

Drikie Snyman

From: Epilepsy South Africa National Office [info@epilepsy.org.za]

Sent: 05 November 2009 12:53

To: marketing.no@epilepsy.org.za

Subject: November Newsletter - Preview



November 2009

Dear Valued Subscriber

It is with great happiness that I write this month's letter as I returned on 2 November to work after my maternity leave. I want to take this opportunity to thank everyone for their support and well wishes during the last two months. I learned the hard way that having two children is more than double the amount of work. Despite the hard work and lack of sleep we still feel blessed and our children remain closest to our hearts.

On 26 November it is Thanksgiving Day that is mostly celebrated in the USA. We also have a lot to be thankful for in South Africa. I am thankful for having two healthy children and a loving husband, a job, a home to live in, food to eat, family and friends. I want us to spare a thought for those that do not have these things to be thankful for. I specifically think of parents whose children have epilepsy and know that it is horrifying to receive the diagnosis that your child has epilepsy. A colleague once told me that once you have children it is the first time that you see your heart living and walking around outside your body and this is so true. We want the best for our children and we want to protect them from all harm. If your child is diagnosed with epilepsy it makes you feel completely out of control and helpless. In such difficult times it is very difficult to see or find the things that we can still be thankful for, but often it helps us to cope if we force ourselves to think of positive things and those that are in even more difficult circumstances than us.

We must also be thankful for the wonderful country we live in where we are proud of our democracy, freedom and equality. We know that people with disabilities in South Africa unfortunately still experience discrimination in relation to education, employment, social life and services. This is steadily being addressed by Government and all the disability organisations are working hard to see this discrimination eradicated. Thus we also celebrate International Day for Persons with Disabilities (IDPD) on 3 December and the theme for this year promotes the empowerment of persons with disabilities and their communities through the Millennium Development Goals. The Day provides an opportunity to mobilize action to achieve the primary goal of full and equal enjoyment of human rights and participation in society by persons with disabilities. Include! Organize! Celebrate! Take Action!

A celebration day that many of us don't know about is International Men's Day that is celebrated on 19th November. Let us thus thank all the men in our lives for whom they are. I specifically want to thank our male Board members for their ongoing support.

At Epilepsy South Africa everybody is busy writing and completing business plans for the new financial year which will also form the basis for our National Lottery Development Trust applications due on 11 December 2009. With only two months left of this year we are working very hard to finalize all outstanding matters and I say thank you to all the staff of Epilepsy South Africa for their dedication.

“Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom.” Marcell Proust

With thanks
Noëline de Goede

November E-news Contents:

- [A face-lift for our Centre \(Epilepsy South Africa Free State\)](#)
- [The Dome Business Hub \(Epilepsy South Africa Free State\)](#)
- [National disAbility Awards](#)
- [The Process of Coping with Your Epilepsy \(Karen Robinson - National Social Development Manager\)](#)
- [Expert seminar on effective monitoring of the UNITED NATIONS CONVENTION ON RIGHTS OF PERSONS WITH DISABILITIES \(Karen Robinson - National Social Development Manager\)](#)
- [Self Advocacy Training \(Karen Robinson - National Social Development Manager\)](#)
- [National Disability Month 15 November - 10 December 2009 \(Epilepsy South Africa Western Cape\)](#)
- [Dr Potgieter visits the South Cape Karoo \(Epilepsy South Africa South Cape Karoo\)](#)
- [Absa Corporate and Business Bank - East Rand donates to Epilepsy South Africa Gauteng.](#)

A face-lift for our Centre (Epilepsy South Africa Free State)

It is unfortunate but we could not maintain or upgrade our centre over the past few years due to the lack of resources. Thanks to people like Callie and Monique Strydom we could upgrade the interior of the flats in order for the residents to live more decent and in healthy circumstances.



You can imagine our excitement in reporting that a sponsorship from Chemcity and Internet Solutions made it possible for the centre to receive a face-lift. We had 600 volunteers that came and did the manual labour, in a period of two days.

They have done the following that gave the centre the amazing face-lift:

- Gave the centre a face lift with a new coat of paint
- upgraded our nursery,
- prepared the soon to be opened shop,
- erected 15 tunnels in Tumahole and Mokwallo for the community vegetable gardens
- and redid our reception area.

