

## What a busy year and it's only June



### Quarterly update 2007

Yes it is time for those figures again so that we can all appreciate the volume of work that we continue

to deliver across the south of England.

### Administration

Telephone calls 4,048, emails 21,998, faxes 84, letters 3,699, meetings 166, visits 57, press articles 31 and 5 radio and TV interviews.

### Training

Total courses either delivered or planned for this year is currently 56. I am sure this will increase as we receive additional funding for training. Challenging Pain which has been delivered across the region will now be rolled out across the UK. Alexis Bradley and her team will be delivering additional Positive Future Workshops this year as we have been fortunate to receive funding for two years from Children in Need. The London project supported by Bridge House Trust has already

delivered its quota of workshops for the year.

### Information

17,755 pieces of information have been circulated across the region in the first three months of 2007 this includes Arthritis News, information booklets, helpline cards and publications order forms. This is a staggering increase compared with the 9,457 in 2006. We are through to the final round with the Big Lottery Fund for further funding to develop London with information provision.

Well done everyone. Lots to celebrate in our diamond jubilee year, don't forget to complete the nomination forms that were recently sent out to all volunteers and branch chairs – closing date 27 July 2007.

**Pippa Nelson is the regional operations manager for South England. For more information, please telephone 0844 888 2111 or email [pippan@arthritiscare.org.uk](mailto:pippan@arthritiscare.org.uk)**

Arthritis  
Care  
South  
England



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# The Bulletin



Issue 16

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## 60th anniversary celebration



I was fortunate enough to attend the Arthritis Care 60<sup>th</sup> anniversary rose planting at the Douglas Wolff memorial garden at Whipp's Cross Hospital on Friday 27 April, which was organised by Woodford Green Branch. The weather was warm and sunny.

What was meant to be a low key affair turned out to be very busy with Mefus Ensor giving an overview of the services of Arthritis Care and a thank you by Dr David Doyle, the chair of Arthritis Care's Medical

Advisory Group. The event was reported in the local paper and the hospital magazine. Patients and staff stopped by to see the Jane Asher rose being planted.

**Pippa Nelson is the regional operations manager for South England. For more information, please telephone 0844 888 2111 or email [pippan@arthritiscare.org.uk](mailto:pippan@arthritiscare.org.uk)**

## Medic alert



MedicAlert® is the only non-profit making, registered charity providing a life-saving identification system for individuals with hidden medical conditions and allergies. This takes the form of body-worn bracelets or necklets (known as MedicAlert® Emblems) bearing the MedicAlert® symbol on the disc and supported by a 24-hour emergency telephone service.

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24-hour emergency telephone number which accepts reverse charge calls that can access their details from anywhere in the world in over 100 languages.

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Fax: 020 7278 0647  
Email: info@  
medicalert.org.uk

Website  
www.medicalert.co.uk

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

## Salisbury branch



At a recent committee meeting held at the Salisbury Playhouse, a Certificate of Merit was presented to the Branch Chairman, Bert Sheppard (right) on behalf of Arthritis Care by

the Wiltshire Area Liaison Committee Chairman, Peter Phipps. In presenting the certificate, Peter paid tribute to all the work and support that both Bert and his wife Sylvia have given to the Salisbury branch over the past 20 years. In response Bert expressed his pleasure and surprise at the award, particularly since for health reasons he will not be seeking re-election as chairman at the annual general meeting.



We have been a branch for 28 years, of which I have been a welfare officer for 20 years. We are a small but strong branch.

## Basildon and District

Two of our members have been with the branch since it opened. It is one of these members who will be celebrating their 80th birthday this year.

Violet Drage, one of our members who has since unfortunately passed away, received a volunteer certificate for her hard work in the branch in spite of her disability.

