

## North West London Network

### NEWS IN BRIEF - UPDATE

By James Hunt

Welcome to the October edition of the North west London Network Newsletter. We have had a busy few months and changes within the network.

Chantelle Dickson stepped down from her position as Lead Volunteer as she and her partner Freddy had a beautiful baby girl, Eva on 26<sup>th</sup> June. Chantelle has done an amazing job whilst leading the network and we would like to thank her for all her hard work and commitment. Thankfully although Chantelle has stepped down from her Lead role, she is still very much part of the volunteer team.



**Chantelle Dickson - North West London Network Volunteer**

I have now taken up the post of Lead Volunteer and am very much looking forward to working alongside our team of amazing volunteers to continue raising the awareness of Crohn's and Colitis within the local area and to support those that have been affected by living with the conditions.

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## SUNDAY 1ST DECEMBER IT TAKES GUTS TO FIREWALK

To mark Crohn's and Colitis Awareness Week and celebrate the charity's 40th Anniversary, the NW London Network will be hosting a charity fundraising firewalk.

Places are limited - register NOW!  
£30 refundable deposit required

4:30pm - 7:30pm

Hayes and Harlington Community Association

Albert Road  
Hayes  
Middlesex  
UB3 4HR



Contact us to find out more:

[nwl@networks.crohnsandcolitis.org.uk](mailto:nwl@networks.crohnsandcolitis.org.uk)

[www.crohnsandcolitis.org.uk/nwl](http://www.crohnsandcolitis.org.uk/nwl)

 Crohn's and Colitis UK North West London

 CrohnsColitisWL

# VOLUNTEER SPOTLIGHT

I am Sam Bangara and this is my story.

Our youngest son, Akshay, was finally diagnosed with UC in 2010, after suffering from severe stomach pains, achy joints and fatigue for the previous 2 years. I say finally, because it was a relief to know what the problem was! However, as we had not heard of UC or Crohn's before, it was a shock to me, my wife and our elder 2 children when we learnt how debilitating this condition can be.

But thanks to some real-life angels at St. Marks Hospital - Dr Warren Hyer, Surgeon Janindra Warusavitarne, Specialist IBD Nurse Kay Crooke and the Stoma Nurses, Akshay was healed of the severe pain by having his colon removed and a 'J' pouch made up inside.

He is now a typical 22-year-old Uni student - partying, playing football and living life to the fullest. Praise be to God. He no longer must swallow a handful of tablets early morning - just a few Loperamide tablets, as and when required.

The care and dedication shown by all the staff at the Fredrick Salmon ward at St. Marks Hospital (Northwick Park Hospital), just astounded us. It was then that I decided to do whatever I can, to spread awareness of IBD and help Crohn's & Colitis UK, to help as many people as possible. My wife, Anita, sometimes joins us for our coffee mornings, where we chat and share experiences with other IBD patients or

parents/siblings of such patients.

We learn so much by talking to others and I personally get so much satisfaction from being able to spend time with the brave, courageous and beautiful people that are going through this same journey. They suffer in silence with a problem that is no fault of theirs. The least we can do is to be there for them - even just a listening ear, so they can share their darkest moments with someone that cares to listen.



**Sam Bangara - North West London Network Volunteer**

## RAISING AWARENESS

The North West London Network is committed in supporting Crohn's & Colitis UK.

As one of the 50 local networks throughout the UK we are keen to build awareness and support those affected by IBD.

We are currently looking to help raise awareness by working alongside the IBD specialist nurses at the hospitals within the NW London area.

Below are a couple of photos taken at recent Awareness Stands.



**ConvaTec Roadshow**



**Awareness Stand & Fundraiser at ASDA - Hayes**

If you would like to get involved in raising awareness of IBD within the local community or fundraising or simply meeting up with like minded individuals for a chat and coffee with others who understand, we'd love to hear from you.





**James Holt & Zena Al-Attar - North West London Network Volunteers**

## THANK YOU ...

The North West London Network would like to give a special thank you to:

- Waitrose - Bloomsbury
- Waitrose - Mill Hill
- Waitrose - Harrow Weald
- ASDA - Hayes
- London Rotary Club

For the generous donations made to both the local network and Crohn's & Colitis UK.

On 12th October, Zena and I were fortunate enough to attend the event 'A night to remember' hosted by Akhil and his family. We represented Crohn's & Colitis UK, due to one of the cousins being affected, alongside 4 other excellent charities.

We had a table in the reception area to help raise awareness of the charity, its work and some general information about Crohn's and Colitis. There was a great deal of engagement from those attending (including pharmacists and GPs) and we were kept on our toes with questions! We then attended a brief Q & A in front of the 300 guests to discuss the crucial work of the charity and how the money would be put to good use. Our work was then done and we were able to enjoy the food and entertainment! A huge thank you to Akhil and family for being such wonderful hosts and all the guests, for raising money for what I'm sure we all agree is a good cause!

James Holt



**James Hunt - North West London Network Volunteer collecting cheques on behalf of Crohn's & Colitis UK**



## DATES FOR YOUR DIARY

### NETWORK MEETING

If you wish to come along, please get in touch.

### COFFEE MORNING MEETUPS

We have previously held coffee mornings/meetups in Pinner, Harrow and Hayes. If you would like to meet up for a coffee and informal chat, please contact us.

### LOCAL FUNDRAISING

Sunday 1<sup>st</sup> December 2019

'It takes guts' to Firewalk

If you would like to join us at this incredible event and walk barefoot over 600 Celsius hot coals, then register now at:

<https://www.eventbrite.co.uk/e/firewalk-for-crohns-colitis-uk-registration-76430935987>

Limited Spaces, book now to avoid disappointment.

*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](mailto:networks@crohnsandcolitis.org.uk).*

*This will save the network valuable funds which can be used to benefit all those affected by Inflammatory Bowel Disease.*

*The North West London 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



### NORTH WEST LONDON NETWORK

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### Crohn's & Colitis UK

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[www.crohnsandcolitis.org.uk](http://www.crohnsandcolitis.org.uk)

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 and Fri - 9 am to 5 pm

Thu - 9 am to 1 pm

Email: [info@crohnsandcolitis.org.uk](mailto: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.*