



# ARTHRITIS outlook

## Reasons to be **Cheerful**

**A**rthritis Care in Scotland has many reasons to be cheerful in this, its diamond jubilee year.

For 60 years we have been supporting people with arthritis across Scotland, delivering high quality services which enable people to make positive changes to their lives.

The main celebration of the jubilee in Scotland will be a gala event in Glasgow in the early autumn. This will bring together the branches, groups, volunteers and supporters of Arthritis Care in Scotland. We are seeking sponsorship for this exciting celebration, but we do need to raise additional funds. Do you know anyone who could help us with this? If so please contact Joanne Smith in our Scotland office.

None of the work we have done would have been possible without our many volunteers and supporters. We realise the value of our volunteers and are committed to ensuring best practice in supporting volunteers to make a real difference to their lives and the lives of people with arthritis. To recognise this publicly we applied for the Investing in Volunteers (iV) award, the UK quality standard for organisations that involve volunteers in their work.



*Andy Kerr MSP presents the iV award to Arthritis Care volunteers.*

The process of achieving accreditation was a wonderful opportunity to review our policies and practices relating to volunteers and to put forward development plans. The iV Working Group, which included a mixture of staff and volunteers, was set up to undertake this task. We were successful in our application and in October 2006 the Minister of Health, Andy Kerr, presented Arthritis Care with the iV award in the Scottish Parliament. The occasion was made very special not only by the venue, but also by the number of other volunteers who travelled to attend the ceremony.

One of the volunteers who attended the presentation of the iV award has her own reason to be cheerful. May Taylor has campaigned tirelessly for a hydrotherapy pool in Forres. In January this year she was presented with a cheque which took the total of the funds raised to over £200,000 -

the figure required to turn the plans for the pool into reality. Congratulations to May.

To celebrate our diamond jubilee, each of Arthritis Care's national and regional offices will be running awards to honour volunteers and supporters locally. The winners of these awards will then go forward for a UK-wide award, and the overall category winners will be announced at an event in London in October. If you know someone who has made a difference to the lives of people with arthritis, why not nominate them for an award?

Entering is easy. Simply complete the nomination form available from our website or from the Scotland office. The deadline for Scotland nominations is the 22 June, with the winners being announced at the Scotland diamond jubilee gala event.

# Scotland committee update

Chrystal Carmichael, Scotland committee chair



**T**he Scotland committee meets quarterly to discuss issues relevant to people with arthritis in Scotland and the UK, and we make sure that our priorities in Scotland are addressed. The committee is made up of volunteers from across Scotland, who have various roles and skills. Recently the committee has discussed the new strategic plan for Arthritis Care, and reports from our new working groups, which focus on areas including campaigning, self-management and communication. Our newest members introduce themselves below:

## Gordon Blyth: training representative.



I have enjoyed the opportunity of helping with Challenging Arthritis courses, which I have led since 2003. It is nice to work with other volunteers and staff who view arthritis as a common bond rather than a problem, and who understand what living with arthritis really means.

## Kathleen Mackie: information representative.



I have had psoriatic arthritis since the age of 21. I worked as a teacher before taking early retirement. I joined an Arthritis Care self help group, then trained as a Challenging Arthritis course leader, and more recently became an information volunteer.

## Linda Logan: campaigns representative.



I ran a guesthouse, and later worked in the NHS (Health and Safety department) until I was medically retired. I have been involved with Arthritis Care for about 10 years, first as a member and currently as a training volunteer, information volunteer and campaigner.

## Wendy French: co-opted (postal member).



I am 37 years old and was diagnosed with psoriatic arthritis in February 2006 – devastating for me and for my career as a staff nurse. Becoming involved with Arthritis Care, I recently started the Dundee support group and also hope to run self-management courses.

## Hazel Farley: co-opted (manager, Lothian Centre for Integrated Living).



I have extensive experience in the voluntary sector particularly relating to disability issues and the promotion of independent living in Scotland. I am also a former Young Arthritis Care development officer.

## David Findlater: co-opted (Highlands, Islands and Grampian ALC).



I was co-opted onto the committee to provide continuity when Sam Macarthur, current Highlands, Islands and Grampian ALC representative, retires. I became involved with Arthritis Care through family, and from there it snowballed. I am now chair of Banchory branch and of the ALC.

## South of Scotland Area Liaison Committee (ALC)

**A**LCs represent volunteers at a regional level.

In November 2006 volunteers from across the south of Scotland met and decided to amalgamate the three ALCs in the south to form a new South Scotland ALC, which covers the area from the central belt to the border. Carol McNaughton and Linda Logan have been elected as chair and treasurer respectively, and the committee are still looking for people to be vice chair and secretary.

There are now three ALCs in Scotland: Highlands, Islands and Grampian; Central, Fife and Tayside; and the new South Scotland ALC. The committees meet twice a year and give volunteers in an area the opportunity to share information and ideas.



