

IN THE LOOP



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The Wellbeing of Our Patients

TOP NEWS OF THE QUARTER!

- **Call for Strategic Support:** To advance our mission, we need charity sector expertise to help develop an international strategy and gain partners for our work.
- **National Epilepsy Week:** Our annual celebration was held from February 12-27, 2024.
- **Education Initiatives:** We are enhancing epilepsy education by placing advocates in schools and hosting joint teaching sessions for students and teachers.
- **Training Healthcare Professionals:** During Epilepsy Week in Adama, we conducted training for nurses and health officers, involving participants from various regions.
- **Massive success in raising epilepsy awareness** through our recent campaign, featured on major TV and radio stations!
- **CPD Accreditation** is underway to motivate nursing staff for epilepsy management training.
- **New Staff:** We welcomed two new staff members, Dr. Hana Mulugeta and Dr. Bezawit Ketma, to our team.

MESSAGE FROM THE CEO

Dear CareEpilepsy Ethiopia Community,

Welcome to our 1st Quarter Newsletter of 2024, a platform where we connect and celebrate our shared achievements and the incredible work being done to support those living with epilepsy. This quarter has been marked by notable progress in our mission to save lives and transform perceptions.

A special highlight this quarter was the return of our awareness-raising walk, which had not been held for the past four years due to COVID-19 and other restrictions. It was more than just a public event, it was a moving display of unity. Families, healthcare workers, government officials, and volunteers all walked together, showing that we're ready to break the silence and stigma around epilepsy.

National Epilepsy Week 2024 (Feb 12-27) was a milestone. In collaboration with the Ministry of Health, WHO, and the Association of Ethiopian Neurologists, we hosted educational programs, training sessions, and media campaigns, all centred around one powerful theme: End the Stigma of Epilepsy. We gained the participation of distinguished guests from the International Medical Corps, Amref, Project Hope, CDC, and Parkinson's Association. Mainstream media coverage on TV and radio further amplified our message, helping us reach a broader audience.

We are thrilled to report that the ROW Foundation generously donated Keppra (levetiracetam) and lamotrigine, which are crucial in our ongoing efforts to provide essential medications to those in need.

Additionally, we have strengthened our epilepsy-at-school education initiatives by placing advocates in schools and hosting joint teaching sessions for students and teachers. Our training programs for healthcare professionals, including a recent session in Adama, equipped nurses and health officers with the skills necessary to manage epilepsy effectively.

Expanding our outreach and partnerships remains a top priority. Our network of partner organizations—including the International Bureau for Epilepsy (IBE), WHO, the Ministry of Health, and others—is growing steadily. This collaborative growth strengthens our voice in advocacy and shapes national policy, helping us reach more people with better support. It's a testament to the dedication of our team, our volunteers, and our supporters.

We are also excited to welcome two new staff members to our team, Dr. Hana Mulugeta and Dr. Bezawit Ketma, whose expertise will undoubtedly enhance our capacity to deliver high-quality care and support.

Still, we face challenges. Demand is growing, and without strategic support, we risk falling short. We urgently need help with fundraising and developing an international donor strategy. If you or someone you know has experience in the charity sector, please contact me directly via WhatsApp at +44 7596 817212.

Thank you for being a vital part of this movement. Your support makes our work possible—saving lives, changing perceptions, and bringing hope to thousands.

With gratitude,

Enat Yewnetu
CEO, CareEpilepsy Ethiopia



NEUROLOGISTS, NURSES & VOLUNTEERS: Essential Care in Action



In the First quarter of 2024, we are excited to share our significant accomplishments:

- 20 people were referred to nearby government health centers for continuity of care
- 16 volunteer neurologists and five volunteer psychiatrists participated in our clinic and EEG reading sessions.



- 61 children and 70 adults received direct epilepsy care
- 102 patients attended our nurse-led health assessment clinic
- 910 patients were monitored through our nurse-led home check-ins via telephone
- 33 patients received EEG testing; 19 accessed MRI services
- 241 patients were supported with emergency medication and financial aid
- 35 patients were enrolled in medical insurance.



Behind each number is a story of relief, healing, and hope.