The advantages for our clients and organization are:

1. A brand new and professional look for the newly established shop
2. The entire centre looks more appealing to the public and sponsors
3. More homely atmosphere for residents
4. Cleaner working and living conditions for residents and staff

[\[back to top\]](#)

The Dome Business Hub (Epilepsy South Africa Free State)

The idea to start the Business Hub at the Epilepsy South Africa Facility in Parys, came as an answer to the high unemployment rate. Many artists market their products in the Parys area, partnerships were formed with Chemcity and Internet Solutions to create employment and a market place for products. The businesses within the Dome Business Hub will be Black owned and staffed. The staff will receive dividends on their labour and this will motivate them to really invest in their businesses. All the businesses form "The Dome Business Hub" will give the shop a better chance of becoming self sustainable.



The community will find a variety of products as well as see how the people make the products. In this way they will become part of the process that gives their purchase more meaning. Visitors can come and relax with a cup of coffee in our coffee shop whilst tasting the delights that the bakery prepare.

Internet Solutions developed a professional look for the shop that will assist us to market the businesses in the Dome Hub by just the welcoming look and feel. Chemcity provided training for the people in the different businesses, as well as gave equipment and initial stock and Lastly but not least, Chemcity sponsored the steps to provide the necessary infrastructure.

Benefits to the organisation:

1. The dome Coffee Shop will be run by clients and residents of Epilepsy South Africa
2. The Dome Bakery provides work for five people and they make freshly baked goods.
3. The Dome Veggies provide work for 90 people in 15 gardens. This is a major selling point for fresh pickled and bottled veggies.
4. Buhle Soap provides work for six people where they hand make a variety of colored and fragranced glycerin soap
5. Impilo Candles provide work for six people and they make candles of all shapes colors and sizes
6. Crystal Perfumes – For men and Women provide work for 12 People where they bottle and sell perfumes.

Arts and crafts from local artists will also be sold from this venue so that they can enter the market.

For more information and orders please contact Jo Steytler at 083 640 5050 or Epilepsy South Africa Free State and North West Branch 056 811 5959 or freestate@epilepsy.org.za .

[\[back to top\]](#)

National disAbility Awards

Nominations are now open!

The Theme for 2009 is: "Making the MDGs Inclusive": Empowerment of persons with disabilities and their communities around the world. The United Nations has advised that the Millennium Development Goals (MDGs) can only be achieved if we can ensure that persons with



disabilities are integrated into all aspects of society and development. Internationally, 1 in 10 people is a person living with a disability and studies have shown that in developing countries, that up to 20% of the population living in poverty are disabled persons. We must strive to ensure that persons with disabilities are mainstreamed into all aspects of society. International disability day recognizes the contributions and achievements of persons with disabilities. On the day persons with disability and the general community come together to:

- * Showcase the skills, abilities, contributions and achievements of persons with disabilities
- * Actively promote a positive image of persons with disabilities
- * Raise awareness of the challenges faced by persons with disabilities

National disAbility Awards 2009

These awards are intended to showcase and celebrate the contributions of persons with disabilities to the communities in which they live and people who have contributed to the disability sector. Nominations are now open to persons with disabilities who have achieved remarkable successes or made a significant contribution to our community, and people within our community who have contributed to the disability sector.

Does somebody remarkable come to mind? Please nominate them for a National disAbility Award by calling the call centre on 086 130 013 to obtain a nomination form. Nominations close on 15 November 2009.

The award categories are:

- National disAbility
Business Leader Award
- National disAbility
Young Leader Award
- National disAbility
Champion Award
- National disAbility
Company Award

- For persons with disability who have displayed outstanding personal achievement in business/workplace and who have advanced the cause of mainstreaming persons of disabilities into the workplace.

Recipients of the 2009 awards will be announced at a ceremony to be held on International Day of Persons with disability.

[\[back to top\]](#)

The Process of Coping with Your Epilepsy (Karen Robinson - National Social Development Manager)

I am managing the on line and telephonic counselling service at the Epilepsy South Africa National Office. The tendency that is presenting high every month is parents, caregivers or individuals that request information on coping with being diagnosed with epilepsy. My aim with this article is to provide information on the psycho social impact of epilepsy on families and also practical information that will assist you coping with the diagnosis of epilepsy. Epilepsy is usually a trying disorder. Reaction to a diagnosis of epilepsy may range from guilt, dismay, fear, embarrassment, to regarding seizures as a routine matter. Many individuals with epilepsy and their families withdraw from social interaction and normal activity. However, research has shown that some persons with epilepsy have fewer seizures by maintaining



an active lifestyle.

