

Our working hours are:

Monday to Friday:

8.30am – 4.30pm

How to contact us:

Call us on 01603 216021

Email:

eec.epilepsynurses@nhs.net

Areas we cover:

Norfolk; North, South, West and Norwich City.

Who can refer to us?

Consultant Neurologists
GPs
Learning Disability Teams
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 work closely with the hospital neurology department and GPs.

We discuss all aspects of lifestyle, medication and advice on how to manage your epilepsy.

We write an epilepsy care plan with you. This will cover your seizure descriptions, triggers, risks, safety and first aid advice.

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

We can signpost you to appropriate services for welfare and accessibility.

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

View our website:



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

Who are we?

Esther Cockram
Epilepsy Specialist Nurse



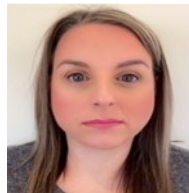
Debbie Davey
Epilepsy Specialist Nurse



June Greenway
Epilepsy Specialist Nurse



Mellissa Oxborough
Epilepsy Specialist Nurse



Charlotte Froggatt
Epilepsy Specialist
Assistant Practitioner



Kimberley Hughes
Admin support



Your appointment and how we work:

Your initial appointment could take up to 60 minutes. It's essential for you to have what happened before, during and after your seizure.

It would also be useful to know the date, time and any pattern to your seizures.

After your appointment and potential reviews, if you have any epilepsy related concerns, you can make contact with the service by telephone or email.

At busy times it may take more than two working days to return your call. If your query is urgent, please contact your GP/neurologist/111. If it is a medical emergency call 999.

We can contact you in a range of settings:

- Telephone contact
- Virtual appointment
- Home visit as appropriate

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

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

Epilepsy Specialist Nurse Adult Service

Information Leaflet

Delivering great health and care
services in our local communities