Thanks to a critical donation from the ROW Foundation, we were able to distribute Lamotrigine and Levetiracetam—lifesaving medications that many families cannot afford on their own.

Our growing network of volunteer doctors strengthened clinical services, especially for children and patients with complex needs, and training.





Our Impact: Wellbeing Initiatives

Let's take a glimpse into the vibrant tapestry of activities that unfolded during the first quarter, all geared towards nurturing the wellbeing of our cherished patients at CareEpilepsy Ethiopia.

- 630 people reached out via our epilepsy telephone helpline
- 225 individuals took part in weekly “Coffee and Chat” mornings, enjoying art, connection, and emotional release
- 470 patients and family members joined our monthly support group meetings
- 67 people received one-on-one counselling to manage anxiety, stigma, and emotional strain

“

We don't just treat epilepsy, we support the people who live with it.

”

Patient Support Group Meeting



Women's Counseling Program



Our wellbeing services do more than offer comfort—they build community, reduce isolation, and help individuals regain control of their lives.

NATIONAL EPILEPSY WEEK

One Voice, One Movement



The 9th Ethiopian National Epilepsy Week, held from February 13th to 17th, 2024, was the highlight of our program, filled with inspiring stories and community spirit.

Workshops. School campaigns. TV broadcasts. Clinical training. A community walk. It all came together with one goal: **End the Stigma of Epilepsy.**

We saw health workers passionately engaging in workshops and seminars, eager to make a difference.

Held emotional patient panels, shared real-life stories, and celebrated resilience

Reached thousands through media coverage on TV and radio.

Our advocacy pushed for policy changes that give a voice to those often unheard. Aligned with the Global Action Plan on Epilepsy, our efforts aim to improve treatment access, support families, and promote lifelong brain health. This week proved the power of unity and shared purpose.



In the Media: Epilepsy in the National Spotlight



Massive success in raising epilepsy awareness through our recent campaign, featured on major TV and radio stations!

Dr. Dereje Duguma, Minister of Health (above center)

Dr. Dereje Duguma's address highlighted the Ministry of Health's commitment to improving epilepsy care and raising awareness across Ethiopia. By prioritizing collaboration with CareEpilepsy Ethiopia in training and implementing targeted awareness campaigns, the government aims to enhance support for individuals living with epilepsy and foster a more inclusive healthcare environment.

Dr Hiwot Solomon Lead Executive Officer of Disease Prevention and Control

Dr. Hiwot Solomon reaffirmed the Ministry of Health's commitment to improving epilepsy care through stronger partnerships, targeted awareness campaigns, and nationwide training. Her message emphasized the government's active efforts to make epilepsy services more accessible and inclusive across Ethiopia.



Enat Yewnetu CareEpilepsy Ethiopia Founder and Director

Enat Yewnetu expressed her excitement for the powerful week ahead, packed with events designed to raise awareness, support families, and unite partners in action. With passion and purpose, she introduced a lineup of hands-on workshops and training sessions for healthcare professionals and educators. She also invited the community to join the upcoming awareness walk, a bold step toward breaking stigma and making epilepsy visible, understood, and supported.



WORKSHOP ON THE 12TH FEBRUARY 2024

Dr. Hiwot Solomon underscored the Ministry of Health's dedication to enhancing epilepsy care services and amplifying awareness efforts across Ethiopia.

Dr. Helina discussed childhood epilepsy and its educational impact. Following that, Sr. Meron led an interactive seizure first aid and safety session, offering practical insights and guidance.

Dr. Beza from the Ethiopian Public Health Institute emphasized that her organization views epilepsy as a public health concern and is dedicated to collaborating with CareEpilepsy on additional research and training initiatives.

Furthermore, Enat Yewnetu showcased CareEpilepsy's impactful initiatives, illustrating the tangible outcomes of CareEpilepsy's work in supporting individuals with epilepsy.



REACHING THE NEXT GENERATION: SCHOOL CAMPAIGN

The 2024 school campaign was a powerful success, raising awareness, breaking stigma, and equipping both students and teachers with the confidence to respond to seizures. Through direct engagement across schools, we delivered life-saving first aid training and promoted a culture of inclusion and understanding around epilepsy.



