



Ngā mihi o te tau hou

Happy New Year from ENZ

March is the time to celebrate Epilepsy Awareness

Volunteers Needed for Purple Day

Charity Art Auction live in March

Call for Fundraisers - Purple Day

Introducing SeizureSmart Disability

The Seizure Smart Schools online learning program is live.

Our dedicated educators continue to provide support and education throughout New Zealand.



26th March - Please Wear Purple to Promote Epilepsy Awareness

[Purple Day](#) is celebrated internationally on 26th March. This day is an opportunity to support co-workers, school friends and the community who live with epilepsy. Raising epilepsy awareness by wearing purple supports those living with epilepsy and highlights that everyone can be an epilepsy hero. If you are able to collect funds for Epilepsy New Zealand please [register](#) or contact Bobbi Oliver marketing@epilepsy.org.nz.



Volunteers Needed - Purple Day Call Out

Epilepsy New Zealand needs the help of volunteers across the country to raise awareness and raise funds. We would love to have you or your organisation on board please click below to register your interest to volunteer;

Contacting Schools: We're seeking volunteers to follow up with school offices to confirm they've received our call to action and, if not, to help connect with the appropriate staff member.

Running BBQs at Bunnings: Each BBQ requires at least 3 (three) volunteers: one to cook sausages and onions, one to assemble the food, and another to handle payments.

Collection points: This involves setting up a small table with a tablecloth, providing resources for people to take, and collecting donations (hopefully using a smart online donation system).

Thank you! Together we can raise epilepsy awareness and improve the quality of lives of New Zealanders living with epilepsy.

[Yes! I will Volunteer! Register Here](#)



Purple Day Charity Art Auction - Bidding Open in March

Thank you to generous artists who are currently working on their art work for the charity art auction. Auction details will be available on [our website](#) and [Facebook](#) in March. Painting by Anna Baker, "Taking In The Best View".



Join the Fun! Purple Day Fundraising - Register now for 26th March 2025

Become a Purple Day Hero!

Go Purple your way this Purple Day by running a fundraiser. Your fundraiser at home, business or school could include; dressing purple, bake sale purple, activity purple or celebration purple with free ENZ balloons and resources!

Please register below or email marketing@epilepsy.org.nz.

Please share these helpful fundraising guides with your networks, let's make Purple Day 2025 the best yet!

[Purple Day Business Fundraising Guide](#)

[Purple Day School Fundraising Guide](#)

Don't forget to shout about your success! Please share your involvement on social media [#enzpurpleday](#)



[Learn More and Register for Purple Day 2025](#)



Cutting for a Cause: Alex's Bold Move to Empower People with Epilepsy

This Purple Day (March 26th), Alex is taking a bold step to make an even bigger impact. For years, he's been growing his "luscious locks," but now he's ready to let them go. In a powerful show of solidarity, he'll cut off his hair to raise funds and awareness for the epilepsy community - a cause that's deeply personal to him.

[Read More Here](#)

If you'd like to be part of Alex's journey, visit his [Givealittle page](#) to donate. You can also help by sharing his story with others.

Together, we can stand strong with the epilepsy community, raise awareness, and create a world where everyone has the chance to thrive.

Thank you, Alex, for being such an incredible supporter!



Epilepsy Heroes - 2nd Whangarei Girls' Brigade

2nd Whangarei Girls' Brigade took up the opportunity to have fun, learn new skills, make a difference and support a worthy cause. \$1027.70 was fundraised and donated to ENZ on 20 Dec 2025. Please read more about their awesome mahi here [BLOG](#).

Thank you 2nd Whangarei Girls' Brigade for making a difference to the lives of those living with epilepsy!



Keep Updated: ENZ Blog

Please view our informative website which now has a [BLOG](#). The latest post shares an inspiring story of rugby player, teacher and author Puri Hauti. The e-books draw from whanau experiences such as illuminating Hauti's son's resilient journey of living with epilepsy. Available to purchase on [Amazon](#).

Please read the news article linked on our [BLOG](#).



Support Groups Update

[Epilepsy Support Groups](#) may take place in your area. The groups are ENZ educator led or may be facilitated by a volunteer. They are a helpful way to share experiences in an informal social setting.

