



Epilepsy Association of New Zealand

6 Vialou Street

Hamilton 3240

Charities No. CC10611

Kia ora Denise

### **November is Let's Talk About it Month!**

Living with epilepsy looks different for everyone — and that's exactly what our November Campaign *Let's Talk About It* is all about.

We are asking for people from across Aotearoa to share their personal stories and experiences with epilepsy — the challenges, the triumphs, and the everyday moments in between. By opening up and talking about life with epilepsy, we help break down stigma, raise awareness, and remind others that they're not alone.

Whether you live with epilepsy yourself, support someone who does, or simply want to help others understand more, your story matters.

### **Share your story**

If you'd like your story to be featured in *Let's Talk About It*, we'd love to hear from you.'

Simply fill out our [online form](https://epilepsy.org.nz/you-can-help/please-support-our-current-appeal/lets-talk-about-it/) (<https://epilepsy.org.nz/you-can-help/please-support-our-current-appeal/lets-talk-about-it/>) to share your story in your own words.


*By filling out the form, you're giving us permission to share your story on our website and social media pages. Your name and contact details will not be published.*

## **Support Our Work**

[Donations](#) help fund our **nationwide team of Epilepsy Educators**. Your donation helps conversations about living with epilepsy thrive! [Donate today](#) to help us continue this essential work.

## **Everyday photos welcome too!**

We'd also love to see photos of you doing ordinary, everyday things — walking the dog, cooking, playing sport, working, or spending time with friends and whānau. These moments help show that epilepsy is just one part of who you are.

 Send your story and photos to [marketing@epilepsy.org.nz](mailto:marketing@epilepsy.org.nz)

Let's keep the kōrero going — together, we can change how New Zealand talks about epilepsy. 💜

Ngā mihi nui



**Bobbi Oliver**

**Fundraising & Marketing Manager**

Let's  
**TALK**  
about it

 **EPILEPSY**  
NEW ZEALAND  
Kiā Epiri ki te tangata / See the person