

A very big thank you

We would like to thank the following organisations and individuals for their kind donations to the South England Regional Office.

This vital income has been used to extend training and Information services in the South England region.

- Rotary Club of Amwell gave £2,500
- Glastonbury's Forget-me-not Club gave £20
- Donation in memory of the late Mrs E J Martin of Penzance gave £346.15
- Diago foundation pension provider gave £100
- The Jubilee Centre gave £20

Another year over.....



and what a busy one it has been. The final figures will not be in until the beginning of January so I shall report in the spring edition of the Bulletin.

I hope you like the new look A5 size bulletin and branch information booklet these changes have been made to keep the postal charges down as much as we can. Don't forget, if you have access to the website you can download copies from the South England section.

As always we are very grateful for the work that our branches and volunteers carry out locally, so please

don't forget to keep us informed of what you are doing. Thank you for your continued support.

Next year will see Arthritis Care celebrating its 60th birthday and already some branches are planning their event. A few are shown in this edition.

I hope you have enjoyed this edition of the Bulletin and I would like to wish you all a very happy and restful holiday during this festive time.

Pippa Nelson is the regional operations manager for South England. For more information please telephone 0844 888 2111 or email pippan@arthritiscare.org.uk

Arthritis Care South England



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The Bulletin



Issue 13

December 2006

What not to wear

Arthritis Care had a brush with fame in October when Debbie Rose, the training services supervisor for Kent and Sussex appeared on BBC television's *What not to wear* programme.

Debbie was one of the stars of the episode called 'mother of the bride' which aired on 12 October.

Presenters Mica Paris and Lisa Butcher were at loggerheads with Debbie from the start. As the timescale shortened to Debbie's daughter Karen's wedding the team had more and more problems finding outfits.

However, everything came together with just one day to spare, and Debbie looked radiant at the wedding, in her handmade dress and

bespoke Cosmo Jenks' hat.

If you missed Debbie's star turn there is a video clip free to watch on www.bbc.co.uk under the lifestyle section.

Debbie Rose is the training services supervisor for Kent and Sussex and can be contacted on 0844 888 2111 or email debbier@arthritiscare.org.uk.



Lloyds Pharmacy campaign

Arthritis Care has been invited to work with Lloyds Pharmacy on an information campaign about arthritis.

The activity will take place from 6-25 December 2006. During this time, there will be information leaflets on the counter in Lloyds Pharmacies, as well as posters prompting people to pick up a leaflet. The leaflet will include details of

Arthritis Care's website, helpline, and information line.

The activity in December will also include radio interviews that will be broadcast on Lloyds Pharmacy Live in their 1,500 stores.

Jo Cumming, the helpline manager will be among the interviewees.

Richard Jeffery information volunteer



Richard Jeffery, who has a long history with Arthritis Care as a member of the Young Arthritis Care committee, is now managing and running the hospital

information point at the Sir Joseph Hotung Centre at St George's Hospital.

If you are interested in being an information volunteer please contact Karen Moore.

Karen Moore is the information services manager for South East England. For more information please telephone 01992 301 396 or email karenm@arthritiscare.org.uk

Area Liaison Annual Event



The Herts and Essex area liaison committee held their 19th annual area event on Saturday 23 September at the Marconi Athletic and Social club in Chelmsford. Around 150 members attended the event.

Members of the Chelmsford Rotary Club and the St John's Ambulance service greeted us.

Following an appetising hot lunch, Jackie Adams, vice chairman, gave a brief address and thanked all those who had organised the event.

The entertainment included professional performers Mike Mirandi, Patsy Peters and David Carter on keyboard. Music has been reported to reduce chronic pain and, judging by the laughter and smiling faces, on our members faces they certainly enjoyed themselves and look forward to being able to attend our 20th annual event in 2007.

**Mefus Ensor
Secretary, Herts and Essex area
liaison committee**

Rotary mobility exchange opens its doors

The Rotary Mobility Exchange has opened in Woking. The facility has been developed by the Rotary Clubs of Woking and Woking Borough Council and is an attachment to the Civic Offices.

