

East Cornwall & West Devon (ECWD) Network

DICKENSIAN EVENING

After last year's storms, this year we were fortunate that the weather held up (only just!) to allow us to attend the popular *Dickensian Evening in Tavistock*.

This is a much-loved annual event in which shops stay open late and locals celebrate in traditional Dickensian attire.



Karen, owner of Karen's Restaurant on Brook Street in Tavistock, once again volunteered her time and hospitality to support the charity. She produced batch after batch of delicious mince pies, sausage rolls and the best - and probably the strongest - mulled wine in the area, which we sold throughout the event despite the occasional drizzle.

Our volunteers, Shas Chilcott and Connor Davies, ran the stall throughout the busy evening, serving *a constant stream of customers eager to warm up with a mince pie or sausage roll, and a spicy, fruity cup of warm mulled wine*.

Thanks to the proceeds from the evening, along with the collection bucket Karen displays in her restaurant, **we raised a total £1177.18!** A massive thank you once again to Karen for her generosity and selfless support for the charity and also to all her staff who helped us out on the night.

Karen is currently looking for a suitable buyer for her business. If you are interested please visit the Daltons Business website at www.daltonsbusiness.com/listing/restaurant-takeaway-devon-quick-sale-for-sale-DB23860781/.



ALSO IN THIS ISSUE

- 2 Volunteers Urgently Needed!
- 2 Meet your Local IBD Nurses
- 3 Meet your Local IBD Nurses (cont)
- 4 IBD Nurse Email Address Changes Back
- 5 Supporting Our Local IBD Community
- 6 Crohn's & Colitis Crossword
- 7 Harewood House Christmas Fair
- 7 Stoma Support Group
- 8 Goodbye & Thank You

VOLUNTEERS URGENTLY NEEDED!

We are keen to *invite new recruits to join our very small team of volunteers for the local network of Crohn's & Colitis UK, East Cornwall & West Devon*. We cover a wide geographic area but are currently mostly concentrated in Plymouth. We now have just 3 volunteers in the local team and we urgently need new recruits to keep it going.

We're planning to hold an *informal get-together on Saturday 24th January at Dunelm Mill, Friary Retail Park, PL4 0HH, in their Pausa Coffee Shop between 2pm and 4pm* to give you a chance to chat to us about what is involved. There is absolutely no obligation to join the team, it'll just be a chance for you to find out what we do and see if you're interested.

A graphic featuring a large red banner with the words "VOLUNTEERS NEEDED" in white, blocky letters. Below the banner are several colorful, stylized hands of different colors (red, yellow, green, blue) reaching upwards. To the right of the graphic, text in red and purple reads: "Come and join us at DUNELM MILL on SAT 24th JAN from 2 - 4pm for an informal chat".

Come and join us at
DUNELM MILL
on
SAT 24th JAN
from 2 - 4pm
for an informal chat

If you'd like more details of what volunteering involves, including specific roles, please check out the Crohn's & Colitis UK website regarding volunteering with Local Networks at: www.crohnsandcolitis.org.uk/local-network, or you can email us at ecwd@networks.crohnsandcolitis.org.uk.

MEET YOUR LOCAL IBD NURSES

We thought it was about time we featured *your local IBD Specialist Nurses working at Derriford Hospital*. Hopefully, some of you know some of them already but we're sure you haven't met all of them! Here's a brief rundown of who they are and how long they've been with the IBD team.

Kathy Webb, on the left, must be familiar to a lot of you as she has been *an IBD nurse for 22 years*, having been in nursing for 16 years prior to that.



On the right, is Emma Tyler, another familiar face who has been in nursing for 28 years in total and has *spent the last 20 years specialising in IBD*.



(Continued on next page)

MEET YOUR LOCAL IBD NURSES (continued)



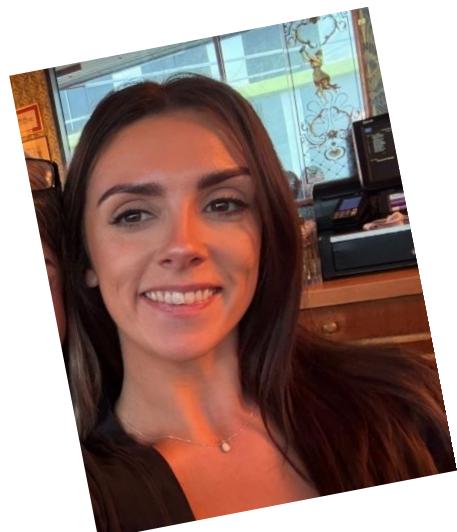
Nikki Persad, left, has been in nursing the longest - 40 years! She has been an IBD nurse for the last 10 years.



