

# No excuses for Alice

Alice, a valued supporter of Epilepsy NZ, was recently featured in the [Club Physical](#) newsletter, sharing her story.

“I just love helping people and making them feel better” And that’s a lot coming from someone who often needs a little extra help and understanding herself – a Club Physical member of over twenty years, Alice (45)

“I’m lucky enough to be among the 30% of New Zealanders afflicted with Refractory Epilepsy and who have zero response to medication” admits Alice, who has been subject to unpredictable daily seizures since the birth of her second child.

“The gym is my happy place” she says. “I attend to stay positive and busy, and I love what it does for me both mentally and physically. What I have realized though, is that ‘everybody’ has something going on in their lives. Some kind of challenge. Don’t always believe the glowing lives you see on social media”

Alice, who has previously worked in banking, now enjoys charitable work and is currently a Caring Caller for St Johns. She is looking after four clients.

“I’m very proud of my family” she says. “My husband of 28 years, Jeremy has always been loving and supportive. And my two sons, currently at Rutherford College, are quick to respond during and after my seizures. The boys are doing well academically; they are sporty and play the drums and guitar”.

Alice says since she is unable to drive, her and the boys have always enjoyed epic walks. “Just last weekend, the family took the 90 kilometre – Pureroa Timber Trail on our mountain bikes”

About goals? “My biggest goal is to simply be the best mum I can be”!

It’s wonderful to see [Club Physical](#) getting behind Purple Day and Epilepsy Awareness Month by displaying a poster to help raise awareness and support.

They’re also hosting a Purple-themed Zumba session on Sunday 15 March. Afa Zumba will lead a fun and energetic class, and members are encouraged to wear their purple clothes and accessories to show their support for Epilepsy Awareness and Epilepsy New Zealand.

A big thank you to [@Club Physical](#) for helping raise awareness in the community ☒



0800 37 45 37



[national@epilepsy.org.nz](mailto:national@epilepsy.org.nz)



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