



**Kia Ora!**

**Hello from ENZ**

Dear Members and Subscribers,

September is Gifts in Wills Month.

Epilepsy New Zealand Speaks to the Health Select Committee.

See the Person - Increase epilepsy awareness by sharing your story.

The Seizure Smart Schools online learning program is live.

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

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**September is Gifts in Wills Month**

This [September is Gifts in Wills Month](#). Leaving a gift to a charity is a way to contribute to your community in the future. If you have an existing will and wish to leave a legacy please see, [wording your will](#).

*Rina was recently diagnosed with epilepsy. The new diagnosis turned her world upside down. She received excellent care and treatment at the hospital, however Rina felt fearful and had many questions she wanted to ask. The day Rina*

*contacted Epilepsy New Zealand she felt a sense of relief knowing she had the support of someone who understood epilepsy. She no longer felt so alone.*

This spring, Epilepsy New Zealand has partnered with trusted Australian free will provider [Gathered Here](#). This online will writing service is free and can take just 10 minutes to complete. This free will service has been trusted by Australians since 2017 and is now available in New Zealand. Creating a free will is suitable for anyone over the age of 18. Having a legal will ensures you have planned ahead and creates order and direction for family members. If you would like to discuss a gift in your will please contact our CEO: [national@epilepsy.org.nz](mailto:national@epilepsy.org.nz).

Write your Free Will today



**September is Wills Month**

**Write your free will today**

**EPILEPSY NEW ZEALAND**  
Kia titiro ki te tangata | See the person

*One decision today can change a person's life tomorrow.*

*This September we encourage everyone to consider creating or updating their will. After providing for loved ones, leaving a gift to a charity is a meaningful way to leave a lasting legacy without effecting your wealth in your lifetime. A charitable gift to Epilepsy New Zealand will improve the quality of life of those living with epilepsy in the future.*

*Leave a 1% gift today.*

*This Wills Month ENZ have partnered with trusted free will writing service Gathered Here: [www.gatheredhere.com/nz/epilepsy-nz](http://www.gatheredhere.com/nz/epilepsy-nz). Please follow the link to create a free will today.*

ph: 0800 37 45 37  
[www.epilepsy.org.nz](http://www.epilepsy.org.nz)

## 68th AGM Held on September 11th 2024

The 68th annual general meeting was held online on 11th September. As announced in the July newsletter Dr. Peter Bergin has stepped down from his 16 year service as a board member. Throughout his tenure he has provided clinical expertise on epilepsy to the organization, was President of ENZ and is a life member. Attendees to the AGM were very

fortunate to hear a presentation from Dr. Peter Bergin detailing his distinguished work. If anyone would like to watch Dr. Peter Bergin's presentation please email [info@epilepsy.org.nz](mailto:info@epilepsy.org.nz).

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### **Epilepsy New Zealand Speaks to the Health Select Committee**

Dr Peter Bergin represented Epilepsy New Zealand at the New Zealand Parliament on the Petition Request:

*That the House of Representatives urge Te Whatu Ora Health New Zealand to fund vagal nerve stimulation (VNS) therapy for adults with intractable, medication-resistant epilepsy as an adjunct treatment.*

A third of people continue to have drug resistant epilepsy seizures. The VNS vagal nerve stimulation device may be beneficial in controlling seizures and improve quality of life. Please read the petition put forth on 29 August 2024 here; [Link to Petition Request](#).

Please read the [Waikato Times News Article](#) to learn more about the petition. To learn about the evidence based approach and success of the VNS please watch the presentation to the New Zealand Parliament below.

[Watch New Zealand Parliament Here](#)

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## Epilepsy Support Group Catch Up

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

Hamilton: This September a coffee group was held at the Hamilton National office. The group was run by a volunteer. The attendees enjoyed the opportunity to connect socially in a supportive space.

Nelson: The group photo depicts ENZ members enjoying a get together.

Northland: A member of the support group turned 64, there was shared cake and happiness all around.

[Link to Support Groups Information Page.](#)

## Epilepsy Educator Appointed in Waitemata

We are happy to introduce Renee as the new Waitemata Educator. Renee joins us from IDEA Services where she has been working with high needs clients in a residential setting. Here is a link to her [business card](#).

## 'Community is... what we create together.' Mental Health Week 23-29 September

Nāu te rourou, nāku te rourou, ka ora ai te iwi.

*With your food basket and mine, the people will flourish.*

This week is [mental health week](#). Let's celebrate our community and wellbeing this week. The World Health Organisation defines wellbeing as "a state in which every individual realises their own potential; can cope with the normal stresses of life; can work productively and fruitfully; and is able to make a contribution to their community".

In celebration of Mental Health Week here is a link to [Five Ways](#) to Wellbeing a resource from The Mental Health Foundation.

At Epilepsy New Zealand we take pride in educating and supporting those living with epilepsy.

To increase the wellbeing of you and your whanau please get in touch with one of our free epilepsy [educators](#).



### ***Purple Day 2025***

Thinking of fundraising for charity at your school or business in 2025, why not make your chosen charity ENZ!

### ***Leave a Bequest***

ENZ have partnered with Gathered Here, write your free will today!

Write you free will today

### ***Payroll Giving***

Has your business considered setting up payroll giving to charity?

Payroll Giving

## 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 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.

**FREE TRAINING AVAILABLE for schools in Tauranga , Eastern Bay of Plenty and Gisborne.**

[SeizureSmart Schools](#)

## 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

-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.

### **Purple Day Fundraising Video 2024**

Purple Day held annually on 26th March is a day of raising epilepsy awareness. This day promotes seizure safety, inclusion and highlights the often hidden lifestyle challenges people living with epilepsy face. Schools, businesses and local communities come together to fundraise for ENZ support services. With these much needed funds epilepsy New Zealand can continue to provide a free and helpful service to those living with epilepsy. Talk to your school or community group and save the date for 2025!

Once again a huge thank you our 2024 fundraisers and volunteers!



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### **Sharing Community Stories - See the Person**

At Epilepsy New Zealand *our vision* is a New Zealand that is free of discrimination and stigma, where the impacts of epilepsy on a persons life, and that of their whanau and community are minimised.



Epilepsy New Zealand is on [Facebook](#) and connecting with communities and whanau all over New Zealand. Do you or someone you know wish to share an epilepsy journey? Our social media coordinator Anna is available to compose your story. Anna was an epilepsy educator in Canterbury and West Coast region. Her aim is to find ways to help others understand the many complex aspects of living with epilepsy and raise awareness online. Please contact: [national@epilepsy.org.nz](mailto:national@epilepsy.org.nz).

Epilepsy New Zealand is able to record your epilepsy journey into a 'One Minute Video'. These videos help to raise awareness, fight discrimination and destigmatize this common neurological condition. Please email us and our video producer will record your interview online or in person.

### **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.

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



Epilepsy New Zealand is a registered charity CC10611