



Your Purple Pack is here!

Hello and thank you for offering to take part in Purple Day.

We've put together these packs to help you make the most of what should be a fun and informative day. They contain:

- Two funky purple posters
- Fundraising ideas
- The BIG purple quiz and answer sheet
- Information on avoiding seizures and epilepsy word search
- Information about the National Centre for Young People with Epilepsy (NCYPE)
- Epilepsy fact sheet

Want more posters or quizzes? The entire pack and the posters are also downloadable from our website: www.ncype.org.uk We hope all this is useful and that you enjoy Purple Day in the purplest way possible!

For more information contact me, Kelly O'Haire, at the NCYPE on 01342 831310 or email kohaire@ncype.org.uk

With purple regards

Kelly

Kelly O'Haire
Media and Communications Officer, NCYPE
www.ncype.org.uk

Fundraising ideas

- Lavender is the international colour for epilepsy. The founder of Purple Day, 10 year old Cassidy Megan from Nova Scotia in Canada, decided that as lavender is just a shade of purple that she would start Purple Day.
- Wear something purple to school or have a purple themed non-uniform day!
- Raise money by having purple face-painting!
- Hold a purple picnic
- Or a purple party!
- Create a 'Purple Patch' in your school from which you can base all your Purple Day activities
- Have a purple cake sale
- Bring a purple lunch to school (we thought of: red/black grapes, blackcurrant drink, beetroot and red cabbage coleslaw, blackberry jam sandwiches, yogurt, dairy milk chocolate)
- Create a purple quiz for your class
- Hold a purple themed raffle (prizes could include Cadbury's chocolate, Milk Tray, purple stationery!)

The BIG Purple Quiz!

1. A seizure is a sudden burst of _____ in your _____.

Fill in the blanks with two of the following words: fluid, electricity, heat, brain, heart, lungs

2. Doctors always know why someone has epilepsy - True or false?

3. You can catch epilepsy from someone who has it - True or false?

4. Most seizures last:

- a) a few minutes or less
- b) a few hours
- c) a few days

5. One way to stop seizures is to:

- a) stay home in bed
- b) take medicine
- c) sneeze

6. What should you do if a person is having a seizure and there is not an adult nearby?

- a) Call 999 and ask for an ambulance
- b) Ignore them
- c) Try to move them

7. If someone is having a seizure you should not put anything in their mouth. - True or false?

8. How many children in the UK have epilepsy?

- a) 600
- b) 6,000
- c) 60,000

9. Young people with epilepsy can have a seizure if:

- a) they don't get enough sleep
- b) they forget to take medication
- c) both

10. Which of these famous people in history had epilepsy?

- a) Julius Caesar
- b) Vincent van Gogh
- c) Napoleon Bonaparte
- d) All of the above

The BIG Epilepsy Quiz – Answers

1. A seizure is a sudden burst of electricity in your brain.
2. Doctors always know why someone has epilepsy - False
3. You can catch epilepsy from someone who has it - False
4. Most seizures last:
 - d) a few minutes or less
5. One way to stop seizures is to:
 - e) take medicine
6. What should you do if a person is having a seizure and there is not an adult nearby?
 - d) Call 999 and ask for an ambulance
7. If someone is having a seizure you should not put anything in their mouth - True
8. How many children in the UK have epilepsy?
 - c) 60,000
9. Young people with epilepsy can have a seizure if:
 - c) both
10. Which of these famous people in history had epilepsy?
 - e) All of these people

Avoiding Seizures

For people with epilepsy, certain things are known to increase the **risk** of having seizures. These are called seizure **triggers**.

When people know that something could result in a seizure, they can try to **avoid** it. For instance, if a person with **epilepsy** doesn't get enough sleep, then he or she is more likely to have a seizure.

It is important for people with epilepsy to:

- Always take their **medication**
- Get enough **sleep**
- Not miss **meals**
- Avoid situations that cause too much **stress**
- Avoid flickering **lights** from computers or television if they have a certain type of epilepsy known as photosensitive epilepsy

Can you find the highlighted words in the word search below?

Words can be found printed up, down, diagonally, across, and even backwards in the puzzle - good luck!

