



ISSUE 6 - AUTUMN 2013

Can you help?



\* Could you **ask your dermatologist or nurse to volunteer** at our outings and speak to parents/carers?

\* Could you **help distributing posters** and leaflets in your area and in schools?

\* Could your child **buddy** another child with eczema or could you speak to another family to support them?

if you can do any of the above, please get in touch by phone or email!



**New online benefits and grants website**

## Launch of 3 new projects following our families' feedback and great ideas!

Your views matter more than anything. Based on your responses to our latest survey, we are launching over the next 6 months 3 new and hopefully long-lasting projects:

1. **Learn & Share events** - You told us: *"I'd like to speak to dermatology specialists at outings and share my experience with other families."*
2. **High-Five Club** - You told us: *"I like that my child understands his conditions, wants to manage it more and feels better about himself."*
3. **Peer-support Network** - You told us: *"I need something near me, like a local group or an online forum so I can meet local people like me."*

### 1. Learn and Share Events - Meet Families and the Specialist



Sharing and having fun is good, but learning and going back home with new knowledge and confidence is better!

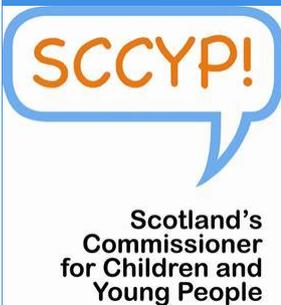
We are currently building stronger relationships with the NHS, in particular Dermatology consultants and nurses so that we can **organise questions and answer sessions for our families at most of our outings.**

Turn2us is a charity that helps people in financial need to access welfare benefits, charitable grants and other financial help – online, by phone and face to face through our partner organisations.

Their website can help you find financial support, quickly and easily, based on your circumstances. It features a free and easy to use Benefits Calculator, Grants Search and other information and resources. Turn2us is part of Elizabeth Finn Care.

Check out their website: [turn2us.org.uk](http://turn2us.org.uk)

**New report on the barriers to medication at school - The parents and children's views**



Read this new report from the Scotland's Commissioner for Children and Young people ([www.sccyp.org.uk](http://www.sccyp.org.uk)).

The report can be read [here](#)

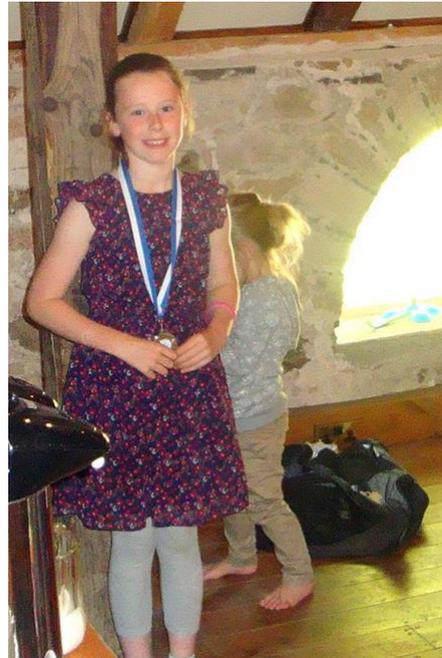
We are lucky to already receive some amazing support from a few NHS champions for EOS, who help us spread the word and recruit more health professionals to make these Learn and Share events bigger and better!

## 2. The High 5 Club - a supportive and confidence building club for children and young people with eczema across Scotland

Still in its infancy, the High 5 Club will soon provide all our children and young people a chance to shine, take control, volunteer, make new friends and feel good about themselves!

Run from our office in West Lothian, the club will be open to all our members, who will be able to take part from home, at their own pace. The activities will include:

- \* High 5 Club **webpage** on EOS website with news, surveys, debates and topics engaging the children in discussions around living with eczema.
- \* High 5 Club **Member pack** with member's badge
- \* Three fun and informative **newsletters** a year addressed to the child about the club's challenges and its participants
- \* **Pen-friend service** between members facilitated by EOS staff
- \* **On-going badge scheme** (a bit like at Cubs) leading to the achievement of yearly Awards, followed by the awards' ceremonies:
  - › **2 Summer challenges** on self-management and creative work
  - › **2 Winter challenges** on campaigning and fundraising
- \* **Accredited volunteering** towards Saltire, Duke of Edinburgh and Young Scot and reference letters





[www.sptc.info](http://www.sptc.info)

'Backchat' is the SPTC newsletter - lots of useful info for parents of kids at school in there!  
See Backchat newsletters

