

UNDERSTANDING **Allergies**



Edition 01 | 24 September 2022



   @SadieBristowFoundation

www.sadiebristowfoundation.org.uk



**Sadie
Bristow**
FOUNDATION



We are very grateful for the support we have received for our first Understanding Allergies event.

With the growing number of children needing diagnosis, we need more education, we need more training, and we need more specialists. Our charity is striving to help campaign for change.

We hope you will find the vital information useful in this our first edition of the '**Understanding Allergies brochure**'. Thank you to our speakers and supporters for your support knowledge and information you have provided.

The Sadie Bristow Foundation aims to help children, families, and adults cope with living with allergies and raise funds for a nurse in the Southeast of England to train to become an allergy specialist. Our eventual aim is to open a clinic and advice centre in the Southeast and build an education programme for children.

Clare Bristow,
Sadie Bristow Foundation: Chair and Co-founder

Charity Number: 1182525



Please consider making a donation.

You can scan this QR code or go online and visit:

<https://donate.kindlink.com/Sadie-Bristow-Foundation/4452>

Help us build a positive future for families and individuals affected by allergies

Allergies effect 1 in 10 children, this is set to increase year on year. The WHO have said allergies are an epidemic, services are a post code lottery.

More training needs to be provided and more jobs created so our children can get the best chance in life, to not feel excluded, to not feel isolated and not to be bullied.

This event is a first of its kind. Our guest speakers are:

- Dr Helen Cox, recognised as one of London's leading consultants in paediatric allergy and Immunology.
- Dr Ola Smith, Consultant at William Harvey Hospital and Honorary member of King's College Hospital London
- Misbah Primett, Paediatric Allergy Dietician at Little People Dietitian and St George's Hospital
- Heulwen Wyatt, Clinical nurse specialist in Dermatology at Woolos Hospital Wales and runner up in GoInag the extra mile award
- Natalie Hopkins from The Allergy Badge
- Jay Dhanjal an Allergy Coach and Founder of Ash Friendly
- Allergy UK
- Airborne Allergy Action



Top tips for introducing new foods

1) Sensory play

This can be a great way for your child to become familiar with food, but without the pressure of eating it initially. Getting a bit messy with food can be fun for some children and helps them to become de-sensitized around food they may be anxious about.

2) Graded exposure

Introducing a whole new food may be overwhelming, so graded exposure is a way of introducing new food in a staged way, which subsequently evokes less anxiety. This may involve simply having the food on the plate initially, before encouraging a small bite size amount for a few days and gradually increasing this.

3) Tasting times

For children with a very limited or restricted diet, those who may have very rigid rules around eating or for those where eating is already very anxiety provoking (this would also include children who may have neurodiverse profiles), it may be more helpful to not introduce new foods at mealtimes. This is because it could then make existing mealtimes more anxiety provoking.

Tasting times are a specific time (separate to the mealtime) where new foods can be explored. It is important

that tasting time is set up as a consistent space, so it becomes part of the child's routine (even if no food is consumed initially) where small amounts of food are offered.

4) Routine and planning mealtimes

We are more anxious when there is uncertainty about what will happen, which is why trying new food is scary for children with allergies (because they don't know what will happen or what it will do to them). It is therefore important to reduce as many of the other uncertainties that you can. Use visual timetables or now and next boards to prepare your child to what will happen e.g. first we will sit at the table, then we will eat and then you will play afterwards.

5) Involve children in meal preparation

Not only does involving your child in meal preparation act as a form of exposure, it is also a great way of building their ownership around their allergy. It is opportunity to practice checking ingredients and labels and helps them feel more in control of what they are eating. If meal preparation can be made fun, this will also be a great distraction and helps to encourage more positive associations with eating.

6) Choice

Children and teenagers are constantly trying to assert themselves and therefore choice is important for helping them feel more in control. It is not a completely free choice, but instead chose 2 or 3 options for them to pick from. Remember that choice doesn't have to be around the food and could be something as simple as what plate they eat from, which chair they sit on or what game they play after food.

7) Distraction after food

Some children may become anxious after trying a new food and may be worried about a reaction. This may make them more likely to notice anxiety or worry feelings and sometimes these feelings may then be confused with allergy symptoms. Staying close to your child after a new food is introduced will increase the feeling of safety and reassurance and help to reduce anxiety. Keeping your child distracted will also help refocus their attention away from what they have eaten and any anxiety feelings, long enough for this anxiety to naturally subside.

Provided by Dr Francesca Sawer, Clinical Psychologist who works at Great Ormond Street Hospital.



