

# The Daisy Garland

*'A journey of hope... for children with epilepsy.'*

The Daisy Garland Newsletter

Summer Issue 2009

## BBC SPOTLIGHT

### Lucy Murphy in the Media

Following on from an article on BBC Spotlight Southwest News last month, Lucy Murphy from Exeter hit the headlines of many National papers. The news even reached Kuwait, Germany, Denmark and the USA!

Lucy is on a Modified Atkins diet (similar to the ketogenic diet) under the care of Alison Hill our 'Daisy Garland Ketogenic Dietitian' at Derriford Hospital, Plymouth.

Lucy is doing incredibly well on this diet, bringing about a huge reduction in seizures. Lucy enjoys ballet, brownies and is learning to play the violin. Further information available via our website.

### 'Daisy Garland Ketogenic Dietitians'

In the last 4 years we have funded 6 'Daisy Garland Ketogenic Dietitians'. They all work within the NHS treating children with hard to control epilepsy. Each dietitian costs the charity approx £26K per year. We

desperately need your support to help raise enough money to keep them in place.

**Do something amazing today. Organize a car boot sale, a coffee morning or a sponsored walk/swim/ diet/ silence. The choice is yours - the gift is theirs.**

For a sponsor form or further information on the ketogenic diet, please contact Sara at [thedaisygarland@btinternet.com](mailto:thedaisygarland@btinternet.com).

### 26 Miles For The Love Of Daisy...

Four Daisy Garland runners lined up in hot sunshine at this year's London Marathon. Between them they raised in excess of £12,000 - so a huge thank you to our runners and to their kind and generous sponsors.

Please get in touch if you would like to run for Daisy next year.



Tracy McLean and David Garland

### A Daisy Garland Ketogenic Success Story

by Esther Lewis

My 4 year old son Hugo came off the Ketogenic diet just over 3 months ago - and is seizure free! That's right, no seizures! It is still difficult to believe how wonderful the Ketogenic diet was for us and how it changed our lives.

Pre-diet days Hugo would have up to 40 fits a day - some serious enough to put him in hospital for up to a week. 7 months ago he wasn't able to read and he was difficult to understand. Now he is happily chatting, starting to read and almost writing his name. He was originally at a school for children with complex needs but he now attends his local mainstream school with a classroom assistant. Hugo started the ketogenic diet in August 2007 under the supervision of a 'Daisy Garland Ketogenic Dieti-



Hugo Lewis

...tian' at St. Georges Hospital in SW London. After about a year on the diet we agreed to lower Hugo's fat\carb ratio until Hugo was off the diet completely. It is incredible to look back at Hugo's journey on this amazing diet. The work that The Daisy Garland charity does is invaluable. We hope that one day

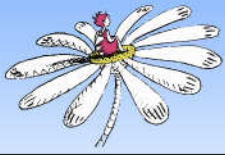
the National Health Service will take the diet seriously enough to fund it themselves. Until that time, the Daisy Garland charity is the only hope for children like Hugo.

Hugo and his mum Esther appeared on ITV's 'This Morning' Programme on 10<sup>th</sup> June 2009 with Dr Chris, discussing the ketogenic diet. I would just like to point out that the examples of high fat foods that appeared on this programme were not the kind of foods we ever used on the diet! So please don't think that this is an unhealthy diet full of saturated fats. Lard?? Yuck!! They could have included lots of yummy nutritional high fat foods such as oily fish, fresh lamb and chicken, healthy oils, nuts, eggs, cream, mayonnaise, cheese and lots of lovely fresh low carb fruit and veg - avocado, swede, asparagus, celery, kiwi, pineapple, cabbage and the list goes on and on, and on! Delicious! For more information please visit our PR website page at [www.thedaisygarland.org.uk](http://www.thedaisygarland.org.uk).



Donate on-line at [www.thedaisygarland.org.uk](http://www.thedaisygarland.org.uk)





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## Bloomin' Wonderful!

A design show for florists at Dartington Hall, Totnes resulted in a £675.00 donation by Dutch Quality Flowers to The Daisy Garland. The money was raised by the 70 florists from all over the West Country bidding for 50 of the flower designs created by International floral design guru Desiree Glasbergen and Totnes florist Chris Kollen from Dutch Quality Flowers.

## Dravat's Syndrome

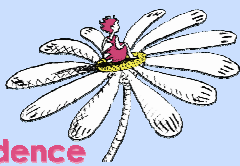
Has your child been diagnosed with Dravat's Syndrome (Severe Myoclonic Epilepsy)? Please contact us if you would like to loan a boxed DVD set on understanding and managing this complex condition.

## Give something away today...

*What I spent is gone  
What I kept is lost  
But what I gave away  
Will be mine forever*

*(Author unknown)*

We cannot carry out our important work without your help. Please, please, consider making a monthly donation to the Daisy Garland. Every penny counts.



**Donate with confidence**  
[www.thedaisygarland.org.uk](http://www.thedaisygarland.org.uk)



## Donate Cakes and Preserves

Donations of home-made cakes and preserves for us to sell at our Family Day Picnic on the 27th of June would be gratefully received.

Either bring your donations along on the day or contact Sara at The Daisy Garland beforehand. Thank you!

## Grants for Night-Time Breathing Monitors

Helping to reduce the risk of SUDEP - Sudden and unexpected death in epilepsy patients. Please contact us if you would like to be considered for a grant.

## Charity Begins at School...

Please recommend us as your school's charity of the year. Here are just some of the schools that have already supported us:-

- Orchard House School, Chiswick
- Ursuline High School Wimbledon
- Wimbledon High School for Girls
- Belmont School, Mill Hill
- Westminster Under School
- Mrs Ethelston's C of E Primary School, Uplyme
- South Hampstead High School

Please contact us for a charity information pack.



## Family Day Picnic and Balloon Race 27<sup>th</sup> June - Free Admission

Come along and join in the fun at Holland Gardens, Cambridge Road, SW20, 1pm - 5pm. Homemade Cakes and Preserves, Tombola, Coconut Shy, Coffee, Tea and Light Refreshments, Charity Merchandise, Plants, Children's Clothes Sale, Books, Bric-a-Brac, Face Painting, Raffle and heaps more to entertain and delight you. See you there!

Contact us:

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