



Reg charity no 206563

# The Bulletin

March 2011 Issue

THE NEWSLETTER FOR ARTHRITIS CARE SOUTH ENGLAND

South England Regional Office • Tel. 0844 888 2111 • [www.arthritiscare.org.uk](http://www.arthritiscare.org.uk)

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Thank you to everyone for their hard work during 2010, and so far 2011 is looking to be even busier. I do hope you enjoy reading about what has been happening in the South England region, and what we've got planned for the coming months. A special highlight that I would like to draw your attention to is the introduction of our volunteer awards. We know how hard every one of our volunteers work, and we now have a way of saying thank you. Please nominate anyone you think is deserving of such an award. You can nominate more than one person, branch or company, so if you require additional forms please get in touch with the regional office or your area development manager. The other exciting news is that we will be hosting Arthritis Care's Annual General Meeting this year at the University of the West of England in Bristol on 25 June. And finally, I'd like to express my thanks to the Wells Branch for kindly providing the funds to pay for the printing of this Bulletin.

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

## South England moving onwards and upwards

### Launch of REACH in Portsmouth



Children with arthritis and their families were treated to a very special day out in December, courtesy of the Queen Alexandra Hospital Department of Rheumatology. More than 160 guests enjoyed crafts, games, Christmas lunch and an afternoon at the pantomime. Colin Beevor, the Hospital's Matron of Musculoskeletal OPD Services said: 'Staff from the Rheumatology Department and their friends had spent two or three months preparing for the day, and it was great to see the children with arthritis distracted from their condition, laughing and having fun'.

The day was organised as part of the launch of the Rheumatology Education and Children's Hospitality (REACH) Project, which is a partnership between the Hospital's Department of Rheumatology and Arthritis Care's Young People's Project.

Dr Richard Hull, Clinical Director, welcomed the return of a local support group saying: 'In the past we had a very active and successful children and parent support group, and it is really good to see it re-launched. The time

commitment for families can be as much or as little as they would like. We are especially pleased to be working in partnership with the Arthritis Care Youth team'.

### AGM in Bristol

This year's Arthritis Care Annual General Meeting is going to be held in the South of England. The date is Saturday 25 June, and the venue the University of the West of England in Bristol. This is an opportunity for us to showcase to members of Arthritis Care some of the new initiatives that the South of England region has been getting involved with. There will be information stands, health professionals giving talks, and opportunities for the exchange of ideas (open to non-members in the afternoon).

Members of Arthritis Care will be receiving information about the AGM in their next copy of Arthritis News.



In November the south east and south west regional committees met up for a joint meeting in Swindon. It was an ideal opportunity for ideas and news to be exchanged and then passed onto individual branch members.

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

## Aylesbury Vale branch awarded funding from Waitrose

Rosemary Stratfull, Treasurer of Arthritis Care Aylesbury Vale Branch, and Hetty Derrick travelled up to Milton Keynes in January to receive a generous donation of £514 from the Waitrose Community Matters fundraising scheme.

The Aylesbury Vale branch will be putting 50% of the funds donated to support their local branch activities. These currently include non weight-bearing exercise and chair-based exercise sessions lead by a physiotherapist, as well as hydrotherapy sessions at the local leisure centre pool. The remaining 50% of the funds donated will be used by the Arthritis Care South England Regional Office to support the training of our volunteers to help more people with arthritis.

We are, again, very grateful to the Waitrose Community Matters scheme!

## Arthritis Care Volunteer Awards 2011



Does your Arthritis Care branch work tirelessly throughout the year to provide a local service for people with arthritis? Have you met an Arthritis Care volunteer who always puts that extra something into the work that they do for us? Do you know somebody who has worked especially hard to raise money for the charity, whether it was collecting outside the local supermarket or running a marathon? Or do you work for, or know of, a company that has supported us in a special way?