Educator [Theresa](#) will be holding support groups at libraries Community Matters Space in the Nelson Tasman District. She is thrilled to announce her "Chill and Chat" sessions which are designed to provide a relaxed setting where you can share your thoughts, ask questions, or simply stop by to connect. Please view our website for locations and times: [Epilepsy Support Groups](#) .

A new coffee group has started in [Hamilton](#). If you or someone you know is impacted by Epilepsy, please attend. The coffee group is held at Epilepsy NZ's Head office in [Hamilton](#).



Thank you,

for donating to our Christmas Campaign.

*You've helped kids like Kobie get
the free epilepsy support service they need.*



ph: 0800 37 45 37
www.epilepsy.org.nz

Purple Day 2025

Spread the word! Purple day is fast approaching, and we need your help. Please learn more about Purple Day below:

[Purple Day 2025 Information](#)

Leave a Bequest

Leaving a bequest is an impactful way to support a charity you are passionate about without the deduction of funds in your lifetime.

If you would like to learn more about leaving a gift in your will please email: ceo@epilepsy.org.nz.

Payroll Giving

Payroll giving is a good way for your business and employees to donate to charity please click below to read more.

[Payroll Giving](#)

[Click Here for free will writing service](#)

NEW! SeizureSmart Disability

Do you work in the disability sector and want to learn more about epilepsy?

Epilepsy NZ's **SeizureSmart Disability** e-learning module is now available! This training equips you with the knowledge and skills needed to provide effective support to individuals living with epilepsy in your workplace.

By completing this module, you'll gain a deeper understanding of epilepsy and its impact, helping you create safer, more inclusive environments where individuals feel supported and understood.

Click here to access [SeizureSmart Disability](#).

SeizureSmart Schools Grant Subsidy

Limited FREE funding is still available for Schools in Tauranga, Eastern Bay of Plenty, Hutt Valley, Gisborne and Northland. Please use GRANTSUBSIDY as your code at checkout to access the learning for free.

For all schools outside of these regions, it is a small fee for service.

SEIZURESMART SCHOOLS

The Health and safety of all students is a priority.

[SeizureSmart Schools • Epilepsy New Zealand](#)

SeizureSmart Schools online learning is available for all teaching staff.

This is a perfect opportunity for schools to complete the online course as part of Professional development. It takes 40 minutes to complete, can be done at your own pace, and a personalized certificate can be downloaded at the end. There are also

SEIZURESMART WORKPLACES

Does your workplace know how to support people who live with epilepsy?

[SeizureSmart Workplaces • Epilepsy New Zealand](#)

-SeizureSmart workplace online training is now available;

-Provide a basic description of epilepsy and seizures

-Identify some of the workplace challenges faced by people living with epilepsy

additional resources for schools to download that will support becoming SeizureSmart in the classroom.

Training is \$40 p/p and discounts will be applied to 6 or more registrations.

[SeizureSmart Schools](#)

-Explain some of the myths and misconceptions about epilepsy

-Understand how to discuss epilepsy with a work colleague

-Know where to find additional resources

-Course Duration: One hour

There are two modules available, working with epilepsy, training for colleagues, and training for managers.

[SeizureSmart Workplaces](#)

Make a Difference with a Donation to ENZ

[Make a donation towards our free nationwide epilepsy educators service delivery](#)

Our Pillars

Personalised Support

Ensuring that people living with epilepsy get a fair go and can connect to appropriate supports and services in ways that work for them.

Awareness

Engaging people from all communities and ethnicities while building effective relationships based on a shared purpose.

National Voice for Change

Represent and advocate for the rights of those living with epilepsy.

Education and Training

Providing high quality education and training opportunities.

Sustainability

Fulfilling our responsibilities and obligations to the highest standards and within our means.



If you require treatment advice please contact your health provider or ring 111 in an emergency

For general health advice, please ring 0800 611 116 - anytime

If you are experiencing mental distress, please call or text 1737 - anytime

Our purpose is to create a community where epilepsy is understood and people are supported to manage their epilepsy well

Visit us at

www.epilepsy.org.nz [Unsubscribe here](#)



Epilepsy New Zealand is a registered charity CC10611