

CHILTERN NETWORK

HELLO AND WELCOME BACK

By Pamela Biggs

As a first meeting for a few years, we thought you might all rather have a drop in session with refreshments provided to meet old and new friends

Come and join us in Barton-le-Clay on 4th February 10am till 2pm

Venue is the village Hall, Hexton Road in Barton-le-Clay

Postcode MK45 4JY

There will be no speakers but hopefully some of the IBD team from Lister Hospital will be there.

We'd also love to hear from you about what sort of events and activities you'd like the Chiltern Network to be hosting, especially after the COVID-19 pandemic.

We will also have our AGM.

MEDICAL ADVISOR

I am sorry to say Dr Martyn Carter has decided to stand down from this role. We would like to thank Martyn for all his support and giving up his free time to support our Network.

We have tried to work out how long Martyn has been in the position and we think it's from about 2014. So a big THANK YOU to you.

NEW MEDICAL ADVISOR

This will be Dr Johanne Brooke also from Lister Hospital.

(Picture below, some of our volunteers at the Hitchin Health & Wellbeing Day in

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OUR VOLUNTEERS

Chairperson

Pamela Biggs nee Hardman

Secretary

Dorothy MacKenzie

Treasurer

Trevor Palmer

Membership secretary

Lynda Woodhams

Awareness & Activities

Thelma Endersby

FAREWELL AND THANK YOU

Mary Torpey and Andrew Everitt have stepped down from the Network. We would like to thank them for their hard work and commitment over their many years volunteering for the Network.



NEW VOLUNTEERS NEEDED

If you could spare any time to support the network, please let us know. Either by email at: networks@crohnsandcolitis.org.uk

Or by completing the volunteer enquiry form www.crohnsandcolitis.org.uk/enquiry-form

We'd love for you to join our team. You can help in any number of ways, from supporting the organisation of an event, contributing to the newsletter, fundraising or raising awareness.

DATES FOR YOUR DIARY

SOCIAL EVENT & AGM

4th February, 10am till 2pm
Hexton Road in Barton-le-Clay,
MK45 4JY

It's a very relaxed setting, there's no need to book a place and everyone is free to come and go as they please, between 10am to 2pm. Family and friends are very welcome to attend.

HEALTH AWARENESS DAY

10th June, 10am till approx. 3pm
Hitchin Town Centre

Our volunteers will be holding an Awareness Stand at the Hitchin Health & Wellbeing Day. Come visit us to meet our local volunteers, learn more about the conditions and Crohn's & Colitis UK.

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

CROHN'S & COLITIS UK

CHILTERN NETWORK

Lead Volunteer: Pamela Biggs nee Hardman
Email: networks@crohnsandcolitis.org.uk
Website: www.crohnsandcolitis.org.uk/chiltern



Crohn's & Colitis UK



CrohnsColitisUK



crohnsandcolitisuk

GENERAL ENQUIRIES

Crohn's & Colitis UK

1 Bishops Square, Hatfield Business Park, AL10 9NE
www.crohnsandcolitis.org.uk/contact

Volunteer Enquires: 01727 734 475

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 for anyone affected by Crohn's or Colitis.

Our team can:

- help you understand more about Crohn's or Colitis, diagnosis and treatment options
- provide information to help you to live well with your condition
- help to find support from others living with the condition

We also signpost people to sources of expert advice on disability benefits and options for specialist emotional support.

CONTACT US BY:

Telephone: 0300 222 5700*
Monday to Friday - 9am to 5pm

Email: helpline@crohnsandcolitis.org.uk

Live Chat: www.crohnsandcolitis.org.uk/livechat

*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.