Inside, it has a number of features including:

- a warm place for people to sit and wait for local transport services such as Bustler, the Town Centre Buggy and Shopmobility

- a user-friendly, computer based information point, providing details about local groups and services
- access to toilet facilities.

The Exchange is open from 9am to 5pm, Monday to Saturday.

A leaflet about the new Exchange is available from Woking's Visitor Information Centre on 01483 720103 or email bernie.firth@woking.gov.uk

Bill Davis – South East Regional Trustee



I would like to introduce myself to you. I joined the Wembley and Kingsbury Branch of Arthritis Care 15 years ago, serving the last ten years as chairman. I attend the London area liaison committee and I am a member of the South East regional committee. I was appointed to the board of trustees following this year's annual general meeting.

My wife Mary has been a member of Arthritis Care for over 20 years she is very active in the branch.

I am very committed to the branch network and assure you that while serving my term of office as trustee, I will aim to try and improve the situation between branches, management and the trustees.

We must all work together to improve the charity and we cannot allow the 'them and us' situation which has grown over the last couple of years to continue, we are here to help and work with all people with arthritis.

I know the hotel situation is a great worry to everybody and the trustees are forming a working group to bring this to a satisfactory conclusion. The working group will keep members informed of any decisions that are made with regards to hotels. I hope to be a member of this group.

I would be pleased to visit any branch meeting to talk to your members and hopefully bridge any gaps that exist.

The South East regional committee has formed a sub-committee to try and help branches that are in financial difficulties. If you can show me a business plan for the survival of your branch, regional committee may be able to help.

Bill Davis, trustee

New services in Plymouth



services.

'There are currently more than 12,000 people receiving incapacity benefit or severe disability allowance in the Plymouth region and by opening a branch in the heart of the city, we're making it easier for people to access our services, enabling us to support more people than ever back into work,' said Barbara Field, manager of the Plymouth Remploy branch.

A new city centre Remploy branch has opened in Plymouth at Mayflower House on Armada Way.

Remploy provides specialist employment services for people with disabilities and long-term health conditions.

Since opening at the start of July, the branch has reported rapidly increasing numbers of candidates and employers signing up to its specialist

Sharon Kilty is the information services manager for South West England. For more information please telephone 01736 851185 or email sharonk@arthritiscare.org.uk

New low cost office number

The South England office has a new low cost telephone number **0844 888 2111**.

Wherever you call from in England, you will only be charged 5p per minute from a landline.

Health event Ivybridge, Plymouth



In October the Mayor of Ivybridge organised a health awareness event in our town hall.

Various organisations and health departments within the NHS attended. Local school children were invited and were given a questionnaire to complete about each of the information stands. They then reported back at their school assembly, which raised their awareness of the various health issues facing the general public.

My stand was given prime location opposite the entrance to the displays. This was my first Arthritis Care event and with the help of Nina and Clare I managed to

have a very impressive display of booklets and materials, even balloons.

Over 70 people attended the event and there were over 20 stands for people to visit. It was an ideal opportunity to talk to people about Arthritis Care's work especially our training courses and I was able to do a great deal of networking with people from other voluntary organisations including the Stroke Association and Falls Team.

I have gained so much from attending courses (I use the self-management techniques daily to deal with living with lupus) that I find it helps to talk to people personally on a one-to-one basis about the benefits of attending.

Elaine Curno is the training services supervisor for South England. For more information please telephone 0844 888 2111

Obituary Derek Payne

Derek sadly died after a short battle with cancer in September. Beloved by his wife Margaret, daughter, two sons and grandchildren he will be greatly missed by all who knew him.

His funeral service was held at Bury St Edmunds and donations were sent to the St Elizabeth Hospice who had done so much to care for both Margaret and Derek in his final days.

Derek was chair of the Welwyn Garden City branch of Arthritis Care for many years and worked tirelessly, sometimes single-handed, for his branch before it closed. Derek, Margaret and some of their members joined the Lea Valley branch and very soon Derek joined its committee and quickly became a valued member.

