



ARTHRITIS outlook

Gaun Yersel' Scotland

Self management is the successful outcome of all appropriate people and services working together and supporting a person to deal with the very real implications of living the rest of their life with one or more long-term condition.

The Scottish Government has established a steering group to develop a self-management strategy, which will be submitted to the Scottish Parliament by the end of the year. Angela Donaldson, director of Arthritis Care in Scotland is the chair of the group.

Angela describes the task ahead as "a really exciting time for Arthritis Care in Scotland. We have been given the opportunity to use our 15 years' experience in the field of self-management to inform and develop government policy in this area."

Angela remarks "The idea that people should look after themselves may seem a bit like stating the obvious, but statistics suggest that it is not equally obvious to everyone. Many people either do not have the necessary information to make well-founded decisions about their life, or they choose not to do so. And, while some people with arthritis and long term conditions in general find the idea of self-management scary, it is not about doing everything yourself."

The steering group will explore the different roles and responsibilities of the agencies and individuals providing support to those with long-term conditions and will establish what mechanisms, services and resources need to be put into place to assist



Alex McLeish celebrated Arthritis Care's diamond jubilee with a photo shoot at Hampden to publicise the impact of arthritis and the work that Arthritis Care does to support all people with arthritis. Alex particularly wanted to raise awareness of the fact that arthritis does not just affect older people, and spent time talking to the children who were there as well as signing autographs.

people to manage their condition effectively. The strategy will include any changes in practice needed to facilitate this increased focus on self-management.

Meanwhile, Arthritis Care in Scotland has set up its own in-house working group to consider how best to ensure that everyone is aware of the wide variety of support which is available to people with arthritis. Gordon Blyth, chair of the working group is looking forward to developing this resource: "There are so many things that people can do to help themselves, such as joining a group, looking for information or trying to improve a service. Our toolkit will show people how they can self manage." He adds "If there is a resource or service that you have found helpful, why not let us know so that we can pass the information on to others?"

Arthritis Care

Book review: **Kids with arthritis** - a guide for families by Carrie Britton

Since my daughter was diagnosed with juvenile idiopathic arthritis last year I thought myself quite knowledgeable about the condition, but after reading this book I realised there were quite a few issues that I had not known about.

The book itself covers everything from discovering that your child has arthritis and the different stages that the parents themselves go through to the benefits your family might be eligible for. Although the book covers what parents are probably already familiar with, there are other details, which from a personal point of view were beneficial. My daughter was walking on her toes for a few weeks and I thought nothing of it. She complained of pains in her heels. I took her to the hospital and it turned out she needed injections as her condition had flared up and was causing other problems. Had I not read this book I would not have known the symptoms to watch out for.

The book is well worth a read for every parent who has a child with arthritis. It is quick to read, which is good for parents who struggle with their time. After reading this book, I know now that there is support and understanding out there and you are not the only parent that struggles with the day-to-day worries that comes with this disability. I would highly recommend this book.

Reviewed by Pauline Roberts

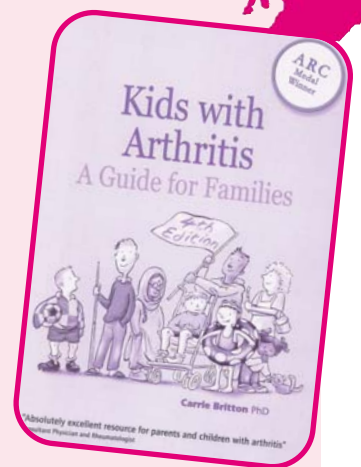
Introducing **Katy Green**, information and campaigns manager for Arthritis Care in Scotland

Katy joined Arthritis Care in 1997 in the position of part-time administrative assistant to the director of Arthritis Care in Scotland. With three young daughters this was a very part-time role, however as the girls became older Katy had more time to spend on work responsibilities. Through dedication and hard work her roles in the workplace developed from her original position to that of Scotland administrator then information services manager and now additionally the role of policy and campaigns manager.

Katy has a very positive and 'can do' attitude to all aspects relating to work, people and what can be achieved. She has a natural ability to gather information and present it in a way that everyone can understand.

She moved to Scotland from Worcestershire in 1984 and enjoys the wonderful countryside. She is married and lives in a very female dominated household with three daughters, three female cats, and her husband.

Any spare time is spent reading, gardening, walking, doing a bit of embroidery or running a Brownie pack.



Arthritis Care's helpline team has worked closely with Carrie Britton and has been trained by Carrie to handle calls and contacts from families. 'Kids with Arthritis - a guide for Families' is available free of charge to families and parents who contact The Source, Arthritis Care's confidential helpline for young people with arthritis and their parents and families. Call free on 0808 808 2000 or email TheSource@arthritiscare.org.uk.



Katy Green



Hydrotherapy

One of Arthritis Care's challenges for the Scottish Parliament is that access to hydrotherapy exercise classes should be available to all those with arthritis who can benefit.

