



Eczema Outreach Scotland

Supporting people with eczema and their families

ISSUE 8 - SPRING 2014

On-line Toolkit



More templates and publications on our new website

Penpal kids/teens wanted! Reply or send us your profile ad now...



We are inviting replies to our first penfriends (see them here) and also more short descriptions from children and young people. For example:

"Hi my name is Louis, from Aberdeen and I am 7. I love dogs, football and I have 1 big brother. Write to me if you'd like to!"

Challenge yourself with the new High 5 Club!

Completed challenges have started to arrive at the EOS office and we're expecting lots more entries from our young members in the next few months.

Visit the [High 5 Club webpage](#) or use your own home pack to take part now.



Receive a collectable token for each challenge. Complete all 5 by the summer and get your certificate. Children and young people achieving all 10 challenges for the year will each get a trophy!



Next outings for your diaries



[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.

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!

What is a School Healthcare Plan?



Picture above: Traffic Light example

It is a document written by parents/carers and the head-teacher to ensure the child with eczema receives all the care he/she needs during school hours.

It can be about having a member of staff applying creams at lunch time or changing bandages, etc. We have templates and tips on hand for our families, so please don't hesitate to get in touch about it, especially if you child is about to start P1 or S1!

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

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!

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

We are also running a number of focus groups across the country, led by our Peer-Support team Alison and Stephanie.

When	Where	What will we be doing	When	Where	What will we be doing
Sunday 2nd March 10.30-13.00	Howarth Park Centre Livingston West Lothian	A fun street-dance workshop for the kids while parents/carers get a chance to discuss their support needs and swap stories and tips. <i>Suitable for all ages.</i>	Sunday 20th July 13.30-15.30	Pfaffchurches Burch Hall Glasgow	Sing some African drums and enjoy the thrill of making some noise and art in a group while parents/carers network and swap tips, a great activity to build confidence and get rid of frustration. <i>Suitable for all ages.</i>
Saturday 29th March 09.45-12.00	Snow Packer Macpoe Brosehead Glasgow	Snow fun for the kids with an hour sledging and using the snow slide. For parents we have a Healthcare Professional coming along to answer questions. In addition time to chat to other parents/carers. <i>Age 3 years+ for sledging.</i>	Sunday 31st August 10.00-12.00	Walker of Leith Visitors Centre LeaRk Road, Edinburgh	A fun conversation task organised by the fantastic Green Team. Parents can join in or have a coffee inside the Visitor Centre. <i>Suitable for age 4 years +.</i>
Saturday 5th April 10.30-14.00	The Loft East Grange Kinross	Fun activity of gaffery & paints or an outdoor activity for the kids while parents/carers get a chance to meet and swap stories and tips. Opportunity to discuss support needs and input into the Charity's plans for peer support. <i>Lunch will be provided. Suitable for all ages.</i>	Sunday 5th October 9.45-12.30	ESCC Edinburgh International Climbing Centre Ratho	Kids 4+ can enjoy indoor climbing while parents benefit from a discussion with a healthcare Professional. We also have RelaxKids coming along to promote relaxation. <i>Suitable for age 4 years +.</i>
Sunday 4th May 14.00-16.00	City Art Centre Market Street Edinburgh	Art workshop for kids with artist Leo Du Feu. No art experience required, the focus will be having fun with 'yell'art'. For parents we have a focus on allergies. Time to chat to other parents/carers. <i>Suitable for all ages.</i>	Sunday 16th November 1.30-15.30	Discovery Point Discovery Quay Dundee	Enjoy a hour of Discovery. We have a Dermatologist coming along to answer your questions and a sleep coach to help with any sleep problems you may be encountering. <i>Suitable for all ages.</i>
Sunday 1st June 11.30-15.00	Cruise on Loch Lomond meeting at Tarbet	Cruise on Loch Lomond from Tarbet to Sivershield, on the eastern shore of Loch Lomond. Lunch at the Invermild hotel, explore the waterfalls and coves, cruise back to Tarbet. Opportunity for chatting to other parents/carers and the SOS team! <i>Suitable for all ages.</i>	Saturday 14th & Sunday 15th December	Shetland Garrison Theatre, Stirling MacRobert Arts Centre, Inverness Eden Court Theatre	The big treat of the year: the annual panto event! We have a limited number of tickets to allocate for each of these 3 great venues. <i>Suitable for all ages.</i>

To come along to any of our events please register on our website www.eczemaoutreachscotland.org.uk/events. Alternatively please phone us (t: 01506 840 353) and we can register you and your family.

We fundraise tirelessly to offer these events free of charge to our members. If you sign-up for an event please let us know if you are no longer able to make the event. If you sign-up for an event please let us know if you are no longer able to make it by text 0793 467 2593, phone 0800 622 6018 or email info@eczemaoutreachscotland.org.uk We look forward to seeing you and your family!

www.eczemaoutreachscotland.org.uk

Click to enlarge

the treatment of eczema followed by our doctors and consultants by clicking here: [Nice Pathways Eczema](#)

Changes to benefits



Want to know more about how your benefits may be affected by the new changes? **Contact a Family** can help. Phone 0808 808 3555 or visit their [website](#)

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

Tips from families



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):

- **ONESIES** - Too big for eczema all-in-one garments? You can try using a lightweight cotton onesie. The all-in-one minimises scratching and you can even get onesies with options of feet and mittens. Click [here](#) for an example.
- **DIY EMOLLIENT SPONGE** - A couple of families have found a bath routine that works well for their children. They use Dermol 500 in the bath as a soap substitute and then take a sock, or section of a bandage, and scoop some Epaderm ointment (a sample of this was in your welcome pack) into the sock/bandage. They use the sock/bandage filled with Epaderm as a sponge on their child's skin. The child also enjoys it because the sock is squidgy and they make a game of it! The mixture of the Dermol 500 in the bath and the Epaderm sponged onto the skin directly has made a big difference to the hydration of their children's skin.
- **HEMP RANGE** - The Body Shop's hemp range has been a big help to a family who was struggling to find a cream that kept their son's skin hydrated.
- **NURSERY REWARD CHART FOR SCRATCHING** - A family has worked with the nursery their son attends to use a star chart to reward him for not scratching or rubbing instead when he is at nursery.
- **NETTLE SHAMPOO** - A family find using nettle shampoo from their local farmer's market has made a difference for their daughter (their local farmers market is in Falkirk).
- **KEEPING COOL** - Keeping rooms airy and cool really, using fans, cold gel packs and wearing light clothing can really help.



Survey of the mental wellbeing of young people with long term conditions



The Mental Health Foundation (MHF) have launched a survey which explores the impact of living with a long term physical condition on young people aged 12 – 18 across Scotland.

The survey is accessible [here](#) and will be open until Friday 16th May 2014. If you have any questions about the research please contact Hannah Biggs on hbiggs@mentalhealth.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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