**Sadie
Bristow**
FOUNDATION

HELP US RAISE VITAL FUNDS FOR ALLERGY SERVICES

www.skiforsadie.org.uk

LOVE TO SKI?

- Passionate about raising funds for allergy awareness?
- Ready for a personal challenge?
- Take part in the ultimate Ski Quest, a unique fundraiser in the French Alps



Sadie loved to ski so we've created the Ultimate Skiing Challenge in her name

All we need is YOU!



www.sadiebristowfoundation.org.uk

@SadieBristowFoundation

Charity Number: 1182525

 @SadieBristowFoundation

Don't be afraid to be great!

 @SadieBristowFoundation

Managing Anxiety

Routine and check lists

Uncertainty is a big cause of, and maintainer of anxiety. Therefore creating a routine or plan can help to break overwhelming tasks into much smaller and manageable steps to work through. It can also help us to feel much more in control. Routines can be introduced easily through timetables, checklists, to-do lists, diaries, calendars or whiteboards.

Try to include some exercise in your routine, as physical activity, whether this be a walk, run, swim or skipping has proven positive effects on anxiety.

Distraction

The aim of distraction is to move attention away from anxious thoughts and feelings, enough for them to pass. The best distractions can be those which are most cognitively demanding e.g. counting backwards in 3's from 100, but it can also be helpful to distract with things that we enjoy such as a favourite song or game.

A distraction that we all have with us at all times is called the "5 senses" activity and this asks you to name: 5 things you can see, 4 things you can hear, 3 things you can smell, 2 things your can touch and 1 thing you can taste.

Relaxation

Relaxation is helping the body to be in a calmer state, rather than the fight/flight it is in during anxiety. Relaxation can take time but starts with getting the breathe under control. This can be achieved by taking a big deep breath in for 4, holding for 4 and exhaling for 4 and doing this repeatedly for at least 10 minutes. There are also many examples of different breathing activity available online and on apps for free.

A more relaxed state can also be achieved by reducing excessive stimuli which keeps the body in high alert. Try to go somewhere quiet, with low level lighting, where there is somewhere comfortable to sit or lie down.



Image by rawpixel.com

Learn 'safety behaviours' and gently challenge these

Safety behaviours are behaviours that we learn to do when we are anxious. These might be helpful but only very short term, and actually long term they are maintaining anxiety. For example, avoidance of something scary means that we don't have to feel any anxiety whilst we avoid it, however longer term we never get experience of that thing and therefore never get opportunity to learn that it isn't something that will hurt us.

Other safety behaviours can include, reassurance seeking, excessive checking, doing things in a ritualised way and experiencing distress if this ritual is interrupted.

Challenging safety behaviours means trying to "drop" the unhelpful behaviour and do something in a different way.

Positive coping cards

Create a list of positive quotes, or positive statements that you can say to yourself when you are anxious or having doubts about your ability to do something. These could include things like:

- This is just anxiety and it will pass
- I am stronger than my anxiety
- My thoughts are not fact and not true
- Anxiety is tricking me again
- I am grateful for my anxiety for trying to keep me safe, but it is getting this wrong and I need to ignore how I am feeling and do it anyway.

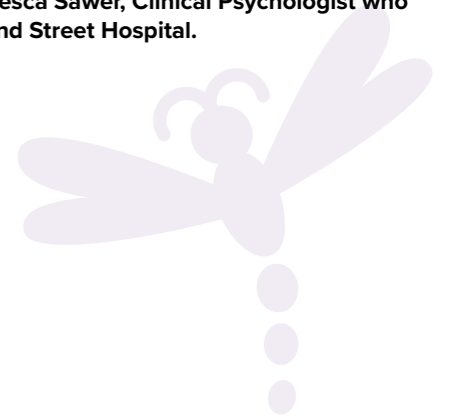
Challenging thoughts

When we are anxious, not only might have negative thoughts about our ability to cope, but our thinking may also be subject to unhelpful errors. These can include:

- Jumping to (the wrong) conclusions.
- Attention bias- noticing evidence that confirms our belief, but not seeing any of the evidence which shows the opposite.
- Catastrophising and building things up to be much bigger than they are.
- Thinking in all or nothing terms (black and white thinking) and not accepting the nuance.

Writing down our negative thoughts and beliefs and then writing down the evidence for and against these can help to start to challenge our thoughts. Alternatively, we can take a step back by thinking about what we would say to a friend who was having the same thought.