Arthritis Care South England is celebrating the achievements of its volunteers and supporters by introducing two awards – one for length of service (five years, 10 years, 15 years, 20 years, 25 years and 30 years) and the other acknowledging achievement in four categories (group/branch of the year, fundraising volunteer of the year, company supporter of the year and the John Knight award for outstanding achievement). The John Knight award is recognition of the huge contribution to the work of Arthritis Care made by John, former chairman of the Amesbury branch, and husband of Chris, who is now a member of the Arthritis Care Board. John sadly died last year, but his name will live on!

We are asking people to make nominations (forms can be downloaded from the website or sent out from the South England office by calling 0844 888 2111) and then return the forms to us by no later than 25 March. A panel of four judges from a cross section of the organisation will select the winner in each category, and certificates and awards will be presented to the recipients by the regional committee at the Annual General Meeting in Bristol in June.

So come on then, we are looking forward to hearing about all these wonderful people, so that we can acknowledge their achievements and show our gratitude. Without their support we could do nothing...

## Diane Evans

We were very sorry to learn of the recent death of Diane Evans, a long-time supporter of Arthritis Care South England. Diane was a Business Manager in the NHS until she had to retire because of her rheumatoid arthritis. In 2000 she became a volunteer trainer, and for the past 10 years was running self-management courses across Surrey.

She gave good sensible advice, always with a sense of humour and often with really relevant personal experience. She would drag herself out to run courses even if she was feeling awful herself. She will be missed by the many friends she made through Arthritis Care over the years.

## London Libraries Project

The Arthritis Care Libraries Project has teamed up with Merton Libraries to hold a programme of information delivering sessions throughout 2011 and 2012.

The new partnership aims to improve access to information relating to arthritis in libraries; deliver a programme of drop-in sessions and talks that raise awareness of arthritis and support users to improve their quality of life; and generally keep people visiting the libraries in Merton informed on an ongoing basis through the delivery of training programmes to library health champions, staff and volunteers.

In January Arthritis Care attended the 'Fit, Fun and Fabulous' event at Merton's Pollards Hill Library where our information volunteers were able to talk about the wide range of services we can offer.



**Come and join one of the ambles being organised in the South of England, and help raise much needed funds for Arthritis Care**



This May we are offering our supporters across South England the chance to Amble for Arthritis as part of Arthritis Care Week (May 9-15). Building on the success of last year's ambles, we want to get many more people involved in 2011.

To raise awareness that there are 10 million people with arthritis in the UK, we are looking for our participants to cover 10 million steps between them. This means 500 people walking 10 miles each or 1,000 people walking five miles. It would be a fantastic achievement so why not be one of those special people? Even five steps would help us get nearer our goal.



Why not really throw yourself into the occasion and wear an Amble for Arthritis T-Shirt? For only £5 you could look super stylish and tell the world who you are supporting! Call the regional office on 0844 888 2111 or download an order form from the ambles page on the website.



### Why an amble?

Exercise can be the last thing you want to do when in pain from your arthritis. However, it is actually one of the best ways of keeping pain at bay. The other benefits of exercise include a better range of movement and joint mobility, increased muscle strength, less stiffness and increased energy.

### Join an amble or organise one yourself

We are holding several organised ambles, so please keep checking our website for updates on where and when. These will be open to anyone who would like to support our charity and the work we do for those with arthritis. We are also encouraging people to organise their own ambles. It doesn't matter where, when or how long the walk is. What does matter is that participants have a good time, and achieve something both for Arthritis Care and themselves.

### Get sponsored

Go on the Arthritis Care website [www.arthritiscare.org.uk](http://www.arthritiscare.org.uk) to download all the relevant information, or call the South England office on 0844 888 2111 and we will send you information in the post. Then take your sponsorship form to work, to school (if you are young enough), to your local pub (if you are old enough), to your neighbours or to your Arthritis Care branch. Ask everyone if they will be willing to sponsor you for just a small amount – it all adds up.

And don't forget to ask people to complete their full name and address and tick the Gift Aid box if applicable (for every £1 you raise we can claim up to 28p from the Government). And finally, we'd like to say good luck and many thanks!

**Take a look at some of the ambles planned in the South of England during May.....**

### London Amble



Amble along the side of the Thames in London on Sunday 8 May at 12pm. Starting from Victoria Embankment Gardens and ending near Tower Bridge, the amble will take in many of London's famous tourist attractions. Call the South England office.

