

Hello everyone,

We are celebrating 40 years since the foundation of Crohn's & Colitis UK.



At the moment we haven't secured speakers for a medical meeting but we are hoping to have one early next year, you will be notified of the details by email and check on our local Chiltern Network page. www.crohnsandcolitis.org.uk/chiltern

However we have been more active in other ways. Thank you all who supported us in these events.

1. Cheque collection in Luton.
2. IBD stand at Lister Hospital on world IBD day in the main concourse and mentioned in the Trust newsletter.
3. Tombola at Shefford Fete.
4. Awareness stand on Hitchin Health Day.

Sponsored Swim

Our annual swim was on the 6th October 2019 at Stevenage swimming pool. Last year we raised £156.

Chiltern Network

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Network Organising Team

Chairperson
Pam Hardman

Treasurer
Trevor Palmer

Secretary
Dorothy MacKenzie

Membership Secretary
Lynda Woodhams

Newsletter Author
Pam Hardman

Website
Andrew Everitt

Co-opted
Thelma Endersby &
Mary Torpey

Local Grant

This year we could support Lister Hospital IBD specialist nurse Debbie Morris with funds to supply a notice board for the infusion room and folders to have in the Gastroenterology clinics, total cost £110.

Feedback from our autumn medical meeting 2018 (AGM)

The last medical meeting was on the 1st December 2018 at St Ippolyts village hall. Attendance at the meeting including the Organising Team was 40.

Our Guest Speaker was Dr Nasser Khan, Consultant Gastroenterologist who gave a talk on 'Any old Iron?' The 2nd talk was from our medical adviser Dr Martyn Carter 'What to eat with IBD'.

Money raised at the autumn medical meeting was from the raffle £58, from donations including collection tins £108.33, from teas and refreshments £23.00; giving a total of £189.83. A big thank you to all for the support and donations of raffle prizes and cakes.

Our members and visitors survey results showed that everyone

enjoyed the meeting and found it informative. The Hall was also a big success.

Feedback: 10 attendees completed the feedback form. All responses were positive.

Updated leaflets and booklets, will be available at the meeting. You can now order in larger print contact the national information line 0845 130 2233 or email info@crohnsandcolitis.org.uk.

Update from Crohn's & Colitis UK

Have you completed the IBD survey this is an opportunity to make your voice heard? The aim is to ensure everyone receives safe, consistent, high quality, personalised care, whatever their age and wherever they live. Go to ibduk.org/survey to complete.

It takes guts to talk campaign

Visit the website at ittakesguts.org.uk for a brand new talking toolkit plus conversation tips, videos and shareable content.

Christmas Cards

Christmas cards are now available call 01227 811614 or visit crohnsandcolitis.org.uk/cards to order.

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National Fundraising Events

To walk or volunteer, please register online at www.crohnsandcolitis.org.uk/walks or call 0845 434 8510.

Going on Holiday

Why not try the IBD Passport website for tips to prepare you also can't wait cards in 30 languages www.ibdpassport.com Also don't know where your nearest public toilet is check out the website greatbritishpublictoiletmap.rca.ac.uk

Campaigning

Campaigning - we are still fighting on your behalf with 29 other charities to have free prescription charges for sufferers of IBD. If you haven't already done so please visit

www.prescriptionchargescoalition.org.uk
Email your MP telling them the impact of the prescription charges have on you.

Awareness day photos

If you have any events please let us know so we can continue raising awareness to the public on IBD.

www.crohnsandcolitis.org.uk



Chiltern Network Newsletter - Crohn's & Colitis UK

DATE FOR YOUR DIARY

Medical Meeting & AGM

29th February 2020
Shefford Memorial Hall
Hitchin Road, Shefford
SG17 5JA

- ◆ Raffle ◆
◆ Cakes (Donations welcome) ◆
◆ Information ◆
◆ Refreshments ◆

A friendly welcome
awaits you all
1.45 pm for 2.00 pm

If you have received this newsletter by post and would be happy to receive future editions by email please provide your name, membership number and email address to networks@crohnsandcolitis.org.uk

This will save the network valuable funds which can be used to benefit all those affected by Crohn's and Colitis.

The Chiltern Network has made every reasonable effort to ensure the content of this newsletter is accurate, but accepts no responsibility for any errors or omission. The views of the contributors do not necessarily reflect the views or policies of Crohn's & Colitis UK and no reference in this newsletter to any product or service is intended as a recommendation

CONTACT US

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Crohnsandcolitisuk



@CrohnsColitisCH

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Charity registered in England Number 1117148
Charity registered in Scotland Number SC038632
A company limited by guarantee in England:
company number 5973370

HELPLINE

Our helpline is a confidential service providing information and support to anyone affected by Crohn's Disease, Ulcerative Colitis and other forms of Inflammatory Bowel Disease (IBD).

Our team can:

- help you understand more about IBD, diagnosis and treatment options
- provide information to help you to live well with your condition
- help you understand and access disability benefits
- be there to listen if you need someone to talk to
- put you in touch with a trained support volunteer who has a personal experience of IBD

CONTACT US BY:

Telephone: 0300 222 5700*

Mon, Tue, Wed & Fri – 9 am to 5 pm

Thu – 9 am to 1 pm

Email: info@crohnsandcolitis.org.uk

Web chat (Live Online): see our website for details

**Calls to this number are charged at a standard landline rate or may be free if you have an inclusive minutes' package. Calls may be recorded for monitoring and evaluation purposes.*