He introduced us to the delights of the waterways, a great passion in his life, and our branch outings regularly included various trips on the canals.

His work for Arthritis Care didn't stop at branch level. He was treasurer of the Herts./Essex Area Liaison Committee for many years and was also on the Committee that organised its annual Area Event.

Nothing was too much trouble for Derek, his energy seemed boundless and rubbed off on all who knew him. He was truly one of life's special people. Margaret will remain in our thoughts and prayers at this most difficult of times.

Jackie Adams, South East England Regional Chair



New branch contact details booklet

In January the Arthritis Care South England office is producing a new branch booklet with the contact details of all the South England branches.

Please call 0844 888 2111 to check your branch details

60th birthday for Arthritis Care



The following branches are already planning events to celebrate Arthritis care's 60 anniversary next year.

Amesbury Branch

A church service followed by refreshments in the church hall on Saturday 21 April not only as a celebration of AC's 60th birthday but also as a thank you to all those who have supported AC, in various ways, in the area.

Valerie Freeman - Hastings Branch

A day in Priory Meadow Shopping Precinct raising awareness, having a collection and a tombola

Haywards Heath Branch

Are considering running a young persons sub group

launch and a garden party/60th Birthday celebrations on the 23 April

If you are planning to hold an event please let us know and if have you any ideas on promotional material send the details into the regional office. All events will be advertised in the early part of next year on the web site.

Pippa Nelson is the regional operations manager for South England. For more information please telephone 0844 888 2111 or email pippan@arthritiscare.org.uk



Have you responded?

In the last bulletin I canvassed for your views on charging for our self management training courses.

I have had two replies so far and both are in favour of charging. Do you agree with them or do you think courses should be free?

If you remember, the issue is that we often get people signing up for courses and then not turn up; and this may be due to a feeling that because courses are free they are not that important.

I would like to hear from more of you about this, so please respond to:

**Nina Fry
Training services manager
PO BOX 3794, STREET
BA16 0XG**

Nina Fry is the training services manager for South England (middle of the area). For more information please telephone 01458 440943 or email ninaf@arthritiscare.org.uk

Train the trainer



as a three-hour workshop.

After a volunteer update and training day in September, now all our South region training volunteers deliver YCBPC as a three-hour workshop. This change has been very well received by participants and training volunteers alike.

Arthritis Care runs a course called You Can Break the Pain Cycle, which covers a range of topics to help people manage pain.

In the past this has been delivered in South East England as a day course and in South West England

Nina Fry is the training services manager for South England (middle of the area). For more information please telephone 01458 440943 or email ninaf@arthritiscare.org.uk

Do you speak Urdu or Punjabi?



Veena Bassi, the new training services supervisor for the Bristol area is doing ground breaking work for Arthritis Care in South England.

Veena is multilingual, delivering the course You Can Break the Pain Cycle in English, Urdu and Punjabi.

Recently Veena and her training partner Sandy Beeson held a training session for 32 people at Awaz Uthao an Asian organisation in Bristol.

Veena translated and recorded 'Muscle Relaxation' on an audio tape in Urdu and telephoned the Arthritis Care helpline to confirm that there was as Punjabi speaking team member present, to introduce this group to our free helpline.

The manager of Awaz Uthao, who has acute arthritis, rang the helpline and asked for help in Punjabi.

The group felt very comfortable with Sandy and Veena, and soon shared experiences of their condition and best ways of breaking the pain cycle.

Feedback (through group discussion)

- 'I am going to be active, but also rest'
- 'Useful helpline – it's real'
- 'Indian language tape really good'
- 'Stress ignites my arthritis'
- 'Information good, but in own language made it excellent'

Veena Bassi training services supervisor for Bristol . For more information please telephone 0844 888 2111. The Helplines freephone number is 0808 800 4050.

NB. The helplines does not have an Asian language speaker on everyday so please ring 020 7380 6555 to check.