Provided by Dr Francesca Sawer, Clinical Psychologist who works at Great Ormond Street Hospital.



How to manage your food challenge



Image by rawpixel.com

Preparation

Generally speaking, avoiding talking about food challenges until the day itself, in order to avoid anxiety is not helpful. It's far better to be honest about what will happen and have time to understand this, as well as ensuring that trust is sustained between the child and adults. Negative associations of hospitals can happen when something is suddenly sprung upon a child thus raising their anxiety significantly.

Preparation includes informing your child about the food challenge and if possible, having chance to speak with the team beforehand to answer any questions about the day. It may involve visiting the ward or unit where the challenge will take place or being shown pictures and/or videos of different equipment that they will see on the day. Helping your child to visualise the stages of the challenge will also help to reduce some of the uncertainties about what will happen. Having a plan written down about what the child will do if they feel worried or scared on the day too can be very helpful and a useful aid to return to.

Reassurance

When supporting anxiety, reassurance isn't always recommended because it can actually sustain anxiety longer term. However, when it comes to a food challenge it is essential that the child knows and has reassurance that there are adults around at all times, keeping a very close eye on what is going on.

Do not give reassurance about the outcome of the challenge, however reassure them that they are in the safest possible place and that medicines are on hand should they be needed and that food is taken in very gradual stages, meaning the team have control over what is happening.

Creating a list of pros and cons

Sometimes helping a child to understand the importance of a challenge can be difficult, so creating a list of pros and cons list can help them to conceptualise what may seem like an abstract and bizarre idea in children's eyes ("why an earth would you want me to eat this food which makes me poorly!"). Make sure you go through this with them a few times before their challenge, so that they know why they are doing it, because this will help with motivation on the day to go through with it.

Questions

Encourage your child to write down any questions or worries they have and do your best to answer these or send them to the team to answer if you don't know the answer. No questions are silly questions, and it is okay for your child to be inquisitive and curious as this may be their way of seeking an understanding about what will happen. If the same questions are asked repetitively however this may be a sign of anxiety, so encourage your child to tell you what they think the answer is.

Create a special box of distractions for the day

Distraction is going to be one of the most effective tools you have on the day of the challenge, so being prepared with a box of distractions is a very good idea. Make sure it has a varied number of activities; colouring, books to read, things to watch and listen to on a tablet, games to play alone and with another, headphones to block out noise, comfort toys, sensory and fidget toys. If you are using a tablet, remember a charger and get an extra-long lead just in case you are not right next to a plug.

Preparing the box can also be an exciting thing and may help them to have more positive feelings about the day.

Planning afterwards

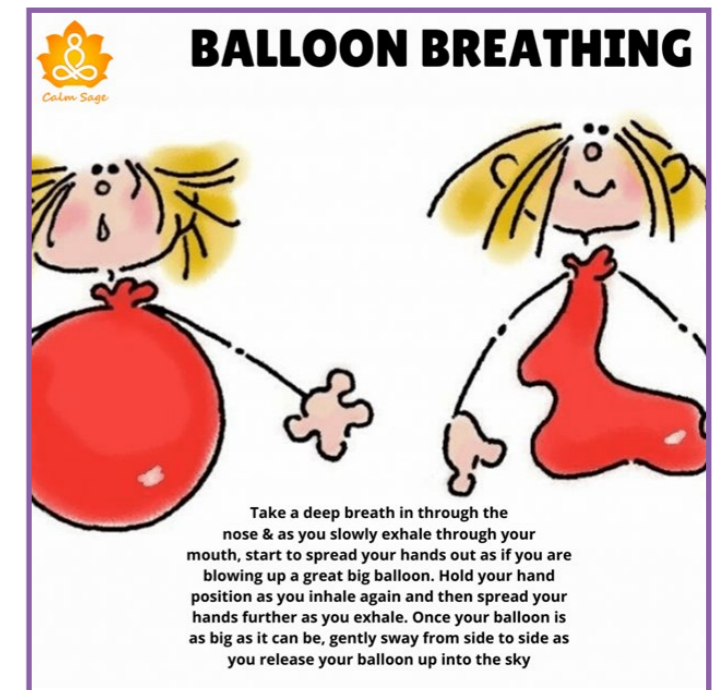
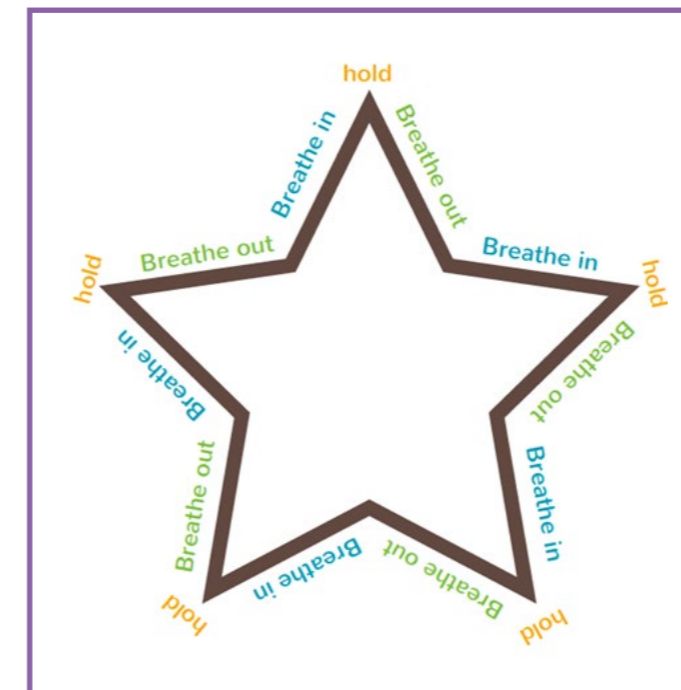
A big cause of distress is not knowing when something will end, and imagining ending and conceptualising time is very hard for younger children. Visual timetables can be very helpful for supporting an understanding of time e.g. ticking off the steps of the challenge and having countdown timers. Having something very fun planned for after the challenge can also keep a child motivated if they know something they want to do is waiting for them.

