Epilepsy Wellbeing Service

Getting your life back
Epilepsy Wellbeing Service

Welcome to the Epilepsy Scotland Wellbeing service. The aim of this service is to help people with a diagnosis of epilepsy live life to its fullest potential. This is a pilot service, and is fully funded by Epilepsy Scotland for the first year. We hope to be able to secure funding to enable this service to continue in the future. As this is a pilot project, spaces are limited.

As part of the service we are offering a number of different activities, all free of charge. In return, all we ask that you commit to trying all the activities offered, and that you give us regular feedback. This
feedback will enable us to adjust the program for future participants as necessary, and to apply for future funding.

As part of this service we are offering:

• 1:1 sessions based around ‘Living Life to the Full’
• Breathing and relaxation classes
• Walking group
• Seminar: How to get a good night’s sleep
• Seminar: Diet and epilepsy
• Epilepsy awareness training
• Professional counselling service (limited availability)
One to One sessions

You will be offered a series of up to 6 one to one sessions with one of our highly trained staff. All staff offering these one to one sessions have a certificate in counselling skills, and have had additional training on the ‘Living Life to the Full’ program. The sessions will give you the opportunity to talk about your epilepsy and how it may affect you, and give you the support you need to help reduce stress, improve your wellbeing and move forwards. We ask that you commit to taking part in up to 6 of these sessions.
Breathing and relaxation classes

These classes will give you the space to unwind and relax in a safe and secure environment. While stress itself doesn’t cause epilepsy, it has been shown that reducing stress can improve seizure control. During these sessions, you will learn skills and techniques that you will be able to use to help you cope with stress in the future. These sessions will be in our office on Govan Road once a week, and run in blocks of 4 sessions. We anticipate these sessions will be on a Monday during the day. We ask that you commit to coming to at least one block of 4 sessions.
Walking Group

The walking group is open to participants, and you can also bring somebody else along (like a friend, family member or carer) if you wish. We will meet within the Glasgow area on a Tuesday (late morning/lunchtime), and go for a gentle walk somewhere green for about an hour. The walking group will meet every second week. Again all we ask is that you come along to a few sessions and give the walking group a go.
Epilepsy Awareness Training

As part of this service we are offering free epilepsy training to up to 2 people per participant. You can decide who you would most like to attend. This could be a friend, family member, carer or colleague. The ‘Understanding and Managing Epilepsy’ course includes information on:

- Causes of epilepsy
- Types of epileptic seizures
- Living with epilepsy
- Social implications of epilepsy
- Support needs of people with epilepsy and their families
- First aid guidance for managing seizures
Seminars

We are also offering 2 free seminars to all participants:

- How to get a good night’s sleep
- Seminar: Diet and epilepsy

Subject to availability of spaces, you may be able to invite somebody else to come along with you to these seminars. Please check with us if you would like to do this.

Booking

If you would like to participate please get in touch by calling 0141 427 4911 and ask for Jean or Bruce. Or by email: enquiries@epilepsyscotland.org.uk