

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.

- Tone N Trim, Isle of Wight gave £266

- Women's Fellowship Immanuel URC, Swindon gave £110
- Donations in memory of the late Patricia Walter came to £609.25
- Donations in memory of the late Gwenfrom Hardy came to £1,705.78
- Pear Tree Charity Bingo Club gave £50
- Mr and Mrs Lowry gave £50

Welcome to 2007.....



And it looks set to be another busy year looking at the outputs for the region 2006 was the best yet thank you to everyone for their support and hard work.

We are very pleased that the Medical Advisory Group has given it's blessing for the Challenging Pain workshop so it is full steam ahead now to deliver this workshop across the south well done to everyone who has contributed to the success of this new course.

I am sorry to see Clacton on Sea

and Milton Keynes branch close. Chessington and Hook have also closed but several members are now attending nearby Kingston branch. Banstead and Sutton have now merged with Merton and Morden to become Merton Morden and Sutton branch. A very big thank you to all the retiring committees and I hope that we do not see to many more closures during 2007.

Pippa Nelson is the regional operations manager for South England. For more information, please telephone 0844 888 2111 or email

Arthritis Care South England



Inside this issue:

Information	1-3
Training	4-7
Young peoples project	8-9
Campaigns	10-11
Branches	12-15
Thank you	16

The Bulletin



Issue 15

March 2007

Piano recital for Arthritis Care



Juliet Allen will be giving a piano recital in the Jacqueline du Pre Music Building, at St Hilda's College, Oxford on Sunday 22 April at 3pm. It will be in aid of two charities and will include works by Bach, Chopin, Liszt, Mendelssohn and Rachmaninov.

Funds raised will be shared between Arthritis Care, and Helen & Douglas House, which is a charity that provides respite and end of life care for children as well as support for their families.

We do hope you will be able to join us and bring friends who would like to come, too.

Tickets are available now, balcony £15 and stalls £12.50.

For tickets or further details about the recital please contact Gill or David Allen at 5 Bishops Wood, Oxford OX44 9HA, Telephone 01865 874308 or email david.allen25@virgin.net.

Disappointing response to conference invitation

As you know we sent a flyer recently asking for interest in attending a volunteer conference. I have to say it has been a very disappointing response.

Only 17 responses were received by the 2nd February 2007. Sadly that is only 43 people from from a potential 295 who were asked.

Thank you to all those that took the time and trouble to complete our questionnaire and return it to the regional office.

I will assume from this response that most volunteers/members will be organizing or attending other events.

Therefore we will not be organising a South England conference to celebrate the Arthritis Care Diamond Jubilee.

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

Cinema pass

Did you know you could benefit from the Cinema Exhibitors' Association Card? Holders are entitled to one free ticket for a person accompanying them to the cinema.

To apply for the card, you will need to either:

a) Be in receipt of the disability living allowance or attendance allowance.

b) Be a registered blind person.

A processing fee of five pounds is chargeable per card.

**The Card Network
The Technology Centre
Rossmore Business Park
Ellesmere Port
Cheshire. CH65 3EN
Tel: 0845 123 1295**

Arthritis Care regional committee update

It is with regret that I have to inform you that Peter Phipps the regional chair for the south west and Jackie Adams the regional chair for the south east of the region have both resigned. Both Jackie and Peter will be continuing as branch and area liaison committee members.

I am sure you will join me in thanking Jackie and Peter for all their hard work in this very

demanding role and good wishes to both for their continued support to Arthritis Care.

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

Region Staff Team Collection

Instead of sending each other Christmas cards during 2006 it was decided as a team that we would make donations towards Christian Aid present aid. We collected £60 and sent a cheque to purchase a bicycle for health workers to reach outlying areas in Malawi.

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

James Grant Innes MBE FCA - obituary

Jim Innes (1917-2006) was the Treasurer of Watford & District Branch of Arthritis Care from 1976 until May 1998, following his retirement as an accountant in the City of London.

He brought to the appointment a wealth of experience which was of considerable advantage to the Branch and which reflected the overall growth of the Branch and in particular its financial management.

Over the years, the Watford Branch has increased its activity. In addition to the administrative duties of paying the expenses of the large band of volunteers and the running costs of the Branch's two minibuses, Jim organised the annual bazaar, annual flag days, street and store collections. In former years Jim also maintained the membership register.

All these tasks were carried out by Jim with the minimum of fuss and the maximum of

efficiency. The dedication, motivation and caring nature that Jim brought to his many and varied duties were second to none (and epitomised all that Arthritis Care stood for in providing for the social and welfare needs of its members.) Jim was greatly respected and admired for his selfless devotion to the Branch.

