

Welcome to Eczema Outreach Support

Support for children, young people and their families



Welcome to Eczema Outreach Support

We wish you a very warm welcome to our charity. You are now part of a friendly and caring community that offers support to individuals and families affected by eczema.

Maybe you are a parent who is very new to eczema and you're feeling a bit lost. Maybe you already know a lot about eczema and you're adapting to your child growing up and facing eczema related challenges. You might be a young person trying to manage your eczema so you can keep doing the fun things in your life. Whoever you are, we are very glad that you found us.

We understand many of the challenges of living with eczema. We know that it can sometimes affect the well-being of the whole family. Eczema is a condition that is often misunderstood and throws up a range of emotions.

The EOS Team is here to support you. Here are some of us in action.



We have lots of experience and ideas about dealing with eczema related challenges. We are passionate, dedicated and support many families along their eczema journey. We'll do our utmost to help you or your family get the most out of life.

Here is what families say about how EOS has helped them...

"I found EOS during a really difficult time. We felt isolated and alone. My child was in a really tough place. Knowing there are others we can connect with is reassuring and everyone is lovely!"

"It was really great to chat with you, so much helpful advice. I feel so much better knowing there's you guys to help when I'm struggling, thank you."

"The school workshop really helped my teachers and classmates understand what I'm going through. People have stopped teasing me now. Thanks for doing a great job."

"My son felt so relieved to talk to other children who understood what he was going through. I felt pretty emotional that he had found a little tribe who could give him a bit of support."

This welcome booklet provides a little introduction to eczema and to what we do. Scan the QR codes to find out more on our website!

Eczema and Triggers

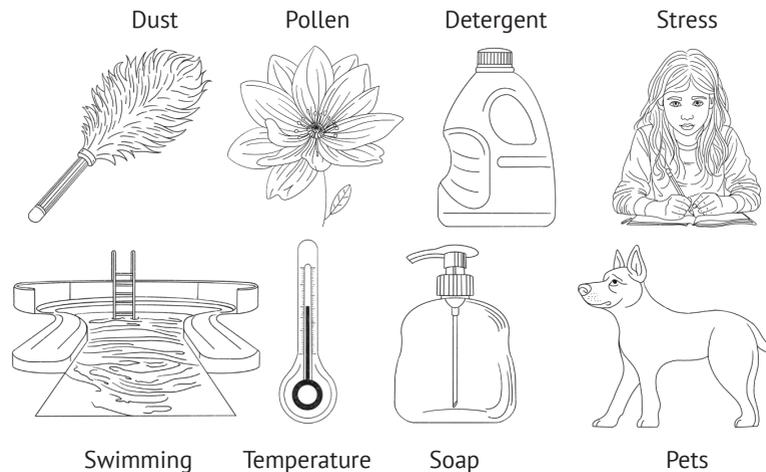
Eczema affects 1 in 5 children and 1 in 10 adults in the UK. Research is still ongoing but it is thought to be caused by three main factors:

Environment Genetics Overactive immune system

The top layer of the skin lets water escape and allows irritants/allergens in, which can cause inflammation. This causes the skin to feel dry, itchy and often sore.

A trigger is something that aggravates eczema. They are very individual and can also change over time. While avoiding known triggers doesn't cure eczema, it can reduce the number and severity of eczema flares.

Here are some common eczema triggers that we hear people mention:



Some people wonder if food can cause eczema to flare. If you suspect this is the case, mention it to your doctor. It may also be worth keeping a food diary to monitor this. It's worth noting that allergy testing can be unreliable so a lot of dermatologists don't routinely refer for testing.

Scan the QR code to find more information about eczema treatments and triggers.



Treatments

If you have eczema, you need to moisturise with an emollient every day, sometimes several times a day. This is important even when the eczema seems under control. Emollients come in different formulations:

Ointment Creams Lotions Gels Spray

If you have eczema, it's important to find an emollient that you're happy to apply. This might take some trial and error.

Ask your doctor if you can try a different emollient if the one prescribed doesn't seem to be working or it stings or irritates the skin. Applying emollients will be less of a battle if children don't mind the feel of the one being used.

Topical steroids are often prescribed alongside emollients. They come in different strengths/potencies. It is important to follow the guidance that you've been given. Unlike emollients, they aren't applied all over – only on the affected areas.

Don't lose hope if these don't work as there are lots of other treatments available. These would usually be prescribed by a dermatologist and include:

- Other topical treatments
- Eczema garments and bandages
- Phototherapy
- Other medicines (this could be tablets, injections or liquid syrups)

New research means new treatments are becoming available all the time. These can make a huge difference when treating moderate to severe eczema.

Our top tips for eczema treatments:

- Ask for a clear treatment plan from your doctor
- Use a clean spoon to decant if using an ointment
- Apply emollient in downward strokes
- Pat the skin dry after a bath, don't rub
- Remember to re-order in time so you don't run out

How we can help

One to One Support

Have a chat with one of us. Get some emotional support as well as some practical hints and tips.



Support Groups for Parents/Carers

Regular online events and our closed Facebook group allow parents/carers to swap tips and support each other.



Teen/Youth Support

Our Youth Panel meets regularly to share experiences, ideas, create new projects and have a big voice in shaping the way that EOS supports children and young people with eczema.

We also host events to facilitate young people sharing their top tips and offering peer support.



Support Groups for Children

Regular online catch ups allowing children with eczema to connect with each other.



Educating School/Nursery Staff

Your child's school or nursery staff can receive professional development training to better support students with eczema.



Workshops in School/Nursery

Request a free workshop for your child's class to educate teachers and classmates about eczema.

Events

We have regular face to face and online events e.g. family fun days and webinars.

Raising Awareness

We attend events to raise awareness about eczema and the impact it has on everyday life.



Resources on our Website

Our Wellbeing Resources are great to use with your child. We also have resources to help with school.

Some more of our top tips!

You may feel helpless at times when your child is having an eczema flare. However, there are things you can do as a parent/carer:

- Keep pushing to access the help you need and always speak to the GP/ Dermatology team if you need any medical advice about eczema
- Use fidget toys to keep the hands busy
- Keep your cool pack or a metal spoon in the fridge to calm the skin
- Remember/remind to pat/tap/press the skin instead of scratching
- Sleep is often impacted so take a look on our website for our guide on sleep

How can you help EOS?

Share your story!

Would you be happy to talk to the team about your eczema journey? If you would like to help promote EOS so we can help even more families, email us at info@eos.org.uk

Be a Fundraising Star!

We are only able to offer support to families like yours because of the fantastic people who donate to EOS or fundraise for us. You can be amazing too and join them! For information on how you could help EOS scan the QR code.



Spread the word

Tell everyone that you are a part of EOS! We can send leaflets and posters to you or your GP or Dermatology team to help people to find out about us.

Get in touch anytime: email us on info@eos.org.uk or call us on 01506 840395

Follow us on social media



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Visit our website

www.eos.org.uk

