

We can see patients in a range of settings

- Home visit
- Residential home
- Telephone contact
- Nurse led clinic
- Virtual clinic via Teams

When do we discharge patients from our service

We discharge patients who have been seizure free for 12 months. Or seizures are manageable.

A referral back to the service can be made directly by telephone. This can be done at any time after discharge.



[https://](https://www.eastofenglandcommunityhealthandcare.nhs.uk/our-services/norfolk-communityhealth-and-care-services/norfolk-adult-epilepsy-specialist-nurse-team/)

www.eastofenglandcommunityhealthandcare.nhs.uk/our-services/norfolk-communityhealth-and-care-services/norfolk-adult-epilepsy-specialist-nurse-team/

Further Support

Wellbeing Norfolk:

0300 123 1503 – lines open 9am-5pm

Epilepsy Action:

www.epilepsy.org.uk

Helpline: Freephone 0808 800 5050

Mon - Fri 8.30am to 5.30pm

Epilepsy Society:

www.epilepsysociety.org.uk

Helpline: 01494 601 400

Mon, Wed & Tues 9am - 4pm

SUDEP Action: www.sudep.org

Support team: 01235 772852

Young Epilepsy:

www.youngepilepsy.org.uk

Helpline: 01342 831342,

Mon - Fri 9am & 1pm

FND Action: www.fndaction.org.uk

Non Epileptic Attack Disorder (NEAD)

Stroke Association: www.stroke.org.uk

Helpline: 0303 303 3100

Mon - Fri 9am – 5pm

Carers Matter Norfolk: Local advice line, free from a land line on 08088089876

Headway: www.headway-nw.org.uk

Accessible formats

If you would like this publication in **large print**, **Braille**, an **alternative format**, or in a **different language**, please contact us on **0800 088 4449** and we will do our best to help.



East of England
Community Health and Care
NHS Trust

Transition to Adult Epilepsy Specialist Nurse

Information Leaflet

Delivering great health and care
services in our local communities

Our working hours are

Monday to Friday:

8.30am – 4.30pm

How to contact us:

Call us on 01603 216021

We aim to return calls as soon as we can

Email:

eec.epilepsynurses@nhs.net

Who can refer to us?

**Consultant Neurologists
GPs
Learning Disability teams
Mental Health
Health and Social Care Professionals**

Send referral to:

**Norwich Central Hub
Norwich Community Hospital
Bowthorpe Road
Norwich
Norfolk
NR2 3TU**

Or email:

eec.centralbooking@nhs.net

What do we do?

We see patients from the age of 16, with a confirmed diagnosis of epilepsy.

We aim to be a responsive service for patients that require support. Patients are encouraged to contact us for advice if their condition changes.

We support the transition process from the children's to the adult epilepsy service.

We offer support and information for patients with epilepsy, families, carers and friends.

We write individualised care plans with all patients providing guidance on how to manage their seizures.

We provide specialist epilepsy advice to health and social care teams.

We are the link between Hospital, GPs and Community teams.

We give support and advice to colleges, university and employers.

We signpost to appropriate services for welfare and accessibility.

Who are we?

**Esther Cockram
Epilepsy Specialist Nurse**



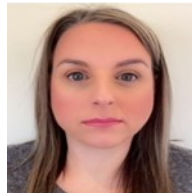
**Debbie Davey
Epilepsy Specialist Nurse**



**June Greenway
Epilepsy Specialist Nurse**



**Mellissa Oxborough
Epilepsy Specialist Nurse**



**Charlotte Froggatt
Epilepsy Specialist
Assistant Practitioner**



**Kimberley Hughes
Admin support**

