

**Stephanie Henderson and Zoe Reid**  
**Speaking at the National Epilepsy Week Scottish Parliament Reception (2010)**

**Zoe:** Steph has been a member of the Epilepsy Scotland youth group for quite a while now so I'm going to go ahead and ask her some questions. So Steph, how old were you when you were diagnosed with epilepsy?

**Stephanie:** Well I was in S2 when I was officially diagnosed. But there were signs of it in P6 and P7, people noticing that I wasn't paying attention as quickly as I should have been.

**Zoe:** And when you were diagnosed how did that affect you?

**Stephanie:** It was actually more of a relief, which is weird. But it was more of a relief, because it made me feel like there was a reason as to why I found things more difficult than other people - which I always asked myself, not using it as an excuse of course. It was still scary.

**Zoe:** But day to day, how does it affect you?

**Stephanie:** It doesn't, I don't let it.

**Zoe:** Does anyone else in the family have epilepsy?

**Stephanie:** No, I'm the only one.

**Zoe:** Where do you go to school?

**Stephanie:** Saint Georges School for girls.

**Zoe:** Do you know anyone there who has epilepsy?

**Stephanie:** I didn't until I came to the youth group, and there's a girl is in Senior 1, above me in school. That was interesting

**Zoe:** Did you tell anyone at your school when you were diagnosed?

**Stephanie:** I told my friends but I tended to keep it a secret because I didn't want them to treat me differently because of it. Once I did tell them, after I had the courage to do it, it helped.

**Zoe:** What hobbies do you enjoy doing?

**Stephanie:** I love skiing, and I did Tai Kwon Do ages ago and that was really good. It was different the way the Americans and the Scottish teach it, I prefer the American.

**Zoe:** And you love drama!

**Stephanie:** Yes, I took Senior 1 and I was head of Senior 1 drama club in my school. It was quite fun trying to teach other people my passion, it was exciting.

**Zoe:** And you come to the youth group!

**Stephanie:** Yes, I love the youth group.

**Zoe:** How do you find it, what difference has it made being in the group with other people?

**Stephanie:** It made so much difference being in the youth group. I had low self-esteem and low confidence. I was shy and scared to interact with people and meet new people. I didn't know what they would think about it. But when I went there, it helped me and also them having the same condition meant they could help me with my problems and I could help them with theirs - it was very good.

**Zoe:** And you have good friends at the youth group?

**Stephanie:** Yes, definitely.

**Zoe:** Well, thank you very much for sharing your story.