



ARTHRITIS outlook



Making a **Splash**

In this issue, we celebrate the success of Arthritis Care's Glasgow South West branch. After piloting hydrotherapy classes at Hampden Sports Medicine Centre in south Glasgow, the branch have been successful in securing funding for two courses of treatment. A £10,000 grant from the lottery small grants scheme – Awards for All in Scotland – has made this possible and a group of 18 people with arthritis have already completed their first 10-week session. As well as paying for the costs associated with the sessions, the grant also covers transport to and from the pool for the two 10-week sessions.

The eighteen hydrotherapy participants or 'care watch babes' – as branch chairman Bob Irving calls them – have finished their first 10-week session. With an average age of over 80, the participants have reported feeling better after taking part in the sessions, as well as enjoying themselves.

Buoyancy vests are worn because the pool is very deep. Participant Hannah explained the benefits: 'Our feet don't touch the bottom so there's no pressure on our legs and no possibility of hurting ourselves. We tread water by pretending we're on a bicycle, or we can keep our legs straight and just use our arms to keep us afloat,' she said.

The results of the sessions were clear for Isobel, another of the 'care watch babes'. 'I can do exercises in the water that I can't do anywhere else. Other people have noticed a difference in me – and say that I am walking better,' she reported.

Arthritis Care in Scotland would like to see everyone living with arthritis in Scotland have access to hydrotherapy. Linda Logan – a member of Arthritis Care in Scotland's committee and campaigns task group – has found that many people do not understand the difference between hydrotherapy and aqua aerobics.

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Arthritis Care Round-up



Prescription for success

The abolition of prescription charges for people with arthritis is one of Arthritis Care's key campaign aims. By campaigning with other organisations, this goal was achieved in Wales in 2007. By 2011, people living with arthritis in Scotland will also receive prescriptions free of charge. In the meantime, people in Scotland are now paying less for their

prescriptions following a reduction in charges by the Scottish Government.

However, if you regularly need a large number of prescription items throughout the year, you could save money by buying a Prescription Pre-Payment Certificate (PPC).

A PPC covers the costs of all your prescription items for a period of time. So if you need more than

three prescription items in a four-month period, or more than nine prescription items over 12 months, buying a PPC will save you money. A PPC costs £48 for 12 months and £17 for four months.

For more information about the changes to the cost of prescription charges or details of the PPC, speak to your community pharmacist or visit www.info.scotland.com/prescriptions

Challenging Pain

Pain is the most common reason for people visiting their GP, and arthritis is the biggest cause of pain. Pain is also the number one reason why people with arthritis contact the Arthritis Care helpline.

Building on the success of the six-week Challenging Arthritis course, Arthritis Care has worked with medical pain specialists to develop and pilot a new course called Challenging Pain. On the Challenging Pain course, people with chronic pain learn a variety of techniques to help them manage it, such as relaxation and breathing techniques. The course also covers communication skills, the benefits of exercise and techniques to combat negativity. It aims to give people coping skills to manage their pain and its impact on their lives more effectively.

For details of courses in autumn 2008, turn to the What's on section or call Alexandra Frame at the Arthritis Care in Scotland training hotline on 0845 600 3756.

Caledonian Challenge

Musselburgh branch members raised £900 by working as volunteer marshals at the Caledonian Challenge event – a marathon sponsored walk through the Scottish Highlands. Walkers at the event raised money for a range of charities on their 24-hour journey through the Highlands. The event relies on volunteer marshals to make sure walkers are registered, fed and watered and reach the finishing line without getting lost along the 54-mile route.

To encourage people to volunteer, the organisers of the Caledonian Challenge donate £150 to a nominated charity for each volunteer that helps out on the day.

Nikki Leishman, one of six people from the Musselburgh branch who volunteered, returned full of enthusiasm from the event. 'It was brilliant. The weather was good and the people were great fun.



Although it wasn't hard work – the late nights and early mornings made it tiring.'

As well as raising £900, branch members had a good weekend away. 'Even though we worked in the food tent from 5pm on Saturday until 1am the next morning, the time went really quickly and we had lots of fun'.

If you want to find out more about the event and how to volunteer in 2009 contact the Caledonian Challenge events team on 0131 524 0350 or visit their website at www.caledonianchallenge.com

Making life easier



In the driver's seat with Motability

Norma McDonald is motoring in style. At an event to celebrate 30 years of the Motability scheme, she was presented with a convertible Nissan Micra. Norma added her own contribution to the mobility allowance to enable her to enjoy the car she wanted.