## Arthritis gloves

**I have psoriatic arthritis.** One noticeable feature of this condition is that when toes and fingers are affected, the whole toe or finger becomes swollen and not just an individual joint. So called 'sausage' fingers often identify psoriatic arthritis.

I have sausage fingers - very painful sausage fingers. Like many people in pain I have tried many things; but to get any sleep at all I had to smother my hands in anti-inflammatory gel several times each night.

That was until I had my very first appointment with an occupational therapist. I was given a pair of 'arthritis gloves', also described as compression gloves. Innocuous-looking skin-coloured gloves, reminiscent of the old nylon gloves, they are sized to my hands and I am conscious of gentle compression. I wore them for a few evenings in order to be sure that there were no side-effects, then I wore them only during the night. I have no idea how they work: all I know is that after decades of treatments, drugs and surgery, my hands are pain free and my fingers are less swollen. At a hospital appointment in March, the consultant, the biologics nurse and the physiotherapist individually commented on how much slimmer my fingers are. When I returned home I tried on a pair of leather gloves that I had not been able to wear all winter. They fitted.

*Nancy Taylor,  
information  
volunteer  
and member of  
the campaigners  
network*



**Editor's note: The gloves Nancy uses are Norco Edema Gloves, and they work by applying gentle pressure to swollen joints. If you would like to know more about them, ask your GP or occupational therapist.**

## One thing leads to another

**Callander branch has long had support from the local community – staff at the leisure centre increase the temperature of the swimming pool on a Sunday night so that people with arthritis can benefit from hydrotherapy exercise.** This support was extended recently, when the branch benefited from the proceeds of the annual Callander ball. With Arthritis Care leaflets out and Arthritis Care balloons decorating the tables, no-one could miss the branch's presence.



**Annette McIntosh**  
Photo courtesy of Chad Olm  
[www.chadolmphoto.com](http://www.chadolmphoto.com)

Annette McIntosh, chair of Callander branch, was invited to speak to the party goers to tell them about the services Arthritis Care provides. After hearing what Annette had to say, Susan Trzebiatowski decided that she would donate to the branch the funds she raises from taking part in Callander and West Perthshire Rotary Club's sponsored climb of Ben Ledi. The branch will use the money to provide support for people with arthritis in Callander. Well done Callander branch.



# What's on

**Arthritis Care's 2007 annual general meeting will take place at the British Library, London on Saturday 14 July at 1.30pm.** All members are invited to attend. Contact Ade Lawal, Arthritis Care company secretary, on 020 7380 6516 for further details.

## Help us fill this space...

Are you planning an event to celebrate Arthritis Care's diamond jubilee? Are you planning an event which could become a diamond jubilee event (it's not just a coffee morning, it's a diamond jubilee coffee morning)? Then let us know about it and send us photographs of the event. We will use as many as we can in a diamond jubilee edition of Outlook, and will put each one on our website.

## Long-term conditions Open Space events

The Long Term Conditions Alliance Scotland and the Scottish Executive recently organised two Open Space events, bringing together those of us living with long-term conditions, health professionals and decision makers to discuss our expectations of each other. I attended the event in Glasgow and it was an interesting day. The outcomes of the two days (the other event was held in Aberdeen) will be combined to produce a report of the events. This will be used to help to shape the work plan for the Executive's long-term conditions strategy. *Jean Sanderson, information and training volunteer, and member of the campaigners network*



## A manifesto for people with arthritis in Scotland

**A**rthritis Care in Scotland has developed a manifesto to present to the new Scottish parliament. Arthritis is not just an older person's condition – it affects people of all ages, including children. It is not clear what causes arthritis and there is no cure at present.

However, there are plenty of things that people can do to manage their condition and lead a full and active life, and our four priorities reflect this. We believe that:

- all disabled parking bays should be legally enforceable and should be marked with sufficient space to allow any car door to be fully opened so that disabled occupants can get in and out of the car
- access to hydrotherapy exercise classes should be available to all those with arthritis who can benefit. Better use should be made of existing facilities, and new ones developed wherever possible
- every person living with arthritis and / or other long-term conditions in Scotland should have access to support, training and education, including psychological support, as appropriate and when required, enabling them to self-manage their condition.
- the list of conditions for which people are exempt from paying prescription charges should be extended to include all long-term conditions including arthritis

## Contact us

**Do you know anyone who would like to receive a copy of this newsletter?** For more information,

more copies, or to send us news and views, you can contact Arthritis Care in Scotland by writing to us at:

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by phone on: 0141 954 7776

or fax: 0141 954 6171

by email at:

scotland@arthritiscare.org.uk

or via our website:

www.arthritiscare.org.uk



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*Empowering  
people with arthritis.*

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