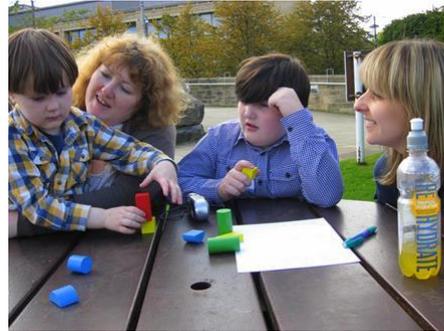
Two new kids' publications, available from us for free on request



- From the collection '**Medikidz Explains...**', a unique comic about eczema mostly for older kids/teenagers

- '**My Eczema Activity Pack**' with games, tips and stickers! For all ages. Find it in your local Lloyds Pharmacy or ask us!

### 3. Creating a network of peer-support for our families



We have recruited two new team members for 2 years to **explore and try out ways to create more connections between our members, encourage peer-support and build a structured Scotland-wide network of families** with children suffering from

eczema. This could be through group meetings, online forum, innovative projects, social media, arts, etc.

Meanwhile, we will pilot our very **first local group in Leith** and learn how to best help our families set up their own Eczema Outreach support activities near them! More about this soon...

### Next outings for your diaries



[Register here](#) to book your place at our next free family outings:

\* **Beauty and the Beast** **Pantomime** at the MacRobert in **Stirling**. 2pm performance, Sunday the 15th December.

\* **Sleeping Beauty Pantomime** at the Empire Theatre in **Inverness**. 1pm performance, Sunday the 15th December. We will also have a little gathering before the panto starts, so come along for lots of fun and laughter!

\* **Creation Station Arts and Crafts in Glasgow**, LEARN & SHARE EVENT - 2.30-4.30pm on Sunday afternoon 10 Nov - Includes Question & Answer time with a Dermatologist!

\* **Drama workshop** at **Bo'ness** Theatre, 1.30-3.30pm on Sunday 26 Jan 2014

And more coming soon...

If you have any great ideas for events please let us know!

Provide feed-back on your NHS experiences with Patient Advice & Support Service



Free, confidential information, advice and support for anyone wanting to give feedback, make comments, raise concerns or make a complaint about treatment and care provided by the NHS in Scotland.

Website: Patient Advice Scotland

All joined up



Children connecting with a ball of wool at our Ratho Climbing and Well-being outing, Oct 2013, Edinburgh.

ECZEMA LAB - Useful News and Research sites



- Eczema Awareness Support and Education (Canada) News

- TalkEczema Forum

- Medical Journals

Successful new Climbing and Well-being Outing at Ratho (Oct 2013)



Click to enlarge

"I know I'm awesome but there's no need to stare" is our favourite quote from the day!

XYZone corner, by Gina (Young People Co-ordinator)

We had a great time at Ratho in September (15 young people climbed!) – We had asked the young people to help us with developing a Wellness Plan that they (and our new members) can use if having a bad day with their eczema. We looked at different strategies to put in place and made our own cards to help us daily (even the adults did their own wellness plans).

- Here are some of them felt on a **good day**: \*don't feel like to odd one out \*energetic \* wanting to go outside \*relaxed \* able to concentrate \*looking good \* care free and having fun

- And on a **bad day**: \*Lonely \*Angry \*Isolated \*Feel different compared to everyone else \*Frustrated \*Huffing \*Doing nothing \*Not socialising \*Paranoid \*Stay in the house \*Annoy brother \*Trouble at school

- Here are some of the **suggestions** for what to do on a 'not so good day': \*Ride your bike \*Hanging with friends \*Building with Dad \*Do judo \*Climbing trees \*Talk to someone who understands \*Go to EOS event for free!

- And by doing this **we feel**: \*I like myself more \*I get excited about things \*Feel positive \*Goals are achievable \*Happy to go out without skin hurting

- So what did you **enjoy about the day**? \*I enjoyed writing down good/bad days \*I enjoyed making my wellness plan \*I liked meeting

- Medline Plus (US)

**SHOPS:**

- Scratch Sleeves
- Allergy best Buys
- Cotton Comfort
- Itchy Little World

**New Children and Young People Bill**

The Scottish Government has published five fact sheets to help explain what the Children and Young People Bill says about areas including children's rights, GIRFEC and looked after children.

**School Care plans, Disability Living Allowance Claims, tips and techniques to make treatments easier...**



Most of our 200 families are dealing with these issues daily and have great advice to share with others. We also have templates to help you make your own. Just ask!