Concerted efforts in West Hertfordshire reaps a terrific result



to close such an important therapy service in West Hertfordshire for people with arthritis. In response to the local campaigners' questions about why the pool had to close the trust decided to further consider the impact of the planned closure, confirming the hydrotherapy pool would remain open for the foreseeable future.

Siobhain will support any future campaigning to retain the hydrotherapy pool, should the need arise.

Siobhain McCurrach is the regional campaigns manager for South East England. For more information please telephone 01730 827986 or email siobhainm@arthritiscare.org.uk

South East England regional campaigns manager, Siobhain McCurrach and the Watford and St Albans branches have successfully halted the closure of the hydrotherapy pool at St Albans City Hospital.

Pool users had been informed in August by Watford and Three Rivers primary care trust that savings needed to be made and that the hydrotherapy pool would close in September. Siobhain organised a high profile local campaign to protest about the trust's decision



Liss Triangle Centre, Hampshire bursting with enthusiasm



We ran exhibition pilates and gentle chair exercise classes to show how exercise can help with arthritis pain and maintain people's independence.

The day highlighted the benefits of campaigning to bring about improvements in local services for people with arthritis.

Up to 50 local people took part in Arthritis Care's free information, support and gentle exercises showcase event on World Arthritis Day (12 October 2006) at the Liss Triangle centre.

This year's World Arthritis Day theme of exercise for people with arthritis offered another opportunity to empower people with arthritis.

Siobhain McCurrach is the regional campaigns manager for South East England. For more information please telephone 01730 827986 or email siobhainm@arthritiscare.org.uk



Training Dates

Here are the new course schedules. Also keep an eye on the South England region section of the Arthritis Care website for further courses.

For more information about the courses below, please contact the regional office on 0844 888 2111 or email seregoffice@arthritiscare.org.uk

Course	Location	Date	Time
Living Well	Watford	20 Feb to 27 Mar	10am to 12.30pm
Living Well	Watford	10 Apr to 15 May	10am to 12.30pm
You Can Break the Pain Cycle	Woking	2 Dec	10.30am to 1pm
You Can Break the Pain Cycle	St Leonard's	4 Dec	10.30am to 1pm
You Can Break the Pain Cycle	Leytonstone	19 Jan	10.30am to 3pm
For young people			
Positive Future Workshop	Somerset	15 Dec to 17 Dec	Residential weekend

Go ape

We all met up in the Forest of Dean, Gloucestershire on a warm Saturday afternoon. I'm sure we'd all agree that there were a few shaky hands as we looked up at the ropes, zip slides and huge trees towering above us. 'We'll be up there in a minute' I managed to squeak.

As the instructors fitted us in our harnesses and gave us our last instructions we realized there is no going back. Apart from shaking, we climbed, swung, balanced on ropes, flew, jumped, clung on, laughed and went on the most exhilarating zip slide ride ever. It took guts, but by

the end of it we were swinging through trees and wanting to go around again.

Feedback

- **'It was excellent! I never dreamt I'd be doing any of the things we did.'**
- **'It was fantastic, brilliant fun and a great adventure!'**

Alexis Bradley is the young people and family project development manager for South West England. For more information please telephone 07786332232 or email alexisb@arthritiscare.org.uk



BSPAR - British Society for Paediatric and Adolescent Rheumatology



Every year health professionals from all over the UK who work with young people with arthritis, attend the BSPAR annual conference. Here they share their work and discuss progress and opportunities for the future. Their aim ultimately is to create better outcomes for children with rheumatic diseases in the UK and Ireland.

Arthritis Care Young People's Project was a strong presence at this year's BSPAR in Bristol. We had a stand and Phil Baker director of Arthritis Care in England delivered a poignant talk about our work with young people. Overall, we generated a huge amount of interest and received lots of positive feedback. This is all extremely encouraging and

certainly shows that there is a real need for our work with young people to continue.

Alexis Bradley is the young people and family project development manager for South West England. For more information please telephone 07786332232 or email alexisb@arthritiscare.org.uk

