



Here to help

Supporting families, young people
and professionals across the UK

Find the help you need

- 4 Helpline
- 6 Resources
- 8 Training
- 10 Schools
- 12 Health
- 14 Champions



Hello and welcome

At Young Epilepsy we aim to create better futures for young lives with epilepsy. In the UK, there are 112,000 young people, 25 and under, living with epilepsy. Whether you are a young person with epilepsy, a parent or carer, teacher or clinician, we are here to help. We are a national charity with over 100 years' experience and the only one working exclusively on behalf of children and young people with epilepsy.

We're actively developing services to help all children and young people in the UK who are affected by epilepsy and we welcome ideas that will help us shape the services you want. If you have an idea or suggestion, get in touch by calling us on **01342 832243 ext 296** or email us at **nationalservices@youngpilepsy.org.uk**

Alternatively, keep up to date with all our latest news by liking us on Facebook (facebook.com/youngpilepsy) and following us on Twitter ([@youngpilepsy](https://twitter.com/youngpilepsy)).

Helpline

Call us for help

Need help?

The Young Epilepsy Helpline team is here to provide support with our confidential information and signposting service for families, health, education and social care professionals. Call our friendly, knowledgeable team on **01342 831342**, Monday to Friday, between 9am and 1pm or email **helpline@youngepilepsy.org.uk**

“A mother whose four-year-old son had recently been diagnosed with epilepsy called us because she had been given very little information at the diagnosis. Understandably, she was feeling anxious and tearful, during the 40-minute call. We suggested some of our free resources: A Parent’s Handbook, information for siblings, picture books and our Children’s Seizure Diary. The caller said she found the conversation really helpful and that she now felt more able to cope.”

**Specialist Epilepsy Nurse,
Young Epilepsy Helpline**



Our Helpline
staff can help
you to cope

Resources

Parent handbooks

- Newly diagnosed epilepsy
- Complex epilepsy

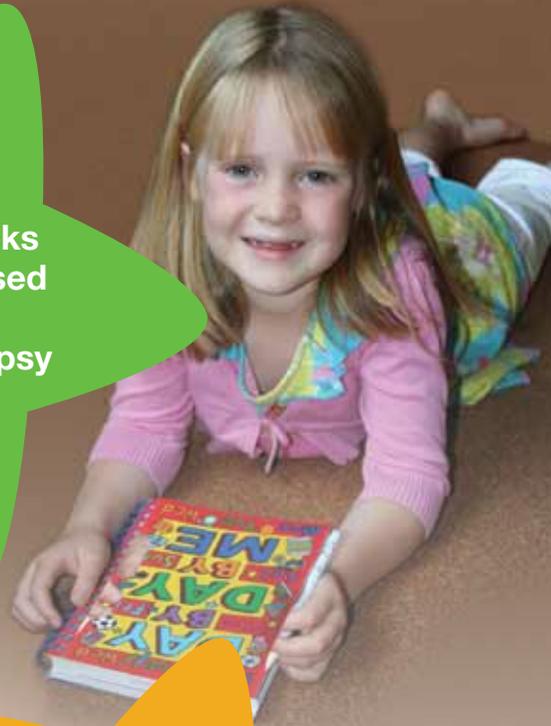
Online
teen diary

Seizure diary
and handbook
for teens

Seizure diary
for younger
children

- ### Information days and conferences
- For families
and carers
 - For professionals

Specialist
information for
professionals





Resources designed for you

Need information?

Whether you are a young person with epilepsy, a parent, carer or professional, we can help with specialist information. Our resources are designed to offer support to anyone who's affected. To find out more, call us on **01342 831342** or visit **youngpilepsy.org.uk**

“ Sam’s old diary was just a small notebook. ‘All About Me’ is far better for his credibility with his friends. The good day/bad day tracker is especially good because he has a poor short term memory. Sam likes the unisex cover, mottos, graphics and jokes – we all had a good laugh! ”

Sam’s mother



Building your confidence

Need training?