The Psycho Social Impact of Epilepsy on Families

Epilepsy affects families, in ways that cannot be treated with medication alone. This is especially true for those who go through a long process, before an accurate diagnosis is made and for those who live with uncontrolled seizures for many years. The psychosocial impact of living with epilepsy often goes unacknowledged. The person and his or her family are often left to grapple with the emotional turmoil and social consequences of this serious disorder on their own. They usually plough through the lack of information, idiosyncrasies of the medical and social support systems and the overwhelming nature of the seizure disorder, without much assistance.

They may end up blaming themselves or become critical of "the systems" they have to deal with, which may compound their distress and aggravate their problems. Epilepsy does not affect each individual or family in a homogenous way. Every individual and their family are affected in their own unique way. Many factors influence how epilepsy may affect people's lives. The age of the child, the type and severity of the disorder, the functioning of the child prior to the diagnosis, their temperament, the availability of information and access to support services, are some of the factors that may play a role. The struggle of dealing with epilepsy often starts with the first seizure and continues long past seizure control has been obtained.

A diagnosis of epilepsy in a child may bring about an intense emotional reaction in all members of the family. The uncertainty and the fear of the young person having another seizure is a common reaction for people. The shock, the disbelief - "I didn't know it could happen to me/ my child" feeling, the confusion and anxiety, are all feelings that often follow the diagnosis of epilepsy. Not all seizures are epilepsy and there are many types of epilepsy and several different medications to manage seizures. Therefore, a diagnosis of epilepsy is a process that may involve several visits to hospitals, doctors, specialists and other professionals, before an accurate diagnosis is made and a suitable medication/ treatment is decided. It may be very time-consuming and overwhelming for individuals being diagnosed and their families to cope with this process. For young people who are in school, it may mean simply missing hours and days of schoolwork, or it may mean taking time off altogether, or having to make changes in their school curriculum. For those who work, it may mean missing work, losing income, giving up their job, putting their career plans on hold, or making new types of career choices. For most people with epilepsy receiving treatment for their seizures it does not necessarily have a huge impact in their work or social life, as long as they have the necessary support systems in place and have informed people how to correctly assist them should they have a seizure.

For parents of young people who live with epilepsy, the job is enormous. They have to make a time commitment to cope with all the medical appointments, handle the medication routines and deal with all the changes in their child's functioning. They may have to advocate for the rights of their child, to get proper support at school, or at home. They may have to take an active role in learning seizure management and teaching it to others who spend time with their child like teachers, grandparents, coaches, or sitters.

People who live with epilepsy and their families often confront the dilemmas of who to tell about the diagnosis of epilepsy and who not to tell. They fear stigmatization if they talk about it and risk safety if they do not talk about it. It may mean more supervision of the child, or curtailing some of his or her activities such as swimming independently. A child who may have wet himself or herself during a seizure at school may be embarrassed and fear it happening again. This may provoke a considerable amount of anxiety and may interfere with peer related activities. Parents of a friend who know about their seizures may worry about, "What if he or she has a seizure in our house?" Unless there is an open discussion, they may be hesitant to invite the child with epilepsy into their home.

Parents of a child with epilepsy may become over-protective in the face of these dilemmas and may be more restrictive, than they ought to be. A child who is exhausted from seizures the night before and is uncertain about when the next one may happen is likely to have difficulties focusing his attention on academic tasks. He or she, may fall behind in schoolwork, or may start to feel distraught and uptight. If the child is on anti-epileptic drugs

that are interfering with attention and activity level, extra support in learning and behaviour management may be necessary. Consequently, young people with epilepsy may feel compromised with regard to their self-esteem, their competence, their ability to relate with others and their academic functioning.

Often social programs to support the special needs of young people with epilepsy are limited. Parents of these children may experience anger and frustration, as they struggle to find adequate and appropriate support for their child. Having to cope with a barrage of professional appointments may mean several changes to their own routines. Working parents may have to make significant changes in their job schedules, some may have to quit work, resulting in financial constraints for the family. Stress in the household can often bring about a lot of conflict among family members - especially couples. They may have different opinions on how to handle different situations and may disagree on the ways they want to support their youngster with epilepsy. Their socialization patterns may change and they may find themselves socially isolated. A sense of grief may result from the "loss of normalcy" in the family and may take the shape of chronic emotional difficulties.

