try and bmreemr what time the zisuere started
3. Tepcrot your friend from anything hard or aprhs that might hurt them
4. Put htemgoisn soft and small under their aedh and shoulders
5. As soon as you can, lrlo the person on their side so they can teharb
6. Talk to your eridnf so they know you are close by.
7. Don't try and hold them down
8. Don't put anything in their mouth!



Ask an adult to call an ambulance IF -

- ◆ The zisuere last more than 5 minutes
- ◆ The person is thru
- ◆ You nt do' know what to do
- ◆ Or if they are in rweta when they had the zisuere.



Stay Calm
2. Try and remember what time the seizure started
3. Protect your friend from anything hard or sharp that might hurt them
4. Put something soft and small under their head and shoulders
5. As soon as you can, roll the person on their side so they can breathe
6. Talk to your friend so they know you are close by.
7. Don't try and hold them down
8. Don't put anything in their mouth!

Ask an adult to call an ambulance IF -
The seizure last more than 5 minutes
The person is thru
You don't know what to do
Or if they are in water when they had the seizure

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