In June 1992, Jim Innes was awarded the MBE in the Queen's Birthday Honours for his services to Arthritis Care, Watford & District

Following his retirement as Treasurer he became a Vice President of Watford Branch, regularly attending the AGM and other events until shortly before his death. He will be much missed by his many friends in Arthritis Care.

Cherry Ross
secretary - Watford &
District branch

What kind are you?



Here is that little poem, wrote Norman Adams, (member of Edmonton branch and dedicated Arthritis Care volunteer) that I found in the November 1955 edition of our branch newsletter.

What kind are you?

Are you an active member,
the kind who would be missed,
or are you just content
to have your name upon the list?
Do you attend the meetings
and mingle with the flock,
or do you mostly stay at home
to criticise and mock?
Do you take an active part
and help the work along,
or are you satisfied to be
one of those who just belong?
Do you push the cause along
and really make things tick.
or leave the work to just a few
and talk about the clique?
Think this over members,
you know right from wrong,
are you an active member
or do you just belong?

Isle of Wight



It has been a number of years since Arthritis Care was able to provide self-management courses for people on the Isle of Wight. I am in the process of recruiting and training volunteers on the island to deliver the Challenging Pain and You Can Break the Pain Cycle workshops over the next two years.

In January, beauty company Tone n Trim in Ryde donated £266 towards this work. The money was raised by providing taster sessions on the therapy tables, and on other treatments (like paraffin hand waxes) available at the premises.

Tone n Tan staff member Lorraine Brotherhood chose Arthritis Care for her fund-raising because her mother was diagnosed with rheumatoid arthritis when she was 40. Also, many of Tone n Trim's clients have arthritis.

Arthritis Care has organised an **Arthritis Awareness Afternoon** on the **7 March** at the **Riverside Centre, Newport**. Dr Mark Pugh, consultant rheumatologist at St Mary's Hospital, will give a talk on 'Arthritis – what does the future hold for you?'

We hope that many people will be interested in attending to hear more about the training courses and Arthritis Care's services.

Janet Cowlard is a training services manager for South England. For more information, please telephone 0844 888 2111 or email janetc@arthritiscare.org.uk

What a Lovely Day



Wembley & Kingsbury Branch and Edgware branch enjoyed a day out at Wicksteed Park, Northampton. After a slap-up lunch members enjoyed a musical show featuring songs and dancing from past and present west end shows. The day finished with afternoon tea and mini train ride round the park.

Bill Davis
Wembley & Kingsbury branch

Branch news

Would you like to send a story to be published in the Bulletin about your branch, area liaison committee or regional committee?

If you would, 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

Arthritis Care Hotels



Work continues to try to ensure the hotels service can be provided under different ownership or management. A Hotels Working Group, comprising senior staff, trustees and expert external advisors are exploring all options.

Whilst we remain hopeful of at least some continuation of the service, no confirmation can be made of course. We continue to take bookings for 2007 and keep the position under regular review and I would like to pay renewed tribute to the hotels staff for maintaining high standards in such difficult times.

All members should have received a written update on this in January and you

regional manager will be briefed to answer any queries you may have. When making the decision to withdraw from managing the hotels service, the trustees were aware that whilst there are a number of operators providing accessible services, they weren't always widely publicised or didn't always meet the needs of people with arthritis. They agreed a 12-month project to identify existing providers of services and to instigate campaigns or calls to action where there were gaps in these services.

In November 2006 we appointed a project manager at UK office, Sandrine Caumont, and she will be keeping us all up to date with her findings and new opportunities as the year progresses.

Phil Baker is the operations director for Arthritis Care and can be contacted on 0844 888 2111 or email philb@arthritiscare.org.uk.

Training volunteer



Marian Waters has been a training volunteer with Arthritis Care since January 2000 and has delivered over 12 self-management courses.

I asked Marian what she gained

from being a training volunteer and this is what she said:

- I feel valued
- It keeps my brain going
- I get satisfaction from seeing participants who start negative going out positive
- I like being able to help people find out where they can go for help
- volunteering has given me a better understanding of my Arthritis
- I would certainly recommend becoming a volunteer.

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

Arthritis awareness

Arthritis Care's training services offer workshops which are delivered to a range of people who work with people with arthritis. Awareness of the impact that arthritis has on people's lives can really make a difference in the quality of support and help people can get.

Perhaps you know of a residential home or organisation that would benefit from some Arthritis Awareness – please tell me about it.