**Food Allergy Fun**



new people and seeing all of the different methods used for eczema, how everyone was different but still united

- Here are some of the **Adults' Wellness Tools**: \*seeing friends \*eating good food \*walking \*take time to relax and recognise feelings \*reading a book \*meditation and mindfulness \*Zumba \*being outside

If anyone who was unable to come to the event would like any more information about developing their Wellness plan then I would be happy to talk to them about it.

gina@eczemaoutreachscotland.org.uk

**Great links to explore**

Regular and varied posts on the **Eczema Company** facebook page

The revamped website for the **National Eczema Society** (based in London) has a lot of very good resources, so do have a look!



**CYANS** Children and Young People Allergy Network Scotland. Here are their next events:

- 17 November 2013 - Parent and Family Workshop run by the Anaphylaxis Campaign for **children with severe allergies aged between 3-10 years.**
- 16 November 2013 - Families and Young People Workshop run by the Anaphylaxis campaign designed for **youngsters with severe food allergy, aged between 11 to age 18 years** and their parents.
- 3 December 2013 - Scottish Allergy and Respiratory Academy (SARA) Inaugural Education Event - Primary Care Allergy and Allergic Asthma Education Day organised in collaboration with CYANS - **for professionals.**



## What guidelines do health professionals follow when dealing with childhood eczema?

Have a look at this informative and interactive website which shows the 'pathways' for the treatment of eczema followed by our doctors and consultants by clicking here: [Nice Pathways Eczema](#)

## Take part in Eczema Research



1. **The CREAM study** is about identifying the best way to treat infected eczema in children. [www.cream-study.co.uk](http://www.cream-study.co.uk)

Contact Susan MacFarlane, Scottish Children's Research Network, Tel: 01382 740373, [susanmacfarlane@nhs.net](mailto:susanmacfarlane@nhs.net).

2. **The effects of stress**, anxiety, life events and depression on skin disease in adults. Contact [h.stevenson@2009.ljmu.ac.uk](mailto:h.stevenson@2009.ljmu.ac.uk) or her University tutor on [s.fairclough@ljmu.ac.uk](mailto:s.fairclough@ljmu.ac.uk).  
Twitter page: @LJMUSkinStudy

## Canal College in Falkirk and Edinburgh - Could it be for you?

Not eczema related, though many of our members enjoy the outdoors and are looking for volunteering opportunities to build skills and make new friends!



**Canal college** (Scottish Waterways Trust) is an exciting new outdoors heritage skills training programme for young people living in Edinburgh or Falkirk. It is designed as a Stage 2 level programme for 16-25 year olds who are not in employment, further education or training. Volunteers complete the 14 week course on the Forth & Clyde Canal, Union Canal and at The Falkirk Wheel. There are no tuition fees and all reasonable travel expenses are paid.

Altogether, participants leave with new abilities as well as a good understanding of the many job opportunities within the heritage and environment sectors. Call the canal college project co-ordinators for further details:

- › Edinburgh: Danielle - 07795 645 683 / [danielle@scottishwaterwaystrust.org.uk](mailto:danielle@scottishwaterwaystrust.org.uk)
- › Falkirk: Carol - 07717 224 725 / [carol@scottishwaterwaystrust.org.uk](mailto:carol@scottishwaterwaystrust.org.uk)

## NOT-SO-NEW BUT STILL RELEVANT INFO...

### Other links to check out regularly!

Learn more about **eczema**, its treatments and other groups:

- › [DermNet](#) (New-Zealand) - also used by UK consultants
- › [Eczema Doctors](#) (Australia) - Lots for kids too
- › [National Eczema Association](#) (USA)

Other links on **support**, **strategies** and official **reports**:

- › [Maternal and Early Years](#) website
- › [Additional Support for Learning](#) - Know your rights!
- › [Kindred](#) - carers' support and information
- › [Parenting](#) across Scotland
- › [Scotland's Commissioner for Children](#) and Young People - Check out the report on *Adminstrating medicine at school*, especially this [2013 Report on medicines at school](#).

Last but not least... Some **brilliant blogs**

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- [MarcieMom blog - Eczema Blues](#) - Our much loved Singapore mum and author/illustrator of our 'A-Z The Animals Are Not Scratching' book.
  - [Life in my Houseful of Boys](#) - A poignant and realistic description of the daily life of a great mum of kids with eczema.

[www.eczemaoutreachscotland.org.uk](http://www.eczemaoutreachscotland.org.uk)  
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