

The Hypermobility Syndromes Association  
Hampshire Family Programme & Information Day

The day was a great success & well attended. It was lovely to see both long-term members, who regularly attend our monthly meetings in Hampshire, & some new members in need of support from the HMSA. As Hampshire group leader I was able to speak with individuals & tell them about the support we give through our local group meetings. Attendees found the talks by our guest speakers, Dr Phillip Bull, Alice Mooney, Hannah Ensor & Jenny Parris very informative. The audience participated well during the Healthwatch Focus Group session & made some very valid points about changes which are needed in the Hampshire area to support patients living with a Hypermobility Syndromes.

Whilst the Adults were listening to the various talks the children had the opportunity to have there own sessions. These were focused on setting goals for the future & each child went home with a workbook, "Toolboxes" which are designed to give the children pain & fatigue management ideas, which they can turn to when needed. Also there was a session called "Activity for Fun" with Alice Mooney, who taught them the importance of keeping active without causing pain. This was the first of these events that I have attended & been involved with & it really just confirmed why I chose to get involved with this amazing organization. It was very well organized with plenty of opportunity for delegates to chat to each other & the guest speaker & volunteers. I think in partnership with Healthwatch Hampshire we really can make a difference in Hampshire for those who have one of the Hypermobility Syndromes.

Julie Hyans  
HMSA Hampshire Group Leader

The feedback has been really positive & here are a few quotes:

### From the children

“I really enjoyed the Family Day as there were lots of activities for children to do that would help us. We made a Pain & Fatigue toolbox so that we could pick out an activity to use as a distraction technique. I use mine almost every day. It's also really nice to make friends with other children who have similar issues.”

“It was really great to be with other bendy kids and could we do it every weekend please!”

### From the adults

“It was a fantastic, well organised and well run event-properly organised without feeling to intimidating for anyone new to the association. It was totally worth doing-despite being a member of the HMSA for many years I still learnt new information, especially from Jenny's talk. Yes you should definitely do it again!!”

“This was the first family education day that I had attended and I was very impressed with the professional way it was run.

I thought the talk by Dr Bull was very informative even if he did go off at a tangent every so often. I found the talk by Alice Mooney harder to follow, as there were a lot of statistics.

I also spent time downstairs working with the children. It was lovely to see children working and playing together learning from each other, from my observations the older girls really appreciated the time they had to talk with Hannah Ensor when I took the energetic boys outside to play.

It was very useful for me to meet other members and be able to put names to faces and it made me realise how important it is to keep running these days as there is always more to learn. It is easy to forget how little some people know about this condition.”

Hi Steve I have just realised I missed off Parent Voice, who work with Hampshire County Council, who were represented by Sally Barnett on the day. We will be working with her to support our parents. Also from marketing this event we now have support from Parent Partnership, who were not able to attend, but wish to come to one of our meetings so see what we are doing.