



Reg charity no 206563

# The Bulletin

June 2011 Issue

THE NEWSLETTER FOR ARTHRITIS CARE SOUTH ENGLAND

South England Regional Office • Tel. 0207 380 6509 • [www.arthritiscare.org.uk](http://www.arthritiscare.org.uk)

18 Stephenson Way, London NW1 2HD



Pippa and friends at the Forest of Dean Amble

May was an exceptionally busy month in the South England office, organising ambles and other events to mark Arthritis Care Awareness Week. The ambles proved a great success and we were really pleased with the response from our supporters across the region. Take a look at our picture montage on page three to get an idea of what they were all about – a fun day out for people with arthritis and their friends and family, and raising money for a good cause at the same time.

The volunteer awards have gone off very well with more than 50 submissions on exceptional volunteers, branches and fundraisers across south England for our judging panel to deliberate on. When the results are known we will be informing the successful recipients.

We are currently working with the Avon Orthopaedic Centre in Bristol on a challenging pain study for patients undergoing total hip replacement. We will be delivering four workshops prior to patients undergoing hip replacement, and then post-operatively there will be keep challenging pain workshops for patients that might need additional support. The development of a post-op workshop is possibly the first of its kind, and the pilot outcomes should be interesting.

This issue of The South England Bulletin has been sponsored by the Hayward's Heath Branch, and we are very grateful for this support. We are looking for branches to sponsor future Bulletins, so please let me know if your Branch can help. We need everyone's assistance to cascade all the good work we are achieving across the south.

And finally, as you may know, the South England region is hosting Arthritis Care's AGM this year, and we would like to invite members to join us in Bristol on 25 June, as an opportunity to meet staff, volunteers and colleagues. Wells Branch is hosting the Branch and Volunteer Stand, and Colin Beevor from Portsmouth Hospital will be talking about the REACH group set up to support young people and their families. In addition, Rachael Goberman Hill, Senior Research Fellow at the Avon Orthopaedic Centre, will be explaining how we are working together to improve patient education and outcomes with hip replacements, and Kate Fleck from Northern Ireland will be taking participants through some useful and fun exercise programmes. It promises to be an excellent event and we look forward to seeing you there.



Goodies at the Gloucester Branch Arthritis Care Week fundraiser

**Pippa English-Penfold, Director of Operations, South England**

## Volunteers wanted in London

We are always looking for volunteers in the London area to man hospital and library information points. If you like meeting people and would like to help others with arthritis, please contact our regional office to express your interest. We'd love to hear from you.

## Duke of Westminster's Birthday Greetings

Arthritis Care's Patron, the Duke of Westminster, is more than happy to send official birthday greetings to any of our members lucky enough to reach their 90th birthday. If you would like to request a greeting to be sent to a member of your branch, please write or email our South England regional office with the member's title, name and address, the date of the birthday, and any other useful information that may personalise it. As the Duke is often travelling it is important that we receive this information at least six weeks before the birthday to ensure that the birthday boy or girl receives this greeting on their special day!

## South England Facebook

Arthritis Care South England now has its own Facebook page, so if you are a Facebook fan please check us out and "like" our page. We are using Facebook to tell people what we have been up to, where we are running workshops, what fundraising activities our supporters have been organising, and, as it is a two-way thing, we will welcome input from other people, whether individuals or organisations. So, why not add a message to our "wall"?



We are able to offer emotional and practical support through the Arthritis Care Helpline. Freephone 0808 800 4050 (weekdays 10am - 4pm) or email [helpline@arthritiscare.org.uk](mailto:helpline@arthritiscare.org.uk)

# News from the South

## Making a difference

Pam Staunton, South West Regional Committee Member, has been representing Arthritis Care South England at a number of user group meetings held at Plymouth University. The meetings have included presentations from occupational therapists and dieticians, and then the participants have been asked to give feedback. She has appreciated being given the opportunity to make a positive contribution to the future care of people with arthritis, and has found it reassuring that patient concerns now appear to be taken seriously.