**Jane Kimmings  
Basildon branch**

## Somerton branch



The Somerton branch of Arthritis Care was formed in March 1970. Our membership has now risen from 26 to 38 and is still increasing. We have enjoyed a variety of talks from a river policeman, Guide Dogs for The Blind, and Hearing Dogs for the Deaf charities, local museums, The British Red Cross, and Age Concern. We have also had musical groups, slide shows and flower arranging displays. On one occasion the secretary had the programmes printed for the following year and on showing them to the



committee was asked: 'How can we afford "Take That"?' It should have said 'Take Note', a local group. A lot of Tippex and black biro came in to use. We have outings to shows, gardens and the seaside and keep a watch on anyone needing assistance. We helped one of the oldest members celebrate her 100th birthday in 2005. Our members keep us supplied with raffle prizes, which help to cover the cost of running the group. Magazines are regularly distributed to the local surgery, dentist, library and various public information centres.

Our contribution to the 60th celebrations will be to have an information table outside our local supermarket and to talk to people whilst distributing leaflets.



## Charity concert

The Haydon Chamber orchestra will be performing Rossini's overture to 'The Italian Girl in Algiers', Mozart's piano concerto no. 23 and his 41st symphony - the Jupiter. Mrs Sally Shaub will be the soloist. Mrs Shaub is a concert pianist and teacher, who has arthritis.

This special event takes place on Sunday 10 June at 7.30pm St Barnabas Church situated at the junction of Merton Road and Lavenham Road, London SW18.

The Haydon Chamber orchestra was formed in 2005 to raise

money for charities and good causes. They perform two concerts each year. The orchestra has raised over £3,000 in their first four concerts. Proceeds from this concert will go to Arthritis Care and St Barnabas church. There is no entrance fee - they ask for donations.

**Sharon Kilty is the information services manager for South West England. For more information please telephone 01736 851185 or email [sharonk@arthritiscare.org.uk](mailto:sharonk@arthritiscare.org.uk)**

## Piano recital

What a wonderful event this was! I cannot think of a better way to spend a spring afternoon. Seventy per cent of the seats in the Jacqueline du Pre Music Building were occupied for the afternoon concert by Juliet Allen.

Thank you to Juliet for the fabulous performance and her family for organising this event to raise funds for Arthritis Care,

and another charity, Helen & Douglas House. £800 was donated to Arthritis Care towards the Young People's Project in the South England.

**Pippa Nelson is the regional operations manager for South England. For more information, please telephone 0844 888 2111 or email [pippa@arthritiscare.org.uk](mailto:pippa@arthritiscare.org.uk)**

## Arthritis awareness



Back in 2005, we started a Challenging Arthritis course in a church hall in Morden. 2 years on, some of the participants still meet up every few months – here we are at our Christmas lunch.

Linda Ferriter attended the course, and organises the get-togethers. She said 'doing the course was the

beginning of accepting my Fibromyalgia, and learning to live with my condition. I learnt many strategies which I still use today. It is marvellous that we still meet up, and I gain a lot from our lunches, as I know I can ask for help, advice and understanding. We also have a good laugh. Thanks to Arthritis Care, and to the Morden branch who funded it'

**Philippa Jones is a training services supervisor for South England. For more information please telephone 0207 380 6509 or email philippaj@arthritiscare.org.uk**

## Business planning

Many thanks to the following who are contributing under the business planning process towards the work across South England. These additional funds will allow us to deliver

training, campaigning, information and young people's activities during the year.

- £31,000 South East Regional Committee
- £10,500 Torbay branch

## Jersey Easter bonnets



The Jersey Branch held a celebration party to mark the 60th anniversary of Arthritis Care. Members enjoyed a celebration cake and a bumper raffle was held. A competition for the best Easter bonnet was won by Kath Barker (second from left in photograph).

**Joan Gray, chair of Jersey branch**



## Branch news

Sunday 20th May was the day of the Arthritis Care, Watford Branch's annual 'Fit for Life' sponsored walk. We had a wonderful walk through the woods and along the canal. There was a choice of an easy wheelchair friendly 1.5 mile or

a longer 5 mile walk. There was lots of wildlife to see, the sun was out. A big thank you to everyone who turned out to support us. Looking forward to seeing you all again next year.

