

# The BATHE Study

## NEWSLETTER, DECEMBER 2016



### Season's Greetings!

We should like to send a HUGE thank you to the 300 families who have completed the study and who have spent a whole year helping to test the effectiveness of bath emollient. Taking part in a long study like this is a big commitment and we are very grateful for each contribution.

Lots of children are still actively involved, however, and some will not finish until April 2017. We will analyse the data as soon as we can after that and hope to be able to send you a summary of our findings in the Summer, so please do let us know if you change your contact details during that time.

Study texts, emails and paper questionnaires will be sent out as usual over the Christmas period. There may be some disruption due to posting dates and the University holidays, so please forgive us if we have to send them out a little bit early.

The dates that the Universities will be closed are available on the study website: [www.southampton.ac.uk/bathe](http://www.southampton.ac.uk/bathe). Our latest video update can be viewed here and you can also read all our previous newsletters.

*Wishing you a joyful Christmas and  
a happy and healthy New Year  
-the BATHE Study Team*



### CONGRATULATIONS!

We are delighted to announce that

**Tyler Lovell-Smith**

was the lucky winner of our prize draw. Thank you so much for your involvement over the past year, Tyler. We hope you will enjoy using your new tablet.



### Winter Skin Care

You can help your child by:

- dressing them in layers with soft, breathable materials such as cotton next to the skin,
- dressing them in layers to allow clothes to be removed as needed. Central heating can overheat children with eczema, which can trigger an itch-scratch-itch cycle,
- encouraging them to enjoy being outdoors whenever it is sunny to boost Vitamin D levels,
- applying plenty of emollient cream in order to protect their skin from the effects of cold, drying wind.

More information about managing childhood eczema is available at: [www.nottinghameczema.org.uk/information](http://www.nottinghameczema.org.uk/information)



Dr Miriam Santer draws the lucky winning ticket from out of the ~~hat~~ biscuit tin...



**NHS**

**National Institute for  
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