## Volunteer Forum

By popular demand a volunteer forum has been created for all Arthritis Care volunteers so that they can share experiences with their peers across the regions and nations.

It is hoped that the forum will be a useful tool for volunteers to find out what is going on or being developed in each area, to share ideas and experiences, and generally get to know other volunteers working in different parts of the country.

The way to join the forum is to sign up onto the main discussion forum and then inform the web manager at [webmanager@arthritiscare.org.uk](mailto:webmanager@arthritiscare.org.uk) your user name, and he will give you access.

As well as sharing experiences, who knows what amazing new ideas might be generated when several heads get together in cyber space? Happy chatting!

## Grants for equipment

The Headley Trust, one of the Sainsbury Family Charitable Trusts, is a grant-making organisation with charitable status. It has a small grants programme to help disabled people purchase equipment, and we think this might be of interest to some of our supporters.

The type of equipment eligible for consideration includes, but is not limited to, electric wheelchairs, adapted computers, communication

aids, stair lifts, scooters, adaptations to vehicles – in fact any equipment which will improve quality of life. The trustees are particularly interested in increasing their support to younger people.

Assessment is made on the basis of financial need, and applications should be referred by a third party, such as a social worker, hospital, registered charity or Citizens Advice Bureau. Any grant awarded must not be more than half the total cost, and is released to the third party when the complete balance has been raised through other sources.

Those interested should contact Sarah Levander, Headley Aids for Disabled Fund, The Sainsbury Family Charitable Trusts, 1st Floor, Allington House, 150 Victoria Street, London SW1E 5AE.

## Drawing the crowds in

Greg Whale, one of our Volunteer Services Supervisors in the South West, recently gave a talk at the South Gloucester Senior Citizens Forum. A very respectable 120 people turned up to hear Greg's presentation, which included information on the various services that Arthritis Care has to offer, a demonstration of pain distraction techniques and a question and answer session.

We are happy to give talks to clubs and organisations, and we just ask for a donation to Arthritis Care for our staff's time and expenses. If this is of interest please speak to your Area Development Manager, and they will be very pleased to arrange a talk during the day or evening to suit.

## Regional Committee

Members of the South East and South West Regional Committees are always pleased to hear from the Branches in their area.

If your Branch has a problem, wants some advice or has a good suggestion to make, the Committee Members are always available. Contact the South England office to find out who the Member is for your particular Branch.

## Calendar of Events

These are just some of the many events being held across the South of England over the coming months:

### 9 June

England Forum Meeting, Arthritis Care UK Office

### 14 June

Challenging Pain Workshop (two weeks), Pimperne, Dorset

### 15 June

Talk at Askew Road Library, Hammersmith and Fulham, London

### 20 June

Sunrise Senior Living fundraising Amble for Arthritis, Southampton

### 25 June

Arthritis Care AGM, Bristol

### 28 June

Talk at Isleworth Library, London

### 28 June

Challenging Pain Workshop (two weeks), Paignton, Devon

### 30 June

Woking Branch Amble for Arthritis, Sendmarsh Green, Surrey

### 30 June

Talk at Lewisham Library

### 3 July



Young People's Workshop at the Calshot Activity Centre, Southampton

### 6-7 July

Training the Trainer Volunteer Event, Basingstoke

### 7 July

Challenging Pain Workshop (two weeks), Hailsham, East Sussex

### 11 July

Challenging Pain Workshop (two weeks), Canterbury, Kent

### 4 August

Woking Branch Garden Party, Sendmarsh Green, Surrey

### 9-11 September

Young People's Workshop at the UK Sailing Academy, Isle of Wight

### 21 September

Challenging Pain Workshop (two weeks), Weymouth, Dorset

### 11 October

Challenging Pain Workshop (two weeks), Pimperne, Dorset

For further information on any of the above events please contact the Arthritis Care South England office on 0207 380 6509.

We had people ambling across the South of England, from Kent to Cornwall, to mark this year's Arthritis Care Week. A brilliant time was had by all, a huge amount of money was raised and so it's roll on next year's Ambles for Arthritis...



