

GREETINGS FROM EPILEPSY NEW ZEALAND KIA ORA KOUTOU

From the Chief Executive's Desk
See The Person - Looking Beyond the Label
ENZ is on Instagram
ENZ at GPCME and Fieldays
SeizureSmart Training Available
Our dedicated educators continue to provide support
and education throughout New Zealand.



FROM THE CHIEF EXECUTIVE'S DESK

Kia ora All,

Having been in the role for approximately two months I am still on a steep learning curve and loving it. Everyone I have interacted with including the team, members, volunteers, support group attendees and the board have been welcoming and encouraging which I am very appreciative of.

My focus at this stage is on understanding the organisation, where it has come from, where it is at now and what success looks like into the future to enable everyone living with epilepsy to live their best life. I look forward to sharing my thoughts on these over coming months.

A big THANK YOU to all the team members and volunteers who supported ENZ stands at the recent GP Conference and at Fieldays and those who came to visit. These events take a big effort and hopefully lift awareness of epilepsy and the support that is available.

As Matariki rises and marks the Māori New Year, it's a special time to reflect, reconnect, and look ahead with hope. I hope this Matariki brings peace, inspiration, and renewal.

It is important to me to connect, listen and learn from the community so If you have any thoughts or ideas on how ENZ can support you and your whanau on that journey I would love to hear from you.

Keep warm!

Ngā mihi nui
Tracy

[Email Tracy Here](#)

SEE THE PERSON - LOOKING BEYOND THE LABEL

See the Person is Epilepsy NZ's newest awareness initiative, running throughout June, and is all about changing the way people think and talk about epilepsy. Too often, those living with epilepsy are seen only through the lens of their condition. This campaign encourages Kiwis to look beyond the seizures and recognise the full person - their strengths, their stories, and their everyday lives.

Through personal experiences and engaging content, *See the Person* aims to break down stigma and build greater empathy and understanding across Aotearoa.

At the heart of this campaign are the voices of people with lived experience. We're incredibly grateful to those who bravely shared their stories on video - your honesty, strength, and openness are helping reduce stigma and reminding others with epilepsy that they are seen, heard, and not alone.

By sharing these stories, we're not just raising awareness - we're creating space for connection, dignity, and visibility for all New Zealanders living with epilepsy.

[View Videos Here](#)





EVERY DONATION MAKES AN IMPACT

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.

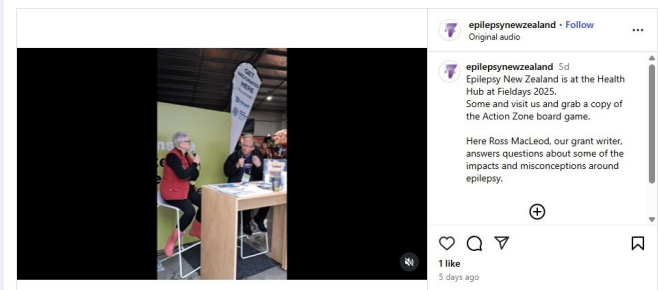
Sustainability

Fulfilling our responsibilities and obligations to the highest standards and within our means.

Please Give Today

Instagram

Log In Sign Up



ENZ IS ON INSTAGRAM

We're excited to share that Epilepsy New Zealand has officially joined Instagram!

Follow us [@epilepsynewzealand](#) to stay up to date with all the latest news, stories, events, and helpful information - and to connect with our community in a whole new way.

Don't forget - we're **still on Facebook** as well, so be sure to check us out there for more updates and support.

Hit **follow**, **like**, and **share**. We'd love you to be a part of this journey!

#EpilepsyNZ #AwarenessMatters #StayConnected



ENZ AT GPCME 05-08 JUNE 2025

Making sure we stay at the forefront of primary care practitioners' minds - especially those whose patients may be living with epilepsy - is a key reason we attend the General Practice Conference & Medical Exhibition in Rotorua. It was a great event, attended by GPs, practice nurses, nurse practitioners, school nurses and health coaches.

Many were unaware we existed and were pleased to learn about the services we offer. As primary care providers become increasingly stretched, we believe Epilepsy New Zealand can play an important role in helping to support their patients.

The conference also provided a valuable opportunity to network with and connect directly with other services - such as Healthline, MedicAlert, St John and Healthify Home - all of whom are committed to improving outcomes for people living with epilepsy. It's a wonderful opportunity not only to raise awareness, but also to strengthen relationships and explore ways we can collaborate in future.

We had some great conversations, and our purple-themed Nutribullet prize was a real hit - congrats to the lucky winner! And if it wasn't the Nutribullet grabbing attention, the Cadbury chocolates definitely did the trick!

[ENZ Website](#)



ENZ AT FIELDAYS HAUORA TAIWHENUA HEALTH & WELLBEING HUB

This marks our 4th year at Fieldays, and once again it proved to be a wonderful opportunity to promote our mahi. We were able to connect with many members of the public - many of whom either live with epilepsy themselves or know someone who does.

Danielle Clayton, epilepsy diagnosed 2021 said "Thank you so much for everything you do for people with epilepsy. It's great to know you are working hard for us."

It was a great chance to raise awareness and to remind people that we're here to support anyone affected by epilepsy.

Renee our Waitemata Educator noted "Getting the chance to share our knowledge with lots of very engaged and interested young people was a highlight for me. Their enthusiasm to learn was so awesome to see and they were very excited to be able to take home the Action Zone board game to play and learn even more about the brain and Epilepsy."

ENZ Educator Marjo said "Fieldays was fun and a great opportunity to raise awareness amongst the farming community and the many other visitors. We've listened to stories relating to experiences with epilepsy; great conversations and amongst the hustle and bustle, even opportunities for "face-to-face consultations". Great networking with other Health organisations too!"

Our thanks go out to all the staff and volunteers who helped spread the word about our mahi.

[Register for our Newsletter](#)



CELEBRATING VOLUNTEERS

Fieldays which coincided with National Volunteer Week was a timely reminder to celebrate our dedicated volunteers. This Year's NVW Theme was: *Whiria te tangata – weaving the people together.*

Purple Day 2025 saw volunteers from all over Aotearoa supporting our cause and fundraising for Purple Day. Epilepsy New Zealand is proud to grow our community and bring people together.

If you or someone you know would like to volunteer for Epilepsy New Zealand please email [Bobbi Oliver](#).

[Contact our Fundraising and Marketing Manager Here](#)



SEIZURE SMART DISABILITY

Do you work in the disability sector and want to learn more about epilepsy?

Epilepsy NZ's **SeizureSmart Disability** e-learning module is now available! This training equips you with the knowledge and skills needed to provide effective support to individuals living with epilepsy in your workplace.

By completing this module, you'll gain a deeper understanding of epilepsy and its impact, helping you create safer, more inclusive environments where individuals feel supported and understood.

Click here to access [SeizureSmart Disability](#).

[SeizureSmart Schools • Epilepsy New Zealand](#)
[SeizureSmart Workplaces • Epilepsy New Zealand](#)



WE NEED YOUR SUPPORT

We urgently need your support to continue helping the 1 in 100 Kiwis living with epilepsy.

Our 13 dedicated educators are out in communities every day, providing life-changing support, information, and guidance to individuals and whānau - but we can't do it without you.

Every donation goes directly toward keeping these essential services running. Please [give today](#) and help us be there for those who need us most.

[Donate Now](#)

 **FREEPHONE**
0800 37 45 37



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

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www.epilepsy.org.nz

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