Breathing and relaxation

Keeping your child as relaxed as possible before and during the food challenge may be difficult, however breathing has been found to be a helpful tool in reducing the body's stress response and calming our nervous systems.

Practice a few different ways of breathing before the challenge, make them as fun and personal as possible, and adults get involved too.

Here are some examples:



Provided by Dr Francesca Sawer, Clinical Psychologist who works at Great Ormond Street Hospital.

Starting Secondary School with Allergies: Tee's Tips



1) Change is inevitable.

So, embrace the new environment and view it as a fresh start but use everything you have already learnt because you are more equipped than you may realise.

Now onto the practical tips...

2) Tidy up and check that medical bag!

Don't rely on form time to discard any screwed up action plans, loose inhaler caps and checking the expiry date AAI's. Do this before you leave home.

Check information is up to date for the school too.

3) "Sharing is caring"... not if it's unsafe!

Your mates have brought the latest TikTok food trend.

Check the label! And then check it again. And if you're unsure, best give it a miss. Remember, it's your responsibility now to keep yourself safe (but your friends can help too)!

4) Here's an honest one...

You may be asked questions. You may be put into uncomfortable situations.

But you have everything you need inside of you to rise above and if you allow it, it can shape you into a resilient and understanding individual.

5) And here's a personal one...

You may have a reaction. You may need your AAI.

If this happens, you are not the first and most definitely not the last.

I have been there and you deserve to know this...

You are not a problem.

You did not cause a scene.

You experienced a health emergency so focus on you.

School can wait.

Grades can wait.

Attendance can wait.

Your health comes first.

You've got this.

- Tee Houghton





Indoor Air Quality

WORKING PARTY

Healthier air at home

Information for health practitioners

The Royal College of Paediatrics and Child Health conducted a systematic review of scientific studies about effects of indoor pollution on children’s health. Members of the Indoor Air Quality Working Party reviewed the evidence and devised recommendations for action upon which this information sheet is based. These findings, including health effects at different stages of childhood, and the supporting references are contained in the RCPCH RCP publication “The inside story: Health effects of indoor air quality on children and young people” published in January 2020.

Why is clean indoor air important?

Poor indoor air quality at home is linked to poor health in people of all ages. Poor indoor air quality in indoor environments has been linked to low birthweight and preterm birth as well as a variety of symptoms and health effects in childhood including:

- respiratory problems – such as wheeze, asthma, rhinitis, respiratory infections,
- allergies and skin conditions such as eczema
- conjunctivitis, skin and eye irritation
- headaches

Exposure to poor indoor air quality has also been linked in studies to greater hyperactivity, impulsivity and inattention and reduced cognitive performance.

If you have patients presenting with these symptoms, it may be beneficial to discuss their home environment and actions they could take to improve the indoor air quality.

Overview tips





Poor indoor air quality is not always easy to identify, and every home is different. Patients should follow any guidance and advice for ventilation that was provided for their home. The actions suggested here are options you could discuss with your patients and guardians to help guide their choices.

