

# MORNING TEA

## *for epilepsy*

**Thank you for supporting Epilepsy ACT to share information about epilepsy and raise much needed funds to help those in our community!**

We want it to be as simple as possible for our supporters to participate in our campaign and host a morning tea. **Just three basic principles!**

### *Go purple!*

Purple is the international colour for epilepsy awareness. Whether you are asking your co-workers to bring a plate, you are running a cupcake competition or your boss has offered to cater... Go purple! Think purple icing, blueberry cheesecake, beetroot dip and purple carrots.

### *Share information!*

We want every workplace to be seizure aware, want to break down the myths about epilepsy and most importantly to make sure that every person living with epilepsy can feel safe and supported in their workplace and community. You can help us by sharing the information sheet (available on our web page) electronically or in hard copy, or inviting us to come and talk briefly to your co-workers at the morning tea.

### *Help us raise funds to support our work*

Epilepsy ACT supports those with epilepsy in ACT and the surrounding region with information, advocacy, networks and support to thrive with epilepsy. We rely on the generosity of the community to deliver our services and education programs. We ask that you help us by seeking small donations at your morning tea. We have several options available to you and are happy to discuss with you the best option for you.

- Set up an everyday hero page – this will help you promote your event and generate donations from far and wide on a familiar platform.
- Promote online donations to be made securely through our website.
- Collect cash donations. We can provide a donation tin and or collect the donation from your worksite.

### *More information & registration*

Information, resources and registration are available at [epilepsyact.org.au](http://epilepsyact.org.au). Let us know what we can do to help get your morning tea up and running... call **02 6287 4555**, or email [epilepsy@epilepsyact.org.au](mailto:epilepsy@epilepsyact.org.au).