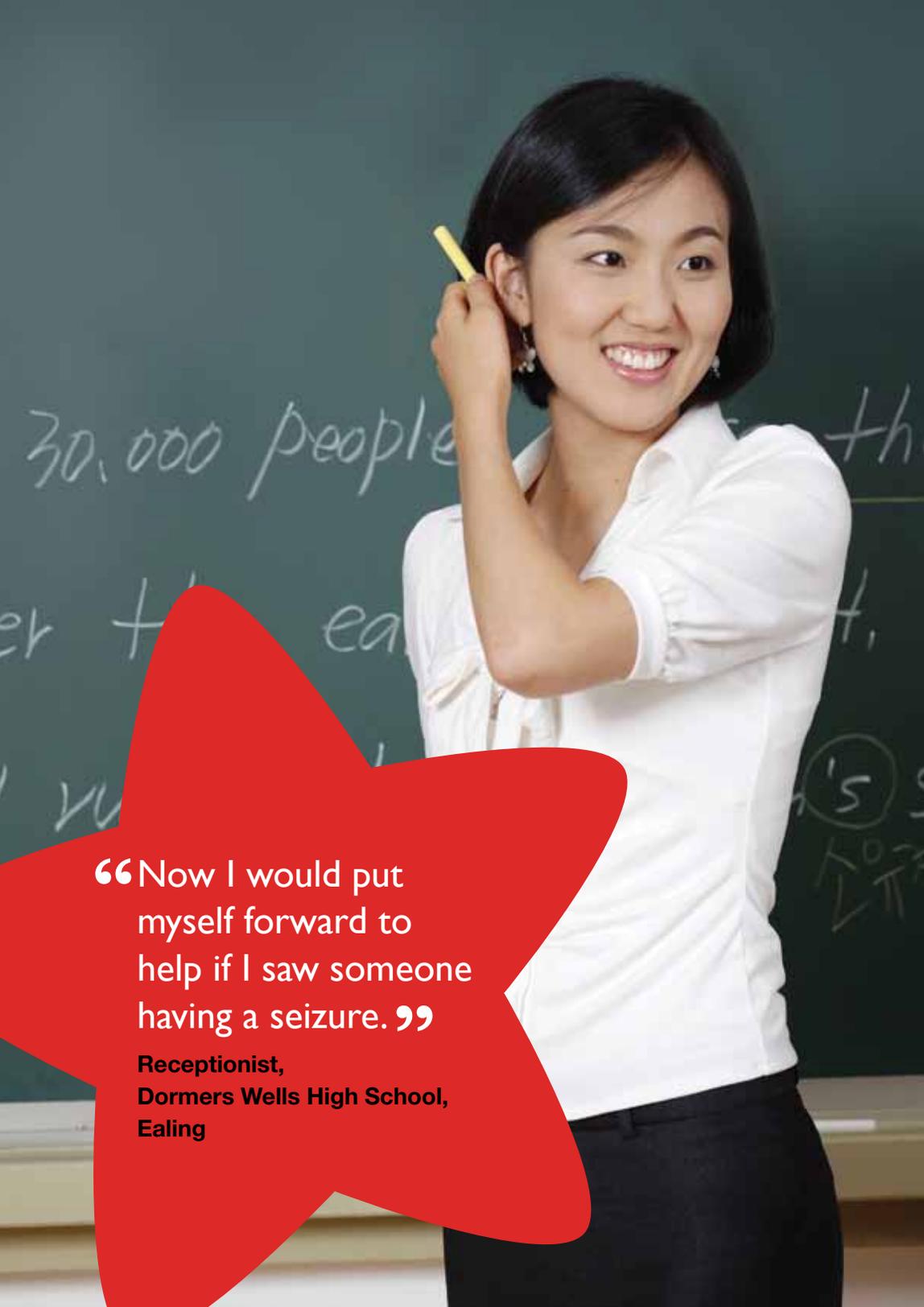
If you're working, or living, with a child affected by epilepsy, developing your understanding of this complex condition will be of real benefit. The training courses we run across the UK will help you learn more about how childhood epilepsy can affect learning, behaviour and wellbeing. You will also gain confidence in managing seizures when they happen. Find out more information about our training programme at youngpilepsy.org.uk or call us on **01342 832243 ext 296**.

“The training was brilliant and just what our team needed. I would definitely recommend your organisation for training and may well be in touch in the future for refreshers.”

Inclusion Manager, Scope Cornwall

“The student, normally mumbling when spoken to, hunched in a shy, almost foetal position since day one of school, is strutting about school, body straight and taut, engaged, laughing and confident.”