The impact:

- 52 teachers trained
- 1,550 students reached
- Multiple schools and communities engaged
- Real stories, interactive sessions, and practical safety skills shared

This campaign laid the foundation for a more informed, inclusive generation—one that sees epilepsy with empathy, not fear. And we're just getting started.

CLINICAL TRAINING IN ADAMA: Building Expertise, Changing Care

Clinical Training, 13th - 14th February 2024



The Clinical Training Program in Adama was a resounding success with 70 attendees from across Ethiopia, including General Practitioners, health officers, and nurses. The two-day event empowered healthcare professionals with skills in epilepsy management, from diagnosis to psychosocial care.

February 13–14 marked
two days of
transformation in Adama.

The sessions dove deep into:

- Epilepsy diagnosis & medication management
- Specialised care for children, pregnant women, and elderly patients
- First aid for seizures
- Psychosocial support and mental health strategies
- Epilepsy and HIV

Dr. Helina, Dr. Desalegn, Dr. Etsegenet, Dr. Kibrom, Dr. Gadissa, and Sr. Meron shared practical skills and powerful insights. Enat Yewnetu brought lived experiences to life, reminding participants why this work matters.



New Partnerships Formed

TEACHING THE TEACHERS: Epilepsy Smart Schools Initiative

Training, 17th February 2024



The Epilepsy Smart Schools Initiative is one of CareEpilepsy Ethiopia's core programs, designed to make schools safer and more inclusive for children with epilepsy. In many parts of Ethiopia, seizures often lead to children being removed from school—a reality we are determined to change.

On February 17th, 2024, we hosted a teacher training session led by Dr. Kindu Woldemichael and our team. Teachers were equipped with vital knowledge on epilepsy causes, diagnosis, psychosocial challenges, and seizure first aid. The session also addressed the heavy burden families face, reinforcing the importance of keeping children in school.

Our objective is clear: with the right training, every teacher can help a child with epilepsy stay safe, stay included, and stay in class.



THE WALK: 25TH FEBRUARY 2024

On Sunday, February 25, we marched through Addis Ababa—from Tewodros Avenue to Ethio-Cuba Friendship Memorial Park.

The rhythm of the Federal Marshal Band filled the air. More than 100 people—including families, healthcare workers, Ministry officials, World Health Organization (WHO), and Centers for Disease Control and Prevention (CDC) representatives walked together, raising awareness and calling for change.

What once felt impossible became a reality: a public show of strength for people living with epilepsy.



ACKNOWLEDGEMENTS

»»» SPECIAL THANKS TO OUR PARTNERS AND SPONSORS

Thank you to the Ministry of Health, WHO, CDC, Ethiopian Public Health Institute, Association of Ethiopian Neurologists, and all our partners, speakers, and donors for your support.

We also deeply appreciate our local youth and professional volunteers, whose time and passion bring our mission to life on the ground.

A special thank you to our global supporters, especially the Friends of CareEpilepsy in Atlanta—your continued generosity fuels our work.

Thank you for your dedicated commitment to our cause and for helping us make a difference in the lives of those affected by epilepsy.

CareEpilepsy works with the most marginalised children, women and men who face barriers to getting the education and employment they deserve. At CareEpilepsy, we believe in the power of the individual and of a group of thoughtful, committed people to change the lives of people with epilepsy; indeed, it's the only thing that ever has. Together we can save lives. Together we can change the perception of epilepsy. Together we can make a difference.

There are many ways to support us: become a member, volunteer your time, become a corporate partner and donate.

SAVING LIVES IS
BETTER TOGETHER!

DONATE

Next to
Denberwa Maternal and Child Health Hospital
Togo Street
Yeka Sub-City, Woreda 08, House No. 897
Addis Ababa, Ethiopia

»»» WAYS TO SUPPORT US

Give online - [Donate](#)

Ethiopia

CareEpilepsy Ethiopia

Account Number: 1000161849166

COMMERCIAL BANK OF ETHIOPIA

"You might wonder why I want you to spread epilepsy awareness when you don't have epilepsy. At one point, neither did I."

HELP SPREAD EPILEPSY
AWARENESS

(Credit: Epilepsy Action)

