



# Eczema Outreach Scotland

Supporting people with eczema and their families

ISSUE 11 - Winter 2015

Glasgow Learn and Share event, Sat 28 March - Save the date



**Glasgow Science Centre**

All members will receive their invitation mid-March (places are limited and allocated on a first come first served basis)

On the programme : Dermatology questions & answers, science workshops for the kids, lunch together, Atopic Art project (get creative and messy with other families)...

Spaces available at our Inverness and Kilmarnock groups' meetings



**If you live in the area, why not give it a try?**

The meetings are run by our lovely local facilitators and offer families a **chance to meet in an informal and relaxed**

## Edinburgh Zoo event - Saturday 7 February



**The event is now fully booked and will include:**

- Question and Answer session on eczema
- Networking lunch
- Participation in our new Atopic Art project and the visit of the zoo.

**We look forward to welcoming you all on the day**, our families, volunteers and healthcare professionals, to kick start our improved programme of events!

## Amy is our High 5 Club Champion!

**Congratulations to Amy from Troon, aged 11, who completed all 10 challenges of the High 5 Club in 2014**, including her self-management tasks, a brilliant bake sale and a successful class talk on eczema.



This has also helped Amy achieve her **Primary 7 Award of Ambition**. What a result!

We still welcome entries from children and young people across Scotland (more info on the challenges [here](#)) ; prizes are sent for each completed challenge.

## New Video of the National Eczema Association (USA) conference about the latest eczema treatments

## setting.

Contact Stephanie by email [here](#).

Want to take part in clinical trials on eczema?



Check out the UK Dermatology Clinical Trials Network for the latest trials recruitment news.

**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 (also blog)

### More sites and blogs

Maternal and Early Years

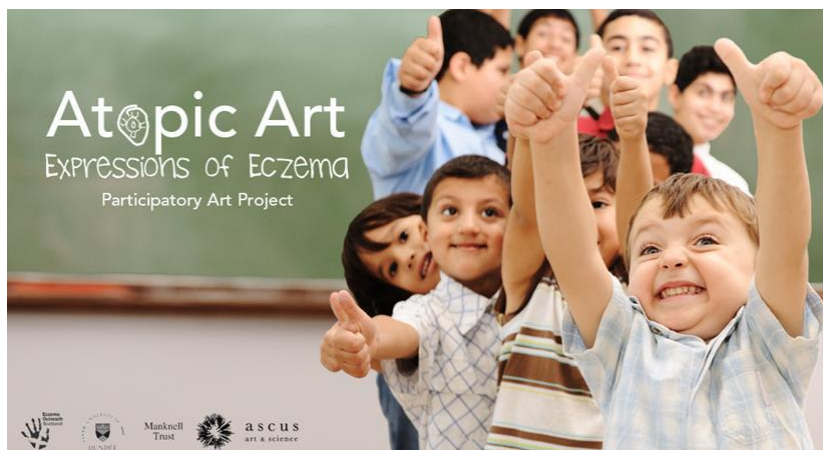
Additional Support for Learning - Know your rights!



Great news, we can now **watch the 3-part video of this high profile eczema conference** held by the National Eczema Association (USA) in November 2014 in New York.

Watch **part one video** on Youtube now. **What do you think?**

**Wanted: families to lead on a new creative awareness campaign in Edinburgh schools**



### When does it start?

It will all start at our first Learn and Share event of 2015 at the Edinburgh zoo, 7 Feb. Don't worry if you can't make it, there will be opportunities to join afterwards too, just let us know.

### How does it work?

Two artists will run our family afternoon workshops at our Edinburgh, Glasgow and Inverness events. Using the creative input from the family workshops, **a group of families will design a unique exhibition about eczema and the perfect School Awareness**

Parenting across  
Scotland

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 - daily life with  
children suffering from  
eczema and allergy free  
cooking

## Pack over monthly group meetings from March to June 2015.

The exhibition and packs will be produced over the summer,  
launched in September and used in schools by our members to raise  
awareness of eczema for many years!

No need to be arty, just come along with your experience of eczema,  
your desire to meet others and to make a difference together.

Contact [alison@eczemaoutreachscotland.org.uk](mailto:alison@eczemaoutreachscotland.org.uk) or  
[stephanie@eczemaoutreachscotland.org.uk](mailto:stephanie@eczemaoutreachscotland.org.uk) now

## Interactive step-by-step guide to treating eczema every GP should be following

**Want to learn how GPs  
and Dermatologists make  
decisions about the best  
way to treat your child's  
eczema?**



Here is the standard clinical  
advice they should be  
following, step by step: [NICE  
eczema guidelines](#)

**If you find that your own care isn't following the expected  
pathway, don't hesitate to discuss it with your clinician at your  
next appointment and ask for some clarification about their  
treatment decisions.**

## 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
- [National Eczema Association](#) (USA)