

Dorset and West Hampshire Local Network

3 new chairs for Winchester Hospital's Infusion Unit



Peter and Cupcake attended a photo opportunity for the 3 new chairs, that Crohn's & Colitis UK Dorset and West Hampshire purchased for them.

They were very gratefully received and these improvements to their Infusion Unit, have acted as a catalyst for the staff and patients to fundraise for more chairs.

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ONLINE EVENTS

Are you unable to make the face to face meet ups? Or do you not feel ready for this.

Did you know Crohn's & Colitis UK hold regular virtual social events that run throughout the year.

These are a great way to meet and learn from others, all from the comfort of your own home via zoom.

For more information, visit:
www.crohnsandcolitis.org.uk/VSE



SAVE THE DATE!

September 12th will be our annual sponsored walk.

This will be a 9k walk from the Cliffhanger restaurant in Highcliffe to Mudeford quay and back again.

Registration will open in July. Check our webpage for the latest: www.crohnsandcolitis.org.uk/dorset

See you there.

**BIG WINTER WORKOUT 2026**

Did you join in the Big Winter Workout this year?

31 minutes of exercise everyday in January.

An amazing £168,850.04 was raised by the Crohn's & Colitis UK community.

For other ways to start your own fundraising, visit: www.crohnsandcolitis.org.uk/get-involved/fundraise

WEBINARS & RECORDINGS

Crohn's & Colitis UK have created your go-to space for webinar learning about Crohn's and Colitis.

Recent ones have been on:

- Diet
- Fatigue
- Microscopic Colitis,
- Living with Late-onset IBD

Register for the next live event, or catch up on previous sessions any time in the on-demand library.

www.crohnsandcolitis.org.uk/webinars



Did you know Crohn's & Colitis UK has its own podcast?

Check it out here: www.crohnsandcolitis.org.uk/news-stories/news-items/our-podcast

There is also one for healthcare professionals.

Check it out here: www.crohnsandcolitis.org.uk/our-work/healthcare-professionals/resources-for-hcps/the-healthcare-professional-podcast

SAVE THE DATE!

19th September 2026

10am - 1pm

IBD Open day at UHS

Crohn's & Colitis UK Dorset and West Hampshire Local Network are funding the refreshments again this year.



The Cheeky Panda

Get 20% off when you shop online, so head over to <http://UK.cheekypanda.com> and use the code SUPERSOFT20.

Each time this code is used we get 10% from the sale, so you will also be donating to Crohn's & Colitis UK at the same time.



Does your company give regular donations to charity?

If so, would you like Cupcake and Peter to pop along to give a short talk on IBD and how donated funds are used.

This could stimulate interest in supporting Crohn's & Colitis UK and also raise awareness of IBD.

Benefits to joining Crohn's & Colitis UK:

- Cant wait card
- Radar key
- Connect magazine
- Join a community
- Supporting research
- Updates about online events
- Updates about Dorset and West Hampshire events

COFFEE MORNINGS

John Lewis, 23 Harbour Parade,
Westquay shopping centre,
Southampton, SO15 1QA.
Meet in The place to eat.

Aroma Turkish Grill + bar, 94 Victoria
Road, Ferndown, BH22 9JA.

If you are a Crohn's & Colitis UK
member, you will get email reminders
for any upcoming dates.

CROHN'S & COLITIS UK DORSET & WEST HAMPSHIRE FUNDRAISING

We need you!!

Are you a keen baker, then hold a
coffee morning.

Are you an adrenalin junkie, then
perhaps a skydive.

Or are you sporty, then try a sponsored
walk or run, or maybe even a
marathon!

Do you have any ideas for fundraising
in the future? visit:

[www.crohnsandcolitis.org.uk/get-
involved/fundraise](http://www.crohnsandcolitis.org.uk/get-involved/fundraise)

*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 Dorset and West Hampshire 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

DORSET AND WEST HAMPSHIRE NETWORK

Lead Volunteer: Peter Bond

Website: www.crohnsandcolitis.org.uk/dorset

Email: networks@crohnsandcolitis.org.uk



Crohn's & Colitis UK Dorset and
West Hampshire Network



@CrohnsColitisDO

GENERAL ENQUIRIES

Crohn's & Colitis UK

1 Bishops Square, Hatfield Business Park, AL10 9NE

www.crohnsandcolitis.org.uk/contact

Volunteer Enquires: 01727 734 475

Crohn's & Colitis UK - a registered charity in England & Wales (1117148) and Scotland (SC038632). Registered as a company limited by guarantee in England & Wales (5973370).

HELPLINE

Our helpline team can help by:

- Providing information about Crohn's and Colitis.
- Listening and talking through your situation.
- Helping you to find support from others in the Crohn's and Colitis community.
- Providing details of other specialist organisations.

Please be aware we're not medically or legally trained. We cannot provide detailed financial or benefits advice or specialist emotional support. If you need individual medical advice about your condition, your GP or IBD team will be best placed to help.

CONTACT US BY:

Telephone: 0300 222 5700

Our lines are open 10am to 3pm, Monday to Friday (except English bank holidays).

Email: helpline@crohnsandcolitis.org.uk

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

You can email us anytime and we will aim to respond to your email within three working days.