Siblings of a child with epilepsy may also have to deal with multiple issues and feelings related to the diagnosis of epilepsy. They may be afraid for the life of their brother or sister, especially if they have witnessed a full-blown seizure. They may, at times, feel left out and neglected, as their parents appear to be spending all their time with, or for the child with epilepsy. They may have to compensate by over-functioning, or they may have to take on parental responsibilities. They may find themselves watching younger siblings, when the parent is away on different appointments, or they may have to supervise the sibling with epilepsy, on the playground. Some may have to do extra chores and others may feel like they are unimportant. Being embarrassed for the behaviour of their sibling on the school ground, being teased by peers, or witnessing their disabled sibling being bullied, are some of the other issues, they must deal with.

Coping with the Psychosocial Aspects of Epilepsy

While treating epilepsy, it is important to pay attention to coping with the psychosocial aspects and not just the seizure control. The foremost factor in coping with the psychosocial aspects of epilepsy is getting accurate information.

It is well documented by now, that the level of well-being is significantly related to possession of accurate information, in people living with epilepsy. People with epilepsy who are better informed about the management and treatment of their condition, view themselves as being more in control and subsequently have better psychological profiles than those who are less informed. Epilepsy affects each individual in a unique way, obtaining information about your specific situation is crucial. Understanding epilepsy and how it is affecting you can demystify any beliefs you might have about your or your child's condition and help in the coping process.

Being part of a support group often helps people cope with epilepsy. Whether you are a parent of a child with epilepsy, or an individual who lives with epilepsy, it is important to find people in a similar situation and form a support group to share your experiences. Listening to others in a similar situation breaks the isolation. It helps you see "you are not alone" and that others are struggling with more or less the same issues. It provides an opportunity to learn from others and support others. You may gain an insight into your own ways of coping, when you listen to others deal with similar situations. If there is not a support group in your area, you may want to start one. You will be amazed how many people are interested. Many people have also found lasting friendships through support groups.

In the psychological literature, illness behaviour is differentiated from the illness itself. Illness behaviour is one's unique reaction to an illness. People react to the same illness in many different ways. For some a diagnosis, say, of a heart disease or cancer, may mean complete self-destruction and for others, it may provide an opportunity to attain the highest level of personal growth. Illness behaviour has elements of conscious choice. You can decide that the condition you are dealing with is the worst or the best thing that ever happened to you. You can choose to give up or you can tough it out. You can continue to be angry and devastated, or you can find ways of coping and find what helps you stay calm, even when you are living with an overwhelming condition such as epilepsy. Research

has shown that success in treatment of an illness is associated with illness behaviour of the patient and significant others. Your own attitude may influence how well you and your child will cope with epilepsy.

Adjustment to the diagnosis of epilepsy and its impact is a process. It is natural for individuals and families to experience disbelief, anxiety, fear, anger and sometimes depression when such a condition is diagnosed in someone in the family. Understanding and accommodating all the changes that happen takes time. Initially, it is difficult to stop and reflect on what is going on and how to control it. People may feel powerless, helpless and feel like they are blowing with the wind.

It is helpful eventually, to take the time to engage in a process of self-reflection, to explore how epilepsy has influenced you and your family. Exploring its impact on different areas of your functioning (personal, social, vocational, financial and spiritual) can often help in discovering what your strengths and weaknesses are. It can help in identifying what your areas of difficulty are and where you might need support. Acknowledging and discussing concerns with a friend, or someone in a similar situation, is sometimes enough to ameliorate such concerns.

It is common for parents, especially mothers, to neglect their own needs when their child is suffering and devote all their energy to supporting their child and the rest of the family. However, it is important to remember that the well-being of children is very closely related to the well-being of their parents or caregivers. Although some children may be naturally resilient, it is usually difficult to have a child accept and cope with epilepsy, if his or her parents continue to be devastated with the diagnosis.

Children may be seen as "the family thermometers" and a reading of their behaviour may provide us with a reading of the family temperature. Parents or caregivers need to pay attention to their own well being, so they have enough energy to take care of their children. They must attend to their own physical needs - nutrition, exercise, sleep and rest. It is imperative to find out what works to keep you calm and relaxed. For some it may be listening to music, reading a good book, for others it may be going for a walk or a swim. Whatever works for you, you must make the time to look after your physical needs. Do not feel guilty about taking the time to enjoy yourself. It is important to rejuvenate yourself, in order to be able to give to others.