*Primary School, Chichester –
following assembly and class lessons*



“Now I would put myself forward to help if I saw someone having a seizure.”

**Receptionist,
Dormers Wells High School,
Ealing**

Schools



Ofsted
preparation

Staff training
and INSET
days

Specially
designed
lesson
plans

Free
teachers
toolkit

Help
shaping
your policy



Helping you support your students

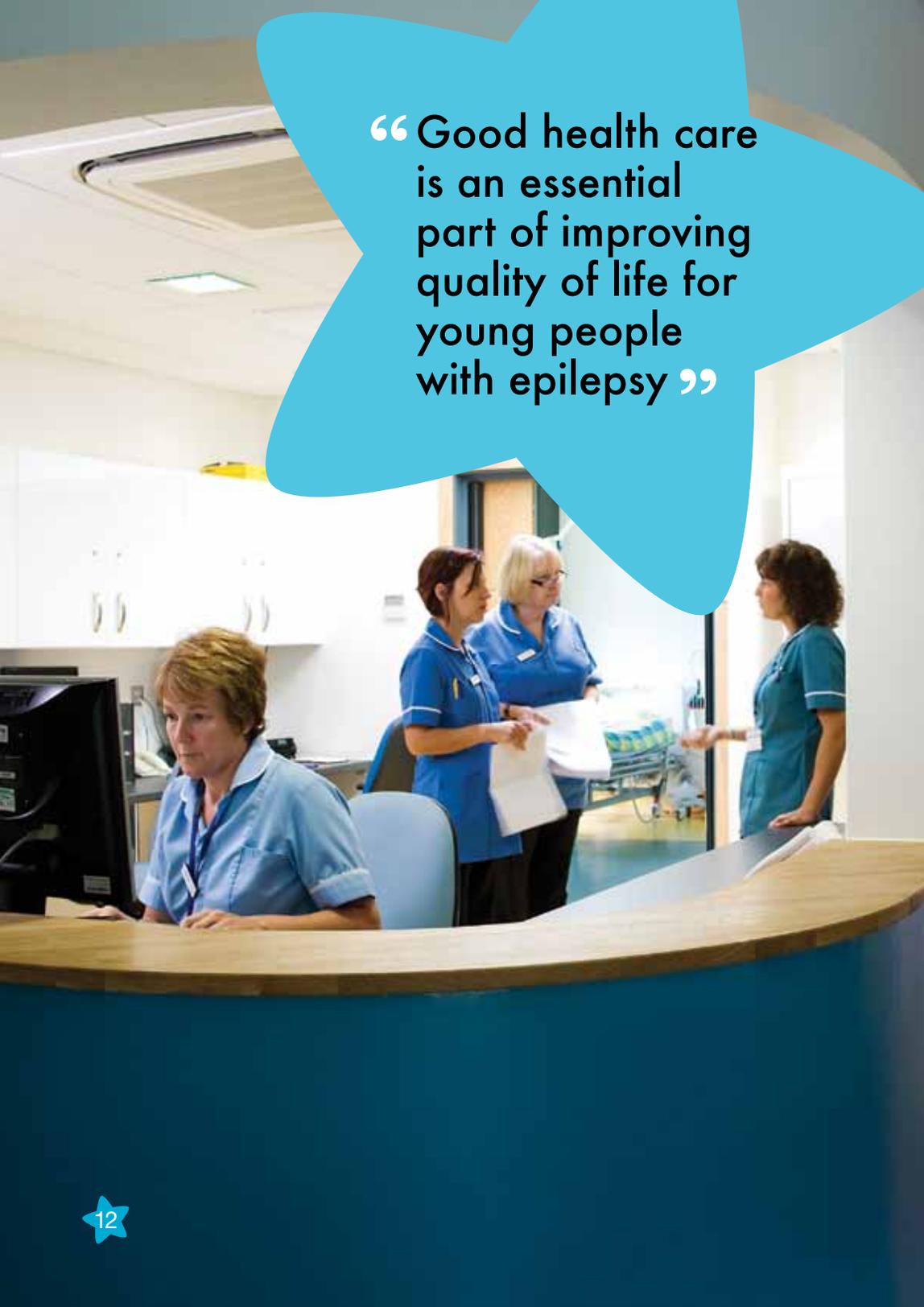
Working in the education sector?