On the right is Amanda Harris who has been in nursing for 15 years and an IBD nurse for 5 years, specialising in biologic drugs.



On the left is Sarah Fenney who has been a nurse for 8 years working in colorectal surgery. She joined the IBD team in 2024.



Ayliffe Broughton, right, has worked at Derriford since 2019, starting as a nurse in the gastro medical team. She also joined the IBD team in 2024.

We asked Sarah and Ayliffe, as the two newest IBD nurses, to tell us a little about themselves. Here's what they had to say:

Sarah: "I've been qualified now for 8 years! My background is colorectal surgery, which included managing acute admissions and recovery. I met the IBD team whilst working on an infusion unit giving the biologic infusions. I've always had an interest in Crohn's and Colitis and so feel very grateful to be given the opportunity to work with such an amazing team! I've been with the IBD team now for just over a year."

Ayliffe: "I completed my nurse training at Salford University in 2018, then started working at Derriford in 2019. Before starting this role, I worked on the Gastro medical ward for 4 years. I've been a part of the IBD team for a year, and I absolutely love it."

We're over the moon to have raised enough through events and donations this year to be able to pay the £3,000 for specialist IBD Nurse training for both these lovely ladies in 2026.

A huge thank you to all our wonderful IBD nurses at Derriford - you are our saviours!

IBD NURSE EMAIL ADDRESS CHANGES BACK

Sadly, the trial separation of email addresses for the IBD nurse team over the last few months has not been a success so, FROM 26th JANUARY 2026 they are reverting to the original single email contact address - plh-tr.ibd-advice@nhs.net.

The change was felt necessary because *so many people were emailing the IBD nurses with requests for things that should really be dealt with by their GP, like routine medication, medical letters, help with PIP, etc.* Unfortunately, the introduction of a new (second) email address solely for urgent flare-ups has not helped so they've decided to go back to a single contact email address.

It is a great shame that people are using up the IBD nurses' valuable time with queries or advice on things that are really outside their remit.

PLEASE - IF YOU NEED HELP WITH ROUTINE MEDICATION, MEDICAL LETTERS, PIP, ETC, GO TO YOUR GP

Please pass this message on to anyone you know who uses the IBD nurse service at Derriford.



**IBD NURSE
CONTACTS
AT DERRIFORD**

01752 439224

EMAIL: plh-tr.ibd-advice@nhs.net

The poster features a large cartoon illustration of a blonde female nurse with a red cross on her cap, holding a clipboard and gesturing. To her right is a large blue telephone receiver icon. To the right of the phone is a smaller illustration of a brown-haired female nurse with a red cross on her cap, also holding a clipboard. The text is in a bold, sans-serif font.

SUPPORTING OUR LOCAL IBD COMMUNITY

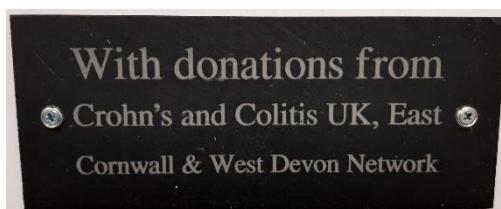
Every year we put on events to raise funds and every year you raise money on our behalf or make donations, so where does all the money that we collect go? *Each year we hand over some of our funds to our head office to go towards important work.* This year, for example, Crohn's & Colitis UK are funding a number of research projects Including "Working towards personalised treatment for Crohn's Disease". You can find out more at www.crohnsandcolitis.org.uk/our-work/research-and-evidence/projects-we-have-funded. We also try to use our funds to support the local community whenever possible, usually via Derriford Hospital.



Back in 2013 we donated over £700 to the Endoscopy Unit consultation room for new chairs with higher backs to provide better comfort to patients. Left: Dani and Shas trying out the new chairs with nurses Jo Hookway and Sarah Morris. The Endoscopy Unit also benefitted from over £1,000 to provide side tables, radios, fans and a TV in May 2019. Right: Lindsay with the TV.



In December 2022 we helped furnish a *new Patient Day Room in Derriford Hospital's Norfolk Ward, giving them £700* for a huge smart TV and a large table with bench chairs. Left: Shas in front of the TV and the plaque acknowledging our contribution. Below: close-up of the plaque.



