

SUDEP Action

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Nov 2020

SUDEP Action

Lives Cut Short



Welcome to our November e-news

Thank you to everyone for taking part in **SUDEP Action Day** last month and helping us to **#SpeakUp2SaveLives**. This year's event was more important than ever before, taking place in a time of global crisis, shining a light on what we can all do together, even though we are currently apart. I was able to join alongside supporters, on my own [awareness walk](#) with my daughter, taking some time for reflection.

Together with international [blogs](#) and [videos](#) collaborations, we were able to share some really moving My Story articles about [Roy](#) and [Chris](#), further highlighting the core of why we must keep pushing for change.

To help fuel this change, this week we have launched our '[Lives Cut Short](#)' Report. It

contains our research on why Government and others need to listen now to the worrying predictions we made in May, and the alerts we sent them about epilepsy, risk, and deaths. We held an open webinar this week to present our findings, so thank you to all who joined us.

Also, throughout November and December, SUDEP Action invites you to join us to [Light Up the Sky](#) with love and with memories, as a way of remembering those we have lost and supporting others together. Taking part is easy, and donations to this campaign are optional. Simply follow the link to visit the page and leave your dedication.

It has been a tough year, and with Christmas nearing, we know that this time of year can be particularly challenging, as the season brings with it many memories of loved ones. Please know we are here for you in the build-up to Christmas if you need us, don't go through it on your own. You can reach us on **01235 772852** or email us at support@sudep.org. We are here to help in any way we can.

We continue to be here for you, stay well and keep in touch.

Jane Hanna OBE
CEO SUDEP Action

Charity News & Updates

[New Policy Report Launched; 'Lives Cut Short'](#)

SUDEP Action have launched a new policy report 'Lives Cut Short' highlighting the issues & concerns shown in our COVID-19 research. Focusing on the impact of bereavement & epilepsy risks; so that lives can be saved.

[Read the report here](#)

Lives Cut Short



[My Way To 5K reflection blog from our CEO](#)

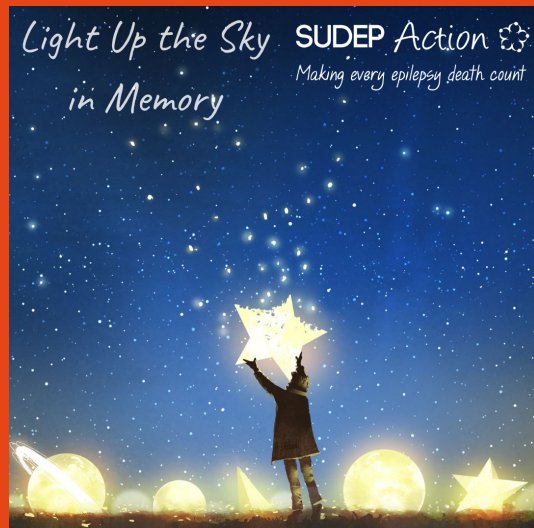
'It was lovely to join with other supporters to walk My Way To 5K for SUDEP Action Day 2020 as part of a week when we united with hundreds of organisations and thousands of people all about #SpeakUp2SaveLives!'

[Read Jane's blog](#)

Join our **Light Up the Sky in Memory** campaign

This November & December, SUDEP Action want to Light Up the Sky with love and with memories. We hope you will join us and create a dedication to someone special on our Much Loved Light Up the Sky in Memory page.

[Light Up the Sky in Memory here](#)



A Star for the SUDEP Action Christmas Tree



A Star for the SUDEP Action Christmas Tree

This Christmas season, SUDEP Action will be decorating a Christmas Tree in our office, with stars you can personalise with the name of a loved one and a special message.

To add your dedication star, please email fundraising@sudep.org or phone 01235 772850 and we will send you a star to add your dedication to.

Buying from Amazon? Consider using Amazon Smile & help raise funds for SUDEP Action at the same time! Simple, quick & helping those bereaved by epilepsy. Just turn on Amazon Smile in the Amazon App and select 'SUDEP Action' or visit www.smile.amazon.co.uk and help support others while you do your Christmas shopping this year 💖

Nominate SUDEP Action to win **£1000 this Christmas**

Your nomination of SUDEP Action for the Ecclesiastical Movement for Good 12 Days of Giving really counts. £1,000 could make a real difference to the work we do to support those bereaved by epilepsy and to support people with our free award-winning safety tools.

[Click here to nominate SUDEP Action today](#)

12

days of giving



Please nominate us and help us win





National Grief Awareness Week

2nd-8th December

Join us for National Grief Awareness Week next month between 2nd-8th December

This year's theme is #ShareYourStory. Sharing your story is an important and powerful way for you to join our campaign. [Find out more and read some of the stories shared so far.](#)

If you'd like to share your story, please email info@sudep.org to find out more details.

Don't forget that we also have a printed newsletter, just email info@sudep.org to be added to the mailing list

Help our Research

[The Epilepsy Deaths Register](#) helps researchers & clinicians to learn lessons from epilepsy deaths.

To learn more call **01235 772852** or email support@sudep.org

Fundraising

If you'd like to be involved in fundraising, our Community Services & Fundraising Coordinator, Katie, can help with advice & materials.

Call **01235 772850** or email fundraising@sudep.org

Key Dates

Here are some key dates to note over the next few months:

National Grief Awareness Week
2-8 December 2020

[Memorial Service 2020](#)
(postponed)
Date to be confirmed

If you've been bereaved by an epilepsy related death, we are here to listen, support and to help you decide your next steps.

Call **01235 772852** or email support@sudep.org



You can also follow us on social media...



SUDEP Action and SUDEP Action Scotland are the working names of Epilepsy Bereaved Registered
Registered charity number 1164250 (England & Wales), SC047223 (Scotland).

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