**Jette Hanson, Watford**

## Cherry Ross - community champion



Cherry Ross, the honorary secretary of Watford branch, who has been closely involved with Arthritis Care for 15 years, was nominated by the branch, and we were delighted that she was given the Community Champion Award for 2007. This was for her dedicated work for Watford Arthritis Care, and also for the work she does for her the Leavesden Road Baptist Church.

The award was presented on Friday 23<sup>rd</sup> March at a special event, hosted by the elected Mayor and the chairman of the borough council, and attended by 400 people from all sections of the Watford Community, including a large contingent of Cherry's friends and family. The picture shows the chairman, Rabi Martins, presenting Cherry with her award.

**Jette Hanson, Watford**

Every year Watford Borough Council announces the Audentior Awards, which were set up to honour local residents who have gone the extra mile to help friends and family or who show extraordinary commitment, dedication, energy and effort in their particular field of volunteering.

There are seven categories of awards, including the Community Champion Award, which is given to someone who generously commits their time, talents and energy to make the world a better place in which to live, whether on their own, or by working for a voluntary organisation.

## Why be a training volunteer?



Joy and Nic Jansen became training volunteers with Arthritis Care in 2004 and have delivered over 11 self-management courses between them.

I asked them about their volunteering and this is what they said: 'It is a chance to pass on to others some of the things we have learned that have helped us to manage our arthritis, in the hope

that they too can manage theirs.

Our thanks to Chris, Hazel, Nina and other staff members for all the support we have had since we got involved.'

Thanks to Joy and Nic and all the other training volunteers out there who are producing a great service for people with arthritis.

**Nina Fry is a training services manager for South England. For more information please telephone 01458 440943 or email [ninaf@arthritiscare.org.uk](mailto:ninaf@arthritiscare.org.uk)**

## Arthritis Care talk

I set off to give a talk to an over sixties group near my home. Unfortunately, there had been a mix up and everyone was sitting with their tickets waiting for the bingo to start. I did not think it would be a good idea to try to start my talk under these circumstances.

This might have seemed a disappointing session but, after the bingo I gave a short talk explaining that I had been booked to speak but there had been a

misunderstanding. I then spoke for about 10 minutes about arthritis. I was able to say that my full talk had been rebooked and that I would be there for any immediate questions if needed. There was a great response.

**Nina Fry is a training services manager for South England. For more information please telephone 01458 440943 or email [ninaf@arthritiscare.org.uk](mailto:ninaf@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 [www.arthritiscare.org.uk](http://www.arthritiscare.org.uk) 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](mailto:seregoffice@arthritiscare.org.uk)

Course	Location	Date	Time
Challenging Arthritis	Ewell	Tue 17 July to Tue 21 Aug	6.30pm to 9pm
Challenging Pain	Bridport	Tue 10 July and Tue 17 July	1.45pm to 4.15pm
Challenging Pain	Camden	Thu 21 Jun and Thu 28 Jun	1.15pm to 3.45pm
Challenging Pain	Exmouth	Thu 21 Jun and Thu 28 Jun	2pm to 4.30pm
Challenging Pain	Liskeard	Mon 25 Jun and Mon 2 Jul	10.15am and 12.45pm
Challenging your Condition	Hemel Hempstead	Wed 26 Sept and Wed 31 Oct	10.30am to 1pm
Challenging your Condition	Watford	Mon 3 Sept and Mon 8 Oct	6pm to 8.30pm

## Raising our profile



The South East Campaigners Network had another profile raising event on Friday 27<sup>th</sup> April, the last day of Arthritis Awareness Week 2007. We hired one of the committee rooms in Woolwich Town Hall for the lunchtime focus on the work of the Campaigners Network. What a fabulous venue...