Norma has been benefiting from the scheme for almost of all of its history – she received her first Motability car nearly 30 years ago. The subsequent cars she has owned through the scheme have allowed her to retain her independence – getting out and about to do the things she enjoys, as well as meeting her commitments as a volunteer and trustee for Arthritis Care.

The Motability Scheme enables disabled people who are in receipt of the higher rate mobility component of Disability Living Allowance or War Pensioner's mobility supplement to obtain a car, powered wheelchair or scooter.

Customers exchange their allowance for a mobility package, including a car, powered wheelchair or scooter, insurance, servicing, tyres and breakdown cover. Adaptations and wheelchair accessible vehicles are also available. For more information call Motability on 0845 456 4566 or visit their website at www.motability.co.uk



Feline good

Do you have difficulty feeding your pets?

DinnerUP® pet feeder helps people who find it difficult to bend to the floor with food and water bowls.

The feeder is a small tray attached to a metal column. The tray, carrying the bowls, simply winds up and down from floor level to a height which can be reached from a standing or sitting position.

Kathleen Whitson tried out the bowl. 'I have osteoarthritis in my hips and knees and feeding my dog Charlie had become a twice-daily torture but now it's a pleasure,' she said.

For more information call 0845 200 8509 or visit www.dinnerup.co.uk

Products and services mentioned in Outlook are not necessarily recommended by Arthritis Care. Please exercise your own judgement about whether or not an item is likely to help you personally and, where appropriate, take professional advice from your doctor or other health professional.



ARTHRITIS CARE

Empowering people with arthritis.

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'Exercise in water can help people with arthritis, but when the water is heated to the correct temperature, the joints become more mobile and are easier to exercise,' explained Linda. 'Additionally, it can be difficult for people with arthritis to get into leisure pools.,' she added.

How you can help

Access to hydrotherapy is clearly an issue close to the heart of many *Outlook* readers. The article about hydrotherapy in the last issue generated the largest response to any article yet.

We need more evidence to help us convince health boards and local authorities to make use of their existing hydrotherapy pools and invest in building new ones. If you have any experiences with hydrotherapy, or if you would like to campaign on the issue, please contact Katy Green at the Scotland office.

What's on



September:

- 4 Launch of the self-management strategy for long-term conditions in Scotland, Edinburgh
- 9 Challenging Your Condition course starts, Ayr
- 11 Challenging Pain course starts, Ayrshire
- 17 Scottish Parliament cross party group on disability, Edinburgh
- 18 Scottish Parliament cross party group on chronic pain, Edinburgh
- 26-29 Training event for training volunteers, Glasgow
- 27 Central, Fife & Tayside area liaison committee, Perth

October:

- 7 Challenging Your Condition course starts, Cumnock
- 11 Highlands, Islands & Grampian area liaison committee, Nairn
- 16 Challenging Your Condition course starts, Glenrothes
- 12 World Arthritis Day
- 25 South Scotland area liaison committee, Musselburgh
- Late Challenging Your Condition course starts, Perth
- Late Challenging Your Condition course starts, Stranraer

November

- 7-8 Retirement show, Glasgow

100 and not out

Members of Glasgow South branch celebrated Grace Parker's (on the left of the picture) 100th birthday at their branch dinner this summer.



Bringing our information to life

Are you looking for someone to speak to your group about the positive steps people can take to manage their arthritis?

Arthritis Care's staff and volunteers talk to people with arthritis across Scotland at various events. People often tell us that, while they find Arthritis Care's printed publications very useful, they prefer listening to people talk through the key points in the booklets.

Arthritis Care in Scotland can come to talk to people about how they can take control of

their arthritis with regular exercise, a healthy diet and pain management strategies. The presentations are designed to encourage the group to ask questions and share their experience and tips, and are based on three of Arthritis Care's most popular booklets – Healthy eating and arthritis, Exercise and arthritis, and Coping with pain.

Funding from three Arthritis Care in Scotland branches was matched by the Big Lottery Fund. This made it possible for us to develop the talks and train volunteers to travel across Scotland to deliver the presentations.

If you would like to invite a speaker to talk to your group, please contact Katy Green at the Scotland office.

Contact us

Do you know anyone who would like to receive a copy of Outlook? For more information, more copies, or to send us news and views, contact Arthritis Care in Scotland by writing to us at:

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

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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people with arthritis.