



Eczema Outreach Scotland

Supporting people with eczema and their families

ISSUE 7 - WINTER 2014

Penpal kids/teens wanted! Send us your profile ad now...



We are inviting short descriptions from children and young people looking for a penpal now! For example:

"Hi my name is Aaron, from Ayr and I am 8. I love tennis, my hamster 'Hoop' and I have 2 loud little sisters. Happy to write or email someone from anywhere in Scotland!"

No need for a picture or any personal details- just email/send us a short paragraph about you and we'll include it in our future High 5 Club website/newsletter!

School Care plans, Disability Living Allowance Claims, tips and hints...

Watch Charmaine, Emma and Dominic in our first video!

A huge thank you to our young stars and their families and clubs for letting us capture their journey with eczema and the charity. Please share, like, tweet... and help us raise awareness!



Youtube link [here](#) (or click on Emma's photo)

Next outings for your diaries - BOOK NOW!



Register [here](#) to book your place at our next free family outings; some of them include a special time to ask questions to a Dermatologist during a group session!

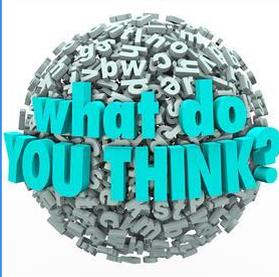
The average length of events is 2 to 3 hours.

Please note that these events are free to our members but cost money to the charity, so please let us know in advance if you need to cancel so we can fill your place. Thanks!

- Dance workshop, **Livingston** Howden Park Centre, Sunday 2nd March 10.30am
- Sledging & ice slide / Dermatologist event, **Glasgow** Xscape, Saturday 29th March, 9.30am
- Art workshop / Dermatology event, **Edinburgh**, City Art Centre (tbc), Sunday 4th May 1.30pm
- Loch Lomond cruise, **Loch Lomond**, Sunday 1st June 10.30am
- Drumming, **Glasgow**, Sunday 20th July afternoon
- Outdoors fun! **Edinburgh** Water of Leith Centre (tbc), Sunday 31 August
- Indoor climbing / Relaxation / Dermatologist event, Ratho **Edinburgh**, Sunday 5th October morning
- Discovery / Sleep Management / Dermatologist event, **Dundee**, Sunday 16 November afternoon



Most of our 225 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!



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!

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

Have a look at this

- Panto, **Shetland**, Saturday 13th December afternoon
- Panto's **Inverness & Stirling**, Sunday 14th December afternoon

We also plan to organise an event in **Elgin** (date tbc), offer spaces at the Scotland wide Puppet Festival and a few other surprises...

Fill in our short survey on Peer-Support and you may win a £20 high street voucher

Hi, I am Alison, the charity's new Peer-Support Manager. A support network like the one we want to set up allows people to share common experiences and is often called a "peer-support network".



Because I need you to be involved in designing your own peer-support service, I am starting with a short survey.

Please help us by filling this [survey for adults](#) (click) and this [survey for children](#) (click). 5 respondents will win a £20 high street voucher!

We are also going to have group discussions at some of our events and individually. If you would like to be directly involved or find out more, please contact me on alison@eczemaoutreachscotland.org.uk

Tips from other parents



We talk to parents regularly and many mention tips and strategies that help their child, here a few (please note that EOS doesn't endorse any specific product):

SCRATCHING -

"**ScratchSleeves** really made a difference when my daughter was younger" – EOS have heard from many

families that ScratchSleeves have been really helpful for their baby or toddler to help minimise scratching and damaging the skin. They aren't on prescription but cost from £8.75 from their website.

- **FACE MASK** - "I have found the **Dermasilk facial mask** has helped my daughter's eczema on her head and sides of her face. It has helped protect the skin at night when she is scratching and we can't stop her! It took her a few days to get used to wearing it but she doesn't mind now." – EOS have heard many families talking positively about Dermasilk and some of their clothing items are on prescription, ask your GP or Dermatologist for more information.

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](#)

New online benefits and grants website



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. Check out their website: turn2us.org.uk

ECZEMA LAB - Useful News and Research sites



- Eczema Awareness Support and Education (Canada) News

- TalkEczema Forum

- Medical Journals

- Medline Plus (US)

SHOPS:

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

BATH TIME - "I was using **Simple in the bath** but since receiving the welcome pack I tried the **QV Bath Oil** and I already see an improvement" – from what we've heard from our EOS families, what you put in your child's bath is important. **Dermol 500** is another soap substitute available on prescription that many of our families like to use.

WASHING POWDER - "Surecare and Ecover seem to make a difference"

Fraser's review of the Stirling Pantomime (Dec 2013), our latest family outing



*"I really enjoyed my day out with EOS to see Beauty and the Beast at the MacRobert Arts Centre in Stirling on Sunday 15th December. We had some time to meet people from EOS before the show started. This is only my third outing with EOS but **I already recognised some faces** and I saw a friend I met at Ratho again.*

*I found some animal stickers on the activity table and had lots of fun with them. My mum chatted to other parents and **she said she enjoyed catching up with people.***

***The pantomime was epic and the jokes were mega funny.** It was a bit sore for me to laugh because I just had two teeth out because I am getting braces. But I kept forgetting the pain and laughed anyway because I couldn't help it. My favourite character was Bunty. She - I know it was a man really - had some very good costumes. I liked the table and the wrap ones best. **I felt a bit sorry for the man in the audience wearing a Christmas jumper** and his wife because they got picked on so much. But I think they found it funny too. A man called Stephen was picked to go on stage and I thought he was so funny. I don't think he liked it but it was the funniest thing ever. I am glad I wasn't picked.*

*I think everybody loved the pantomime as much as I did because it was so awesome. **I really hope I can go again next year.**" Fraser (10yrs)*

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](http://PatientAdviceScotland.org.uk)



Other sites to check out regularly...



- 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.

And also:

- [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!
- [Parenting](#) across Scotland

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

- [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.

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