### Portsmouth Amble



Amble from pier to pier in Portsmouth on Sunday 8 May at 10am. Organised by Portsmouth Hospitals Department of Rheumatology, the walk, which starts at the Pyramids, is open to all. Call the Rheumatology Department on 023 9228 6000 ext 1495.

### Bexhill on Sea Amble



Promenade along the seafront of Bexhill on Sea on Sunday 15 May at 11am. Enjoy coffee and cake at the finish. Call the South England Office.

• Other ambles taking place across South England include Amesbury, the Forest of Dean and Bristol. Further information from the South England office.

# Fundraising for improved services across the region



## Having a ball!

Late last year the Norman Gate Masonic Lodge in Hampshire held its annual Ladies Festival, and the

President's Lady, Shirley Hayward, generously chose Arthritis Care as her charity for the night. Mike and Shirley's daughter, Shelley, 21, has had arthritis for many years and has benefited in many ways from our young people's services. A raffle and teddy bear auction on the evening raised a magnificent £1,074, and this will be going towards future young people's training events. Our picture shows a very beautiful Shelley and Shirley with the Master of Ceremonies for the evening.



Siobhain McCurrach, Area Development Manager for South Central, travelled to Abingdon in January to collect a cheque for £4,000 from Harry Whitelock, chairman of the Anglia Regional Co-operative Society (pictured left to right, Siobhain, Harry Whitelock, Mrs Wing and Steve Wing, manager).

For more than 25 years the Co-op has been giving support to charities and local good causes through donations made by its members. Arthritis Care was one of the Society's chosen charities for 2010.

Siobhain said: 'We are absolutely thrilled to receive this support from the Anglia Regional Co-operative Society. We plan to use this funding to run a 'Challenging Pain' self-management training workshop in the Abingdon area of Oxfordshire for up to 16 people to be able to cope better with their arthritis'.



## Let them eat cake...

Eight year old James Radley raised a whopping £126 for Arthritis Care by selling cakes in the lunch break at his junior school. James's little sister, Lizzie, 6, has juvenile idiopathic arthritis, and James wanted to do something to help. The money he raised will go towards young people's services.

## We would also like to thank...

- The Portsmouth Hospitals Trust for its contribution to our publications costs.
- The Arthritis Care Torbay Branch for a donation of £2,000 towards young people's activities.
- The Rotary Club of Southampton for a donation of £150.

- The Freemasons St Lawrence Lodge for its donation of £100 for young people's workshops.



**Vodafone  
Foundation**

- And finally, we are extremely grateful to the Vodafone Foundation for funding a member of staff for two months to help with our ambles.

## Raise money for charity Enjoy dinner with friends

The new and easy way to raise money for your favourite charity by having friends to dinner



We're always on the lookout for imaginative new fundraising ideas, and here's one that we've been very quick to take up at Arthritis Care South England.

It's called Dinner4Good and allows you to raise money for us simply by doing something you enjoy – having friends round for dinner. To see how it works just go to [www.dinner4good.com](http://www.dinner4good.com)

From the website you can create and send personalised email invitations

which takes less than five minutes. Your guests can then accept and donate online, so there's no awkwardness over asking for money or hassle of collecting cash. You can all see who's coming and how much money is being raised in a click.

Dinner4Good takes care of everything, including claiming the Gift Aid which reduces the admin for us. All you have to do is hold the dinner, eat, drink and enjoy yourselves!

What's really exciting about this idea

is that anyone can do it – unlike running a marathon or climbing Mount Kilimanjaro. What's more, those donating get to enjoy the event itself, and the money is raised by doing something you might be doing anyway.

Lastly, but perhaps most important of all, it's 'sustainable' – you can do it more than once and your friends might then also hold a Dinner4Good, which means that, over the coming months, this simple idea could raise more money than even the most heroic of feats!

So get the ball rolling with a dinner of your own... and let's see how far it can go. Dinner4Good will keep you informed of all the money that's been raised as a result of your first dinner being duplicated by others. So, bon appetit!