Finding a safe place to talk, cry and vent your feelings or dilemmas is crucial. Do not be afraid to admit to negative feelings about your child, family and the systems you are dealing with, to someone you can trust. When words are inadequate to express feelings, explore your creativity - music, art, poetry, photography are some of the media that may help you let your feelings out and share your experience with others. It is important to remember that self-expression helps us move from hurt to healing. It helps us understand what needs to change in our attitudes or behaviour, before we can integrate the 'unwanted' into our lives in a meaningful way.

Communicating your needs in an assertive and effective way to family and friends, who are willing, or in a position to help, is important. It is not uncommon for families in distress, to assume that they will be imposing on others, if they ask for help. It is also common for others to feel like they are being intrusive, if they offer help without being asked. So, do not wait for others to offer you help. If you need help, ask. The worst that can happen is you will hear a "No". If you do not ask, you have already chosen the worst.

Diagnosis of epilepsy may mean a loss of a dream for some parents and individuals. Although that is a fair initial response, it is important for families to reconcile and put epilepsy in perspective. There are many people who have made it to the top, despite having a seizure disorder, for example, Julius Caesar, Alexander the Great, Vincent Van Gogh, Alfred Nobel, and Joan of Arc. It is important to come to terms with the disorder, by viewing it as a part of life and not life itself.

Advocating for your child and for those in similar situations may help channel energy in a positive way. It works better than continuing to be angry with the yourself, your family, the system at large, or even God. Above all, exploring your faith and finding the spiritual significance of whatever is happening in your life is crucial.

If, however, you find yourself constantly stressed out, irritable and in conflict with family members or others, you might consider getting professional help. Talking to a therapist or counsellor and receiving their feedback, can provide new insights on how to resolve your difficulties and dilemmas.

For any assistance please contact your closest Epilepsy South Africa Branch on 0860 EPILEPSY (0860 374537)

[\[back to top\]](#)

Expert seminar on effective monitoring of the UNITED NATIONS CONVENTION ON RIGHTS OF PERSONS WITH DISABILITIES (Karen Robinson - National Social Development Manager)

As the National Social Development Manager (Karen Robinson) of Epilepsy South Africa National Office I was very privileged in that I was granted a scholarship to attend an expert seminar on effective monitoring of the United Nations Convention on the Rights of Persons with Disabilities. The seminar was scheduled over the period of 21-23 September 2009 in Cape Town. It was organized by The Secretariat of the African Decade Person with Disabilities. The Secretariat's mission is to empower governments, decade steering committees, disability person's organisations and person's with disabilities into policies and programmes in all sectors of society in Africa.

[\[back to top\]](#)

Self Advocacy Training (Karen Robinson - National Social Development Manager)

Down Syndrome South Africa (DSSA) facilitated self advocacy training for youth with down syndrome and learning disabilities at Southern Sun Hotel in Newlands over the period of 26-30 September 2009. Down Syndrome South Africa is a non-profit organisation with Down Syndrome, their families and interested persons working to improve the quality of life for those with Down Syndrome. Due to our strong partnership relationship with DSSA they extended an invite to National Social Development Manager (Karen Robinson) to attend this training. This was very informative and dynamic learning process as I was given the opportunity to be an observer to witness training being facilitated for youth Down Syndrome and learning disabilities.



I really enjoyed the both training as it was very educational and it has broadened my knowledge and will also assist me in developing training material and also facilitating future training within our organisation.

[\[back to top\]](#)

South Africa Western Cape)

Have you ever felt unsure as how to approach a blind person? Felt awkward when assisting a person in a wheelchair? Do you have ideas and perceptions about disability that may affect the way you would treat a colleague or client with a disability?

One of the major barriers for people with disabilities is the myths and misconceptions that surround disability. These have caused detrimental impacts on the lives of people with disabilities. Incorrect information about disability and the existence of myths has often resulted in the development of negative attitudes, assumptions and behaviours towards people with disabilities. This can effect among other areas, people with disabilities progress towards to employment and equal opportunities at work.

Epilepsy South Africa as a human rights centred organisation, recognise these myths and misunderstanding exist and want to bridge the gap of knowledge that exists between people with disabilities and those without so as to foster better understanding and non discrimination.

In response to this, we, the Western Cape Branch has designed a specific workshop that deals with disability sensitisation within the workplace and within the areas of a client's interaction. National Disability month is celebrated from the 15 November to 10 December 2009. It is during this period that we will be facilitating a series of sensitisation workshops with various District Offices of the Department of Social Development.

The content of the disability workshop is outlined within certain key learning areas. These learning areas are presented in a three hour workshop in the form of five sessions.