T	W	H	K	X	S	A	U	S
R	I	S	K	L	M	S	T	D
I	A	P	P	V	Y	H	N	E
G	V	S	R	F	G	F	A	M
G	M	E	D	I	C	I	N	E
E	P	I	L	E	P	S	Y	A
R	H	Z	S	U	X	O	F	L
S	D	U	S	S	E	R	T	S
E	L	R	T	A	S	D	F	H
S	A	E	G	A	V	O	I	D
X	J	S	E	L	R	T	A	I

T	Y	I	L	P	P	B	F	H
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About NCYPE

The National Centre for Young People with Epilepsy (NCYPE) is a national epilepsy charity, based in Lingfield, Surrey, which wants to see better health and education services for all children and young people with epilepsy in the UK.

The NCYPE has a special needs school for children aged between 5 and 19, and a Further Education College for special needs students aged between 19 and 25. Most of the children and young people at NCYPE live with carers in specially adapted homes on our 60 acre campus. We also run a Sure Start Children's Centre for all local families in the local area from our site.

The NCYPE campus also has a new world class medical centre on it and works with Great Ormond Street Hospital to help children with epilepsy from all over UK. Our Childhood Epilepsy Information Service provides training and support for professionals, parents and young people and our research programme is led by Professor Helen Cross, the Prince of Wales's Chair of Childhood Epilepsy.

Epilepsy factsheet

- Epilepsy is a neurological condition - which means it affects the brain. It is also a physical condition, because the body is affected when someone has a seizure.
- Epilepsy is described as the tendency to have seizures. Epilepsy is only diagnosed after the person has had more than one seizure.
- The Greek philosopher Hippocrates (460-377 BC) was the first person to think that epilepsy starts in the brain.
- Anyone can have a seizure if the circumstances are right, but most people do not have seizures under 'normal conditions'.
- Seizures are sometimes called 'fits' or 'attacks'. Seizures happen when there is a sudden interruption in the way the brain normally works.
- Epilepsy is a variable condition that affects different people in different ways.
- There are many different types of seizures (over 40). What seizures look like can vary. For example someone may go 'blank' for a couple of seconds, they may wander around and be quite confused, or they may fall to the ground and shake (convulse). So not all seizures involve convulsions.
- Some people are not aware during their seizures and so they do not remember what happens to them. It can be really useful to have a description of what happened from someone who saw their seizure to help with diagnosis. This is sometimes called a 'eyewitness account'.
- There are many different reasons (causes) why someone might develop epilepsy. Sometimes a cause for epilepsy can be found (for example if someone has had a head injury) but sometimes the person's epilepsy starts 'out of the blue' and the cause cannot be found.
- Epilepsy can start at any age, and it is often diagnosed in people under 20 and people over 60. This is because some causes are more common in young people (such as difficulties at their birth, childhood infections or accidents) and in older people (such as strokes that lead to epilepsy). For some people their epilepsy might 'go away' and they stop having seizures.
- Epilepsy can be difficult to diagnose and there are a number of different tests that might be done to help with diagnosis such as an EEG (electroencephalogram) or an MRI (magnetic resonance imaging).
- Epilepsy is usually treated with medication called anti-epileptic drugs (AEDs). AEDs aim to stop seizures from happening, but they do not cure epilepsy.
- With the right AEDs, about 70% of people with epilepsy could have their seizures controlled (stopped).
- The first AED used to treat epilepsy was phenobarbitone in 1912. There are now over 20 different AEDs available in the UK.

- For people who do not have their seizures controlled with AEDs, surgery may be an option. This can involve removing the part of their brain that causes the seizures.
- Some people may have a form of treatment called Vagus Nerve Stimulation to help control their epilepsy. This involves having a special device implanted that sends regular electrical signals to their brain.
- St Valentine is the patron saint of people with epilepsy.
- Some famous people who have had epilepsy include the Roman Emperor Julius Caesar and the artist Vincent Van Gogh. More recently the actor Danny Glover, Rabbi Lionel Blue, publicist Max Clifford and rugby player Dean Ryan.

Epilepsy statistics

- One in 20 people will have a one-off epileptic seizure at some point in their life (although this does not necessarily mean that they have epilepsy).
- One in 50 people will have epilepsy at some time in their life (not everyone with epilepsy will have it for life).
- Around 75 people are diagnosed with epilepsy every day.
- There are around 456,000 people in the UK who have epilepsy. That's about one in every 131 people. There are around 50 million people with epilepsy in the world.
- Only about 5% of people with epilepsy will be affected by flashing lights (called photosensitive epilepsy).