<https://theinsidestory.health/category/resources/>

Avoid bringing pollutants indoors

			
SMOKING OR VAPING	LAUNDRY	BURNING	OUTDOOR POLLUTANTS
Do not smoke or vape, or allow others to smoke or vape, in a home.	Dry laundry outside, if possible and not suffering from pollen allergy, to reduce the risk of damp and mould.	Avoid charring or burning food and minimise the use of stoves and open fires. Avoid burning things in the home, such as candles.	Prevent pollutants from outside entering the building by reducing ventilation when the outdoor air is polluted, for example during rush hour or when there is a high pollen count.

Reduce the number of products

		
CLEANING	PERSONAL CARE PRODUCTS	DIY
Reduce the number of different cleaning products or use a multi-purpose cleaner. Where possible, use liquid rather than spray products. If available, chose products labelled with clear information about their level of harmful ingredients . 	Reduce the number of different cosmetic products and never mix products unless directed on the label.	Follow manufacturers guidance when doing DIY at home and try to choose low VOC paints, varnishes and furnishings. Only do DIY when necessary.

<https://theinsidestory.health/category/resources/>

Remove pollutants indoors

		
VENTILATE	CLEAN	ALLERGENS
Use ventilation especially during cooking, cleaning, and bathing. 	Clean to remove dust, and mould, at home. 	If members of the household are allergic to pollen, house dust mites, mould or pets, steps should be taken to reduce exposure to these.

Know how to use and maintain equipment

			
VENTILATION			VACUUM
Learn how the home is ventilated and any associated maintenance requirements. 			Regularly empty and maintain vacuum cleaners.



Coronavirus

Improving the indoor environment by using these tips will help to improve overall health. Cleaning and ventilation in your home are also particularly important to help reduce the spread of airborne infections, including coronavirus. Specific recommendations for coronavirus are:

Ventilation

- Ventilation is the process of introducing fresh air into indoor spaces while removing stale air. It is important to maintain fresh indoor air.
- Letting fresh air into indoor spaces can help remove air that contains virus particles and prevent the spread of coronavirus (COVID-19) and other respiratory infections such as flu.
- It is recommended to air out homes regularly to get rid of stale indoor air. If your patient has trickle vents on the windows in their home, they should make sure these are kept open to provide background ventilation.

Cleaning

- Frequently clean surfaces that are touched regularly, such as door handles, to reduce transmission of viral infections. Remember to reduce the number of different cleaning products used, select products with less toxic ingredients and follow manufacturers' instructions about storage and use.
- Cleaning products can be a source of airborne pollutants, so it is recommended to follow general advice for cleaning including using ventilation during and after cleaning. Where possible, use liquid rather than spray products and make sure you remove cleaning products from surfaces completely after cleaning

<https://theinsidestory.health/category/resources/>

<https://theinsidestory.health/category/resources/>

Cleaner air at home - tips for parents is licensed under CC BY SA 4.0. These tips have been reproduced with permission from the Indoor Air Quality Working Party. More information can be found in the RCPCH RCP 2020 publication The Inside Story: Health effects of indoor air quality on children and young people.

<https://theinsidestory.health/category/resources/>



Sadie Bristow

FOUNDATION

A family who has lost a loved one to anaphylaxis

A family still living with allergies

A family wanting to make a difference



Sadie Bristow was the UK's no1 U9 tennis champion.

We created The Sadie Bristow Foundation to continue her legacy.

OUR AIM IS TO:

- improve allergy awareness and healthcare services
- inspire children to reach their sporting goals

www.sadiebristowfoundation.org.uk

   @SadieBristowFoundation

Don't be afraid to be great!



Please consider making a donation.
You can scan this QR code or go online and visit:
<https://donate.kindlink.com/Sadie-Bristow-Foundation/4452>

Thank you to our sponsors:

ThermoFisher
S C I E N T I F I C

The world leader in serving science

Everything we do starts with our Mission: to enable our customers to make the world healthier, cleaner, and safer. The nature of our business is to enable growth and innovation within the global scientific community and to help researchers, organizations, and companies solve some of the world's most pressing issues.

“This is a wonderful event to highlight the importance of Allergies, we are happy to support and let the public know which allergy tests are available through their GPs”



MODUS
FILM PRODUCTIONS



   @SadieBristowFoundation

www.sadiebristowfoundation.org.uk



**Sadie
Bristow**
FOUNDATION