Whether you are teaching teenagers or infants, we know you're committed to doing the best you can for each and every student. Our rich and varied range of resources and training options are carefully designed to help raise awareness of epilepsy, and improve the confidence of individuals when supporting children and families who are living with the condition. If you'd like to discuss your training needs, call us on **01342 832243 ext 295**, or find out more at **youngpilepsy.org.uk**

“One Year 9 student told me he thought the assembly to his year group was brilliant, particularly because he was not singled out in any way. Other students asked him afterwards if he had epilepsy and he said he did. He now feels far less embarrassed and more supported.”

***Learning Support Teacher,
Glebelands Secondary School***

“ Good health care is an essential part of improving quality of life for young people with epilepsy ”



Creating healthy partnerships

Diagnosing and managing a condition as complex as childhood epilepsy presents many challenges. As a specialist organisation, we're working with the NHS and others to bring about change where it is needed, so that all young people with epilepsy, and their families, get the best medical support available. Can we help you? Contact our specialist team on **01342 832243 ext 296** or visit **youngepilepsy.org.uk** for more information.

“We know that there is room for improvement in the services young people with epilepsy get from the NHS. We are happy to work in collaboration with Young Epilepsy to explore how that can be achieved. With unplanned hospital admissions in paediatric epilepsy now one of the Government's 60 outcome measures, all commissioning groups can benefit from this kind of expertise and support to help the NHS move forward.”

Dr Amit Bhargava , GP - Southgate Medical Group

Champions

Champions for children and young people

Are you a natural champion?

Young Epilepsy's Champions use their training, networks and energy to help make a lasting difference to young lives with epilepsy. We're asking everyone who works with us or chooses our training to consider becoming a Champion. It's an inspiring role that really does make a significant difference.

Going the extra **MILE**...

Measuring & monitoring - knowing which children have epilepsy, planning your services appropriately for them and monitoring their progress.

Including & informing - involving children, young people and families at every stage. Providing clear information, planning care, meeting educational needs and supporting full participation.

Liaising - encouraging and promoting good communication between health services, education, the child or young person and their parents or carers.

Ensuring - making sure everyone is epilepsy aware and informed and that health and education services have good protocols, policies and care pathways in place and in use.

To find out more about the campaign, our awards scheme and how you can go the extra **MILE**, call us on **01342 831340** or visit **youngepilepsy.org.uk**

“I've been teaching for 21 years and have often come across children with epilepsy. Like a lot of teachers, I thought I was reasonably well informed when in fact there was so much I didn't know. I felt it was mainly a health condition and had not fully appreciated the impact epilepsy can have on behaviour, memory, concentration and learning. ”

Chris Keating – Deputy Head of a secondary school and School Champion.



Notes
stored here!



Name.....

Address.....

County..... Postcode.....

Email.....

Telephone.....

I found this booklet at.....

So we can send the most relevant information please tell us about you. Are you - a young person; parent or carer; professional etc?

.....



Thank you for completing this contact form. This will allow us to inform you about new developments and activities organised by Young Epilepsy which may be of interest to you. Once you have completed the details please cut out the form and return to us, using the following FREEPOST address:

**National Services
Young Epilepsy
Freepost SEA0602
St Piers Lane
LINGFIELD
Surrey RH7 6BR**

Alternatively you can complete these details online by going to:
youngepilepsy.org.uk/contact-form

Your contact details will be stored on Young Epilepsy's database. They will not be shared with any third party.

“I urge everyone to join this campaign and champion epilepsy. By working together we really can change lives.”

*Dai Greene
400m Hurdler and Young
Epilepsy Ambassador*



Better futures for young lives with epilepsy

Young Epilepsy,
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Surrey, RH7 6PW
Tel: 01342 832243
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Email: info@youngepilepsy.org.uk
Visit: youngepilepsy.org.uk

Like us on Facebook: Young Epilepsy

Follow us on Twitter: @youngepilepsy

Young Epilepsy Helpline

01342 831342 (Monday-Friday, 9am-1pm)

helpline@youngepilepsy.org.uk

Young Epilepsy is the operating name of The National Centre for Young People with Epilepsy. Registered Charity No. 311877 (England and Wales).
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