Lorraine Friel, senior physiotherapist at Glasgow Royal Infirmary, describes why hydrotherapy is beneficial to people with arthritis.

'Hydrotherapy is the therapeutic use of water, and takes place in a purpose built pool with the water temperature between 35° and 37°C. It has many benefits, which are mainly due to the properties and pressure of the water, warm temperature and the weightlessness.

The benefits for those with muscle and joint problems include muscle strengthening, increased joint range of motion, improved balance and co-ordination and a reduction in swelling, particularly in the lower limbs. An individual exercise programme designed for each individual, which is instructed by a chartered physiotherapist, who is usually in the pool with the individual.

As well as promoting relaxation hydrotherapy is also an effective method of pain relief that allows the individual to carry out an exercise programme to reach the desired goal. Most individuals also report an increase in feelings of well-being as they can achieve a goal that they may have previously been impossible to achieve.'

We want to get a picture of the availability of hydrotherapy across Scotland. We need your help to do this. Please let Katy Green in our Scotland office know what services are available in your area.

Children's outing



This June saw Glasgow South branch take a group of 120 people, mostly children with arthritis and their families, off to Loudon Castle in Ayrshire for their 23rd Annual Children's Outing.

Jen MacLachlan, a volunteer helper from The Glasgow Academy, describes the day:

"We arrived at the gates anxious to get on the rides but decided to go for lunch. Once we had finished lunch we approached the rides and made the tough decision about which one to go on first. By the end of the day we had managed all rides at least once and went on the larger, scarier rides many times.

After leaving Loudon Castle we arrived at the Fenwick Hotel for dinner. We had a beautiful meal, which provided the perfect end to a fantastic day. The kids all really enjoyed themselves and the helpers had a great time too."

Pauline Burns and her daughter Lucy also went on the trip. Pauline commented: 'I found it beneficial for Lucy to be around children in the same situation and also for myself to chat to other parents. Lucy made a couple of new friends, although arthritis was not a word that passed her lips as the children just wanted to have some fun.

It was more the parents that talked about arthritis but this was informative and interesting to hear."

If you are interested in going on the trip next June, please contact Katy Green in the Scotland office.



What's on

October:

- 6 Highlands, Islands and Grampian Area liaison committee, Elgin
- 10 Arthritis Care diamond jubilee awards, London
- 11 Challenging Your Condition course, Ellon
- 12 World Arthritis Day
- 12 Challenging Arthritis course, Glasgow
- 13 Information volunteer support day
- 16 Challenging Your Condition course, Dundee
- 19 South Scotland Area liaison committee, Edinburgh
- 23 Volunteer update and health and safety training, Edinburgh
- 25 Volunteer update and health and safety training, Glasgow
- 27 Volunteer update and health and safety training, Perth

November:

- 3 Volunteer update and health and safety training, Perth
- 5 Volunteer update and health and safety training, Edinburgh
- 7 Cross party parliamentary disability group, Edinburgh
- 9&16 Challenging pain course, Peebles
- 12 Volunteer update and health and safety training, Glasgow
- 14 Cross party parliamentary chronic pain group, Edinburgh
- 19&26 Challenging pain course, Troon
- 17 Scotland committee meeting, Glasgow
- 24 South Scotland Area liaison committee, Armadale



Come and join us...

The editorial group needs YOU

Outlook is produced (but not wholly written) by a small editorial group comprising volunteers and members of staff. Another volunteer is needed urgently.

If you have a real enthusiasm for the work of Arthritis Care in Scotland, a desire to pass on that enthusiasm, and some free time, why not join us? If you want to know more you can call Katy or Amanda (Scotland administrator) at the Scotland office.

Sharing the good news

We have spoken and written about the diamond jubilee for months, and now it is here. In the next issue of Outlook we want to show the world that when it comes to celebrating and partying, no one does it quite like Arthritis Care members. To do this we need your stories and your photographs – lots of them. Send them to Katy Green at the Scotland office and help make the next issue of Outlook the best yet.

P.S. Nancy's 'arthritis' gloves Do you remember Nancy's "arthritis gloves", which gave her pain free hands and reduced the

swelling in her fingers? Nancy tells us how things have developed after her article in the last issue.

'When I was re-stocking the booklets in the occupational therapy department, I encountered the Senior occupational therapist. "Tell me these are not your hands in the gloves?" she pleaded. They were my hands. "The gloves are too big" she replied. After consultation it was decided that the gloves were too big – but had not been when first fitted. I left with new, smaller, gloves.'

The moral of the story – the gloves really did work for Nancy and being an information volunteer has unexpected rewards.



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: Unit 25A, Anniesland Business Park, Glasgow G13 1EU.

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or fax: 0141 954 6171

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ARTHRITIS CARE

Empowering people with arthritis.

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