Siobhain McCurrach and Diane Hockley, regional campaigns managers for South England offered information and support to members of the Greenwich Pensioners Forum, Arthritis Care Thamesmead branch members, Age Concern, Disability Access Project for London Transport and Greenwich Council's Welfare Rights Service. Siobhain and Diane explained about the work of the Campaigners Network and how

influencing local decision making could help improve services for people with arthritis. Siobhain explained during the presentation that Arthritis Care is developing a network of informed active citizens: people with experience of arthritis who will stand up for themselves, demand a say in the issues that affect them and challenge injustices.

**Siobhain McCurrach is a regional campaigns manager for South England. For more information please telephone 01730 827986 or email [siobhainm@arthritiscare.org.uk](mailto:siobhainm@arthritiscare.org.uk)**



## Diane Hockley



As is usual with South England staff Diane has not been able to take all her annual leave and therefore it has been agreed that her last working day will be Friday 22 June.

I am sure you will join me in wishing Diane good luck for the future and thanking her for her input into the region during the last six months.

**Pippa Nelson is the regional operations manager for South England. For more information, please telephone 0844 888 2111 or email [pippan@arthritiscare.org.uk](mailto:pippan@arthritiscare.org.uk)**

Just to let you know that Diane will be leaving us at the end of June having completed her six month fixed-term contract with us as regional campaigns manager for South England.

## Please tell us...



**Do you have a local issue that we could help you resolve?**

**Whether it is parking problems, disappearing services or inaccessible shops we can help.**

Course	Location	Date	Time
You Can Break the Pain Cycle	Gillingham	Wed 19 Sept	1pm to 4pm
You Can Break the Pain Cycle	Milton Keynes	Mon 18 June	10am to 3pm
You Can Break the Pain Cycle	Worthing	Wed 27 Jul	1.30pm to 4.30pm
<b>For young people age 13-18</b>			
Family day	Longleat, Wiltshire	30 June	10am to 3.30pm
Positive Future Workshop	Somerset	13-15 July	Residential weekend
Positive Future Workshop	Somerset	19-21 Oct	Residential weekend

## 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.

- £158.70 in memory of Esme May Cobern
- £80.00 in memory of Mrs Ethel Lavinia Brett
- £20.00 Wilcove Women's Institute
- £266.00 in memory of Sheila Ball
- £100 The Rotary Club of Tooting
- £800 Juliet Allen Piano Recital
- £224.51 in memory of Winifred May Loader
- £295 in memory of Mr Stanley Marchant

## Building better bones



**Building Better Bones & Joints Education Event at the Knowledge Spa, Truro 25-26 April 2007**

This was a fantastic opportunity to bring 'Kids also have arthritis too' (KAHAT) to 250 enthusiastic young people. First off was a discussion about how it feels to have arthritis. Many were surprised that there are over 12,000 young people with arthritis under the age of 16 in the UK. We talked about the impact arthritis can have on school and social life and

that any limitations are those brought about by society. The students then had firsthand experience of what it can be like to live with arthritis; huge gloves were given out and young people were given tasks such as putting on a necklace, tying laces and picking up a coin. Putting on socks without bending their backs proved to be impossible for most. The interest and involvement from the students was fantastic and teachers thanked us for a hands on and informative session 'come into our school and deliver more,' said one teacher.

**Alexis Bradley, the young people and family project development manager for South England. For more information, please telephone 07786 332232 or email alexisb@arthritiscare.org.uk**



## Sailing at Cowes



Didn't we have a wonderful (wet) time? As part of Arthritis Care Awareness Week the young people's project visited the United Kingdom Sailing Academy on the Isle of Wight for the weekend. The group spent Saturday out in keel boats sailing around Osbourn Bay.

Our instructors introduced us to keel boating, and everyone was involved in practical sailing tasks. After which, the two groups finished with a race. The fun didn't stop there. Saturday evening was our preparation

(in the pool) for kayaking the next day.

Sunday morning was spent racing kayaks out on the Solent, getting back into capsized kayaks, or being skimmed off the pontoon, terrifying, terrific (and freezing cold) fun.

**Joanne Hunt is the young people and family project development event organiser for South England. For more information, please telephone 07917551417 or email joh@arthritiscare.org.uk**

