



ISSUE 9 - SUMMER 2014



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](#)

Parent to Parent with Eczema Outreach (peer-support)



Thanks to all who shared their views on peer-support through the survey, focus groups or in individual interviews! We

Starting school this year? An agreed healthcare plan can make all the difference.

It is a document formally written by you and the head-teacher (or nursery Manager) to ensure your child with eczema receives all the care he/she needs during school/nursery hours.

Some agreed strategies may include : sitting away from the radiator or the window, avoiding sand, using their special soap after toilet trips, getting creams applied every lunch time, change of bandages at break time, educate their peers about skin conditions...

HOW TO DO IT (example of starting P1):

- 1. Ask for a "transition" or "Additional Needs" meeting with the headteacher** and the new teacher before or at start of year.
- At home, **write a list of strategies/treatments** and discuss with your child.
- 3. Contact us at Eczema Outreach.** We have advice and examples to share with you to make sure you're 100% happy with your own plan before your meeting.
- During the meeting with the school, **explain** what eczema is, its treatments, its impact on life and why your plan is important. Formally **agree** on the next specific steps and actions, which could be finding a "cream helper" within the staff or educating your child's classmates on eczema.
- 5. Have a review meeting with the head-teacher** and teacher a month after the plan has started to make sure all is going well.

You can see an example of a family file + plan [here](#) (the last few pages are the set of strategies in the classroom and for the creams; however a full file can be helpful too).

heard from over 100 people from our member families. We also visited 18 organisations currently running a peer-support service to find out more about what works well for others.

The lucky winners of our prize draw from survey participants are:

- Kiera (Perth)
- Awatif (Glasgow)
- Cole (Edinburgh)
- Dawn (Shetland)
- Deborah (Elgin)

They all win a £20 shopping voucher!

Over the summer we are going to match what you have said you want with what we have learned about different types of peer-support and choose 3 projects to take forward later this year and into 2015.

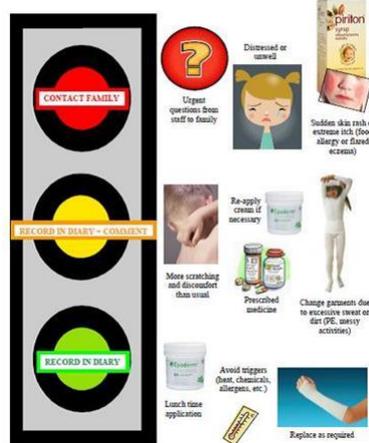
If you would like to know more, or be involved with a peer-support pilot later this year please contact us.

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



We are inviting new short descriptions from children and young people wishing to take part in the penpal

Gaëlle's traffic lights
GREEN, AMBER or RED day?



A traffic light sheet for the teacher can be a useful and reassuring tool



Gaëlle awarding her "Creams Helper" Certificate to the school secretary after her first P1 week.

Still time to complete your High 5 Summer Challenges!

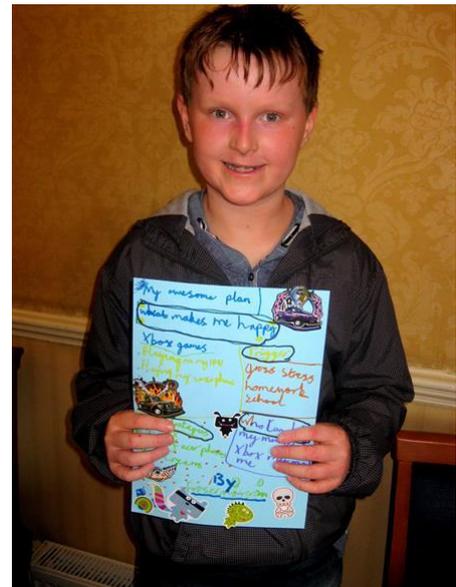
We hope your child enjoyed getting their High 5 Club pack recently!

Often children with eczema feel they are the only one with itchy, sore skin so the Club is focused on letting them know there are other children just like them.

There is a pen pal service so children can contact each other and we have challenges that encourage children to think about their eczema and learn a bit about it.

There are also small prizes for each challenge completed and they are a perfect activity in the summer holidays! We look forward to seeing more completed challenges in the coming weeks...

Visit the [High 5 Club webpage](#)



club. 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!"

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!

Watch this space for a magical outing in Dundee (we've changed our plans!)



We are adding some magic and fun to our planned Dundee event, which will take place mid-November, venue to be confirmed. All our members will receive an e-invitation un due course.

On the programme so far: Dermatology questions & answers, group discussions / sharing tips and for the kids, magic and High 5 Club challenge!

ECZEMA LAB - Useful News and Research sites



Tips from families



We know summer can bring a new set of challenges for trying to manage eczema, so we have collated a few tips passed on from families and dermatologists to help make the summer months more manageable (we do not endorse any specific product):

- 1. Sun cream** can irritate sensitive skin so finding one that suits your child's eczema can be trial and error. Some brands recommended by families are Sunsense Sensitive, Hamilton Sensitive, E45, Banana Boat and Green People Organics. Choose an infant formula as this is less likely to have ingredients that will irritate your child's skin. The best approach is to cover your child's skin with a sun suit to minimise the amount of sun cream needed on their skin. The National Eczema Society has a good range of [factsheets](#) about eczema, including advice on dealing with the sun.
- 2. Eczema flaring up around the eyes** can be a challenge in the summer due to allergies to grass and pollen. Eczema can be made worse by children rubbing their itchy eyes. In addition to treating the allergy with antihistamines and allergy eye drops, keep the skin around the eyes moisturised to minimise damage to the skin. This area of skin doesn't have a lot of natural oil so applying greasy ointment to the area around the eyes three times a day may help minimise the use of steroids.
- 3. Keeping cool** - If your child is getting hot and itchy in the warm weather try keeping their pyjamas/garments and creams in the fridge so they are lovely and cool on their skin. It might help them go to bed calmer and ready for a restful night sleep.



- 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

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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