Session1:

Disability issues when detailing with clients as well as with colleagues within the workplace:

- * Examining issues that arise between the employer and employee as well between the employee and colleagues
- * Examining issues that arise between the service provider e.g. Social worker and the client with a disability.

Session 2:

Discrimination

- * Examining and uncovering myths and misconceptions about disability.
- * Exploring discrimination what it is and why it happens.
- * Examining the emotional and psychological impacts of discrimination in the workplace on individuals, the collective and on production.
- * How to overcome discrimination.

Session 3:

Breaking down barriers:

- * Exploring what barriers exist for people with disabilities e.g.: workplace, access and communication

Session 4:

Developing structures for support and assistance programs for people with disabilities:

- * How to set up a support program
- * Exploring the benefit of establishing a mentor system
- * How to develop an Employee assistance program

Should you feel that you would like to have this training at your place of employment, contact Anthea Emmanuel at 021 7039420 / socialdev.wc@epilepsy.org.za for more information.

Reminder:The Epilepsy Seminar will be held on Saturday 21 November 2009 from 09H00 – 13H00 at Red Cross Children's Hospital. Registration will take place from 08H30am. To reserve a seat, contact Colleen Scott at Epilepsy SA on 021 7039420, or e-mail reception.wc@epilepsy.org.za by Friday 13 November 2009.

[\[back to top\]](#)

Dr Potgieter visits the South Cape Karoo (Epilepsy South Africa South Cape Karoo)

Enclosed find our wonderful supporter Dr Potgieter's program to visit the Southern Cape and Karoo Area presenting his special knowledge on epilepsy to people in need. He will visit the South Cape Karoo Branch on Saturday 7 November, and the branch suggests that people follow his program closely to see where they can benefit. The towns he will be visiting are as follows Zoar, Calitzdorp, Oudtshoorn, Dysselsdorp, Beaufort-Wes and Murraysburg.

Click here to download his program <http://www.epilepsy.org.za/download/index.php>

[\[back to top\]](#)

Absa Corporate and Business Bank - East Rand donates to Epilepsy South Africa Gauteng.

Thank you Absa for investing in our work. Attached is a photo of the cheque handover by Absa staff on 4th November 2009. The Manager, Jaco Roos (left) and Relationship Executive, Mark du Toit (right) handed over a cheque for R35 000.00 to the Director of Epilepsy South Africa, Gauteng Branch, Magdaleen Kruger (centre), at our offices in Dersley.



The background of the event is that Absa's Corporate and Business Bank, East Rand had a charity golf day on 23rd October 2009 and Epilepsy South Africa, Gauteng Branch was the main beneficiary.

[\[back to top\]](#)

Visit our website or to contact any of our Branches or National Office.
Website: www.epilepsy.org.za

EPILEPSY SOUTH AFRICA National Office, Cape Town
PO Box 73
OBSERVATORY
7935
Tel: (021) 447-3014
info@epilepsy.org.za

EPILEPSY SOUTH AFRICA
South Cape/Karoo
PO Box 107
KNYSNA
6570

Tel: (044) 382-2155

southcape@epilepsy.org.za

EPILEPSY SOUTH AFRICA
Western Cape
PO Box 24573,
LANDSDOWNE,
7779

Tel: (021) 703-9420

wcape@epilepsy.org.za

EPILEPSY SOUTH AFRICA
Mpumalanga / Limpopo
PO Box 55,
DULLSTROOM,
1110

Tel: (013) 254-0161/2/3

mpumalanga@epilepsy.org.za

EPILEPSY SOUTH AFRICA
Gauteng Branch
Regional office
PO Box 1070
SPRINGS
1560

Tel: (011) 816-2040/57

gauteng@epilepsy.org.za

EPILEPSY SOUTH AFRICA
Free State & North West
Branch
PO Box 167
PARYS
9585

Tel: (056) 811-5959

freestate@epilepsy.org.za

EPILEPSY SOUTH AFRICA
Kwa Zulu Natal Midlands
Branch
PO Box 2165
PIETERMARITZBURG
3200

Tel: (033) 394-1041/8

kzn@epilepsy.org.za

PLEASE CONTACT 0860 EPILEPSY (0860 374537)

TO GET IN CONTACT WITH YOUR CLOSEST BRANCH OF EPILEPSY SOUTH AFRICA

This is the electronic newsletter of Epilepsy South Africa, compiled by the National Office.

Visit our Website

Unsubscribe from our newsletter