# We need you to help improve services for people with arthritis



Stan Shayler

Treasurer of our Yeovil Branch, Stan Shayler, is a member of the Yeovil Hospital Trust and for the last year has also been a member of his local medical centre's patient participation group (PPG). He has found the experience a particularly interesting one, and hopes that he can play a useful role in its development.

PPGs, known under a number of different names but all doing pretty much the same thing, have actually been going since the early 1970s with 50% of GP practices in England having some sort of group. Their aim is to act as the 'voice of patients', feeding back on the quality of health services and identifying local need to ensure that patients' wishes and aspirations are at the heart of primary care services.

You will no doubt have heard in the media about the Government's White Paper launched last July, setting out its vision for the NHS in England. The white paper includes an emphasis on 'putting patients and the public first', and these PPGs will become even more important in the future when GPs are obliged to join up with others to commission treatments and services for their patients.

We would therefore like to encourage our supporters, if they

get the opportunity, to join a PPG at their local surgery. This is one of the ways in which patients can have their say in a collective way. A group voice can raise the profile of arthritis, and gain better and quicker access to services to help patients manage their arthritis. Networks of PPGs are developing to mirror the coverage of GP Commissioning Consortia (groups of GP practices who will be commissioning health services) in the future.

The group that Stan is a member of, at the Hendford Lodge Medical Centre, has eight patient members and they meet every three months with the Practice Manager, and occasionally, but not always, a GP. They get involved with various activities, including talking to other patients and finding out what could be done to improve the services.

We want to see as many people as possible at local level influencing health services to improve services for people with arthritis. So why not talk to your Area Development Manager, who will give you the confidence to get involved in a PPG? Alternatively you could become a member of your Local Involvement Network, which will help you to become involved in the new Local HealthWatch in England from July 2012. This is your opportunity to bring arthritis and Arthritis Care to the forefront.



## Putting the fun into fundraising



### In the Pink

The Amesbury Branch's 'In the Pink' event to mark Arthritis Care Week was a great success, mainly down to the hard work and determination of Chris Knight. Representatives from a number of local organisations came along to provide information about their services, and visitors enjoyed the fundraising stalls and refreshments.

### Diving in to make a difference

Marie Spiers used to love going to the gym, cycling and swimming, however when she was 26 she was diagnosed with Psoriatic Arthritis, and this has obviously had a devastating impact on her life. Two years later Marie is slowly starting to adjust, and as a way of helping others in the same situation

she undertook a sponsored half-marathon swim for Arthritis Care during May, doing a mile at a time.

### Running man

Many thanks to the Hanson Family who ran in the Bognor Regis 10k on 15 May. Bradley, 15, was diagnosed with JIA three years ago, and his mum and brother ran with him to raise awareness about arthritis and Arthritis Care.

### Making a splash



The Gloucester Branch recently raised a magnificent £657 through three members taking part in a sponsored swim. The picture above shows one of the participants, Gordon Williams, handing his cheque over to Diana Allen, Branch Chairman.

### Beating the pain barrier

Samantha Spiers is taking part in the Virgin Active London Triathlon on 30 July to raise funds for Arthritis Care. Samantha has Fibromyalgia and Osteoarthritis in her hip joints, so it is a great achievement just to take part.

### Starting young

Megan Sturt is only 14 but she has had ambitious ideas for helping to raise money for Arthritis Care. Megan developed arthritis when she was eight, however this has not stopped her organising several ambles with her local Brownie Guides and doing a tombola stall at the village fete.



### Calling all runners

We have places for the Great North Run on 18 September this year and the Milton Keynes Marathon on 28 April 2012. We are asking for a £20 entry fee and a minimum of £250 sponsorship. If you are interested in taking one of these places, or would like any other information on fundraising for Arthritis Care, please contact Suzanne Salmon at [suzannes@arthritiscare.org.uk](mailto:suzannes@arthritiscare.org.uk)