

British comedian Jake Lambert is proving that comedy and epilepsy can go hand in hand.

By weaving his own experiences with epilepsy into his stand-up, Jake brings humour, honesty, and understanding to a condition that affects thousands of people. His touring show, The Sunshine Kid, that took place at the beginning of May, shines a light on epilepsy in a way that is both thoughtful and genuinely funny.

Jake caught up with RNZ to talk about comedy, living with epilepsy, and why laughter can be such a powerful way to connect people.

Listen to his [interview](#) here:

<https://www.rnz.co.nz/national/programmes/ninetoon/audio/2019033191/jake-lambert-the-british-comedian-on-everyday-life-and-laughing-at-epilepsy>



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