Nina Fry is a training services manager for South England. For more information please telephone 01458 440943 or email 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 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
Challenging Arthritis	Ewell	Tue 17 July to Tue 21 Aug	6.30pm to 9pm
Challenging Arthritis	Woking	Thur 1 March to Thur 5 April	1.30pm to 4pm
Challenging Pain	Plympton	Mon 26 Feb and Mon 5 Mar	1.45pm to 4.15pm
Challenging your Condition	Hemel Hempstead	Tue 20 Feb to Tue 27 Mar	10am to 12.30pm
Challenging your Condition	Ivybridge	Fri 2 Feb to Fri 9 March	1.30pm to 4pm
Challenging your Condition	Watford	Wed 18 Apr to Wed 23 May	10.30am to 1pm
Challenging your Condition	Watford	Tue 10 Apr to Tue 15 May	10am to 12.30pm

Sainsbury's veterans lunches



Arthritis Care attended the first in a series of ten Sainsbury's sponsored luncheons, each for approximately 400 retired employees throughout England. Locations for the events will vary from Surrey to Southampton, Hertfordshire to Cheltenham over the course of the next three months.

In February 500 retired Sainsbury employees attended the first of the series of Sainsbury's sponsored luncheon events at Sandown Racecourse in Esher, Surrey.

Arthritis Care and Help the Aged were the two charities that had been chosen by Sainsbury's to benefit from fundraising that takes place during the luncheon events.

The invitation to the event provided us with an opportunity to share information about Arthritis

Care's work – in terms of the services we offer, our volunteer supporters and to raise much needed funds.

Siobhain and Karen enjoyed the opportunity to speak personally to a wide range of attendees, some of whom were affected by arthritis or knew family members who were affected. We were able to provide direct support and information and hope that many event attendees will be in contact with the organisation further.

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



Diane Hockley



the civil service, local government, and as a volunteer in the not for profit sector.

I hope to make a difference and add value to the projects I work in.

My interests include music, current affairs, and travel.

Diane Hockley is a regional campaigns manager for South England. For more information please telephone 01296 421347 or email dianeh@arthritiscare.org.uk

I joined Arthritis Care in January as a regional campaigns manager .

Prior to this job I worked in

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	Carlshalton	Tues 6 March	10am to 1.30pm
You Can Break the Pain Cycle	Epsom	Mon 14 May	11am to 3pm
You Can Break the Pain Cycle	Hawkhurst	Tue 13 Feb	1pm to 4pm
You Can Break the Pain Cycle	Kingston	Tue 20 March	1.30pm to 4pm
You Can Break the Pain Cycle	Milton Keynes	Mon 19 March	10am to 3pm
You Can Break the Pain Cycle	Ramsbury	Tue 27 Feb	2pm to 3.45pm
You Can Break the Pain Cycle	Woodford Green	Mon 5 March	10.30pm to 3pm
For young people age 13-18			
Positive Future Workshop	Exmoor	25-27 May	Residential weekend
Positive Future Workshop	Isle of Wight	20-22 Apr	Residential weekend
Positive Future Workshop	Somerset	13-15 July	Residential weekend
Positive Future Workshop	Somerset	19-21 Oct	Residential weekend

Positive Future Workshop – a volunteer's perspective



Written by volunteer Alex Freeman part of the young people and family project.

I decided to volunteer as an Arthritis Care youth worker because I thought it would be fun and something different. I have also been on Arthritis Care courses and learnt a lot from them and I wanted to help others do the same.

I ran my first (hopefully the first of many) Positive Future Workshops in December 2006. I really enjoyed it and once I'd got over the initial



shock, I had a fantastic time. It was great to get to know the participants during the workshop sessions, and we had lots of time in between sessions to relax and have fun as well. The best thing about the weekend was working with the other volunteers and the Arthritis Care staff as we all got on really well and had a laugh. The participants were really nice and good fun too.

All in all it was hard work but a brilliant weekend and I'm looking forward to the next one.

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

Joanne Hunt



Hi I'm Joanne Hunt and I took up my post with Arthritis Care as events organiser (for South England) in November.

I was diagnosed with rheumatoid arthritis seven years ago. Up until then, I worked for social services, in a voluntary agency with children and families. After developing RA I went on Arthritis Care's Challenging Arthritis courses where I met other people who have become good friends and very supportive. I became a volunteer and derived

a great deal of satisfaction in enabling others to achieve things, however small, despite the limitations they experience.

However, my time as a volunteer was fairly short-lived, as I became pregnant with twins. If there was anything to ever challenge my arthritis, this was certainly it..... The twins started school alongside their elder brother in September.

I am thoroughly enjoying my new job, The Young People's Project ran a Positive Future Workshop in December. A lot of the young people were keen to attend future activity days planned in 2007 one young person described it as 'the best weekend of his life'

Can you get better satisfaction from a job than that?

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