

What are seizures?



Seizures are symptoms of a brain problem. They happen because of sudden, abnormal electrical activity in the brain.

When people think of seizures, they often think of convulsions in which a person's body shakes rapidly and uncontrollably. Not all seizures cause convulsions. There are many types of seizures and some have mild symptoms. Seizures fall into two main groups. Focal seizures, also called partial seizures, happen in just one part of the brain. Generalized seizures are a result of abnormal activity on both sides of the brain.

Most seizures last from 30 seconds to 2 minutes and do not cause lasting harm. However, it is a medical emergency if seizures last longer than 5 minutes or if a person has many seizures and does not wake up between them. Seizures can have many causes, including medicines, high fevers, head injuries and certain diseases. People who have recurring seizures due to a brain disorder have epilepsy.

SOURCE: NIH: National Institute of Neurological Disorders and Stroke (USA)

Seizure First Aid

Convulsive seizure

- Don't panic
- Note time.
- Make area safe.
- Support head.
- DO NOT PUT ANYTHING IN MOUTH.
- DO NOT restrain the patient.
- Put in recovery position after seizure finishes.

Non convulsive seizure

- Act calmly.
- Reassure the person.
- Stay with them until recovered.

Dial 111 if the seizure:

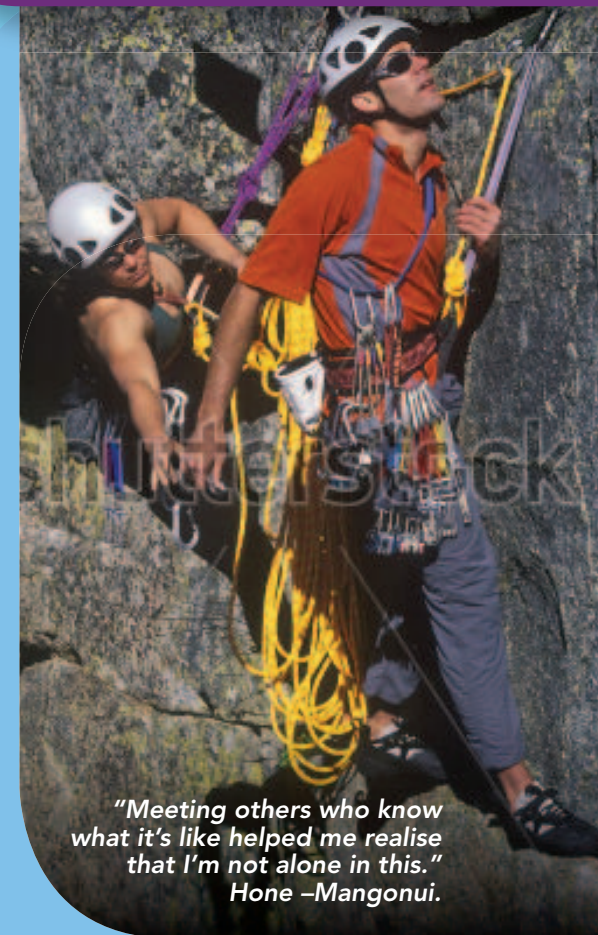
- Lasts more than 5 minutes.
- Is in water.
- Is the first one.
- Or if the patient is pregnant.



Email: Northland@seizuresupport.org.nz
Visit: www.seizuresupport.org.nz
or on facebook



Seizure Support Northland.
Helping
New Zealanders
support each other.



*"Meeting others who know
what it's like helped me realise
that I'm not alone in this."
Hone -Mangonui.*

Welcome to Seizure Support Northland.

Haere Mai.

We're a friendly charity based in Northland, New Zealand who work together to support people living with seizures. We're here to help when things are tough, to celebrate when things are good and to make sure that no one living with seizures should ever feel alone.

We believe that you always get the best support from people you know and like. So our mission is to introduce people to each other through social events so that they can chat, have fun and learn more about living with seizures by sharing each other's experience.

So whether you or a family member has had a seizure or has been diagnosed with epilepsy, we are here for you.



Meet people like you through:

Women's Pamper Days, Tenpin bowling, Men's Day out, Family Picnics, Family Outings, Teens and Twenties Challenges and much more.

And learn more about:

Brain Well-being, Living Long & Healthy, Why Can't I?, Women's Health Issues, Men's Health Issues and more.

Seizure Support Northland

We're here to support you through the bad times, celebrate the good times and help you meet with people who really understand.

Our vision

That no-one living with seizures should ever feel alone.

Our mission

To develop and facilitate a peer-to-peer social support network for people living with seizures.

Our values

To be non-judgemental, relaxed and caring. We value integrity and honesty and sprinkle our activities with fun and excitement whilst being mindful of the needs of individuals.

Our work

To facilitate fun and relaxed activities and events where people can feel safe, connect with others and learn more about management of seizures.

Getting in touch

Phone: Phone or text 0274 320 032

Email: Northland@seizuresupport.org.nz

Write to: Seizure Support Northland, P.O. Box 1224
Whangarei, Northland 0140

Visit: www.seizuresupport.org.nz

SUPPORT US

We'd love you to join us

We're a new, energetic and fun organisation dedicated to supporting people by helping them support each other. If you'd like to join us, please get in touch.

- Maybe you experience seizures yourself or you support someone who does.
- Maybe you're interested in supporting us as we support those with epilepsy or a seizure related disorder.
- Maybe you have some time on your hands and need an outlet for your skills.
- Or maybe you like the idea of being part of an open, friendly organisation that works in your local area to support people living with seizures.

If you ticked any of those boxes, you certainly tick ours! Simply send us an email or fill out the inserted form and get it back to us at the details below.

Supporting us financially

Seizure Support Northland is a registered charity (CC46206) that relies entirely on donations and local grants to fund the work we do.

If you'd like to give to a Northland organisation knowing that your money will stay in Northland to help your neighbours, we'd greatly appreciate your donation.

