

# **Epilepsy Scotland holding information event on Friday – join in on Zoom**

**This Friday 24 July 2020. Epilepsy Scotland invite anyone in Edinburgh and the surrounding areas to join them on Zoom for an information event with the Helpline and Information Officer Stuart Macgee. The event runs from 11am to 1pm.**

**The online information events will be a chance for people to ask questions about epilepsy, learn about the free information that Epilepsy Scotland provides and the chance to discuss any concerns that they have.**

Epilepsy Scotland's Helpline and Information Officer, Stuart Macgee said: "Our online information events have been a good way for people to talk face to face about epilepsy and see how they or someone they know is coping especially during this uncertain time.

"We know that this has been a difficult time for everyone but especially people living with epilepsy who may have seen their seizures increase because of anxiety and stress during the pandemic.

"Also, for some people who have had to self-isolate or shield and have stayed at home for the past 12 weeks, they may be feeling isolated and struggling to cope.

"This is why our online information is a great opportunity to

discuss any concerns and is a chance for us to raise awareness of epilepsy, which is still sometimes misunderstood.”

To sign up for the online information event email [contact@epilepsyscotland.org.uk](mailto:contact@epilepsyscotland.org.uk) or send a private message to Epilepsy Scotland on social media and they will send out the details.