Our favourite use of funds is *paying for IBD Nurse training* and we've done

a fair amount of that! *In the summer of 2017 we paid £820 for Nikki Persad's training* and two years later we were able to *contribute the £890 needed for Amanda Harris* to complete her training. And, as you have probably read on page 3 of this newsletter, we will be paying the £1,500 each needed for Sarah and Ayliffe's training in 2026. It's our way of giving back to you, our loyal supporters, and we hope that you approve 😊

FOLLOW US ON SOCIAL MEDIA

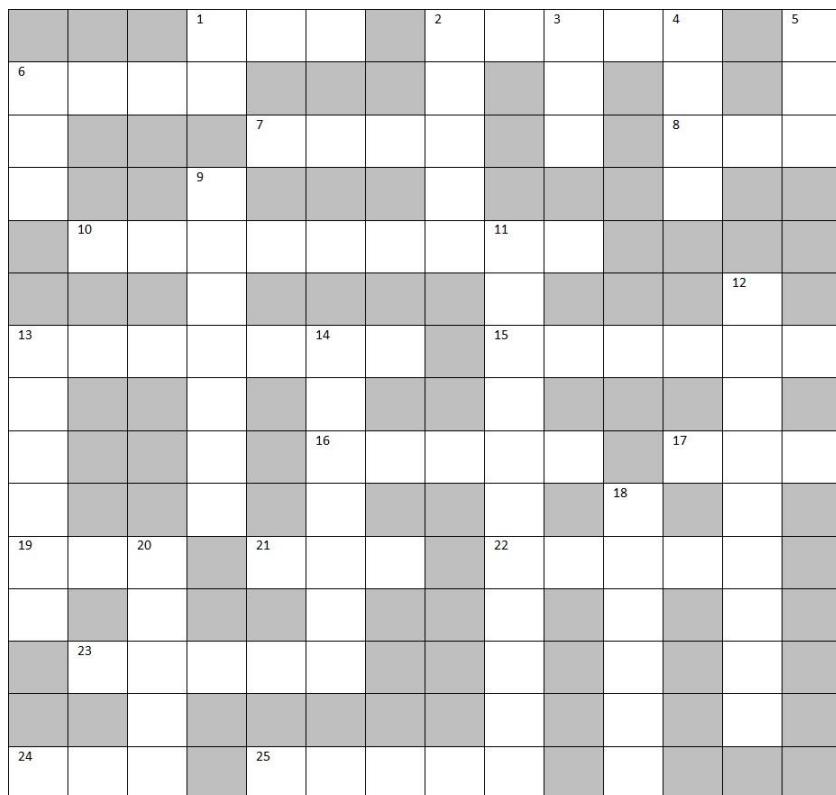


[crohnscolitisuk.ecwd](https://www.facebook.com/crohnscolitisuk.ecwd)



[crohnsandcolitis_ecwd](https://www.instagram.com/crohnsandcolitis_ecwd/)

CROHN'S AND COLITIS CROSSWORD



A crossword based on all things IBD-related, which also includes *the forenames of all the Derriford IBD Nurses*. Answers on next page. Have fun!

Across

1. Faeces, motions, stools - in kids' terminology (3)
2. Kathy is one (5)
6. What you're lacking if you're anaemic (4)
7. Exclamation when you drink your colonoscopy prep! (hint: begins with 'y') (4)
8. Multi-disciplinary team, initially (3)
10. Group of meds including infliximab & ustekinumab (9)
13. New IBD nurse, started at Derriford in 2019 (7)
15. If you're dehydrated, drink more of this (6)

16. It is common to be diagnosed with IBD between 12 and 19 years old, i.e. the ----- (5)
17. Our email address is ecwd@networks.crohnsandcolitis.?.uk (3)
19. This may be used in a technique called chromoendoscopy during a colonoscopy (3)
20. IBD can strike at any --- but is usually between 15 and 30 or over 60 years old (3)
21. Another relatively new IBD nurse who worked on an infusion unit previously (5)
22. Ulcerative Colitis usually only affects the ----- bowel (5)
23. What you can have by mouth before surgery! (3)
24. The most senior IBD nurse, looking after us for 22 years! (5)

Down

1. Parenteral nutrition, abbreviated (2)
2. She's been in nursing for 40 years! (5)
3. Randomized controlled trial, initially (3)
4. Joined the IBD nurse team 2 years after 24 across (4)
5. Stomach, digestive system (3)
6. Inflammatory Bowel Disease, abbreviated (3)
9. UC stands for Ulcerative ----- (7)
11. Procedure we all hate involving a camera on a flexible tube passing through the anus! (11)
12. Typical symptom of IBD flare-up involving loose, watery stools (9)
13. IBD nurse who specialises in biologics (6)
14. Extreme tiredness commonly experienced by people with Crohn's or Colitis (7)
18. Inflammation which can affect any part of the digestive system from mouth to anus (6)
20. Briefly the IBD nurses had 2 but in January they're changing back to 1 ----- address (5)

If you're raising money locally for Crohn's & Colitis UK please get in touch with us so we can promote and support your event!
 Email ecwd@networks.crohnsandcolitis.org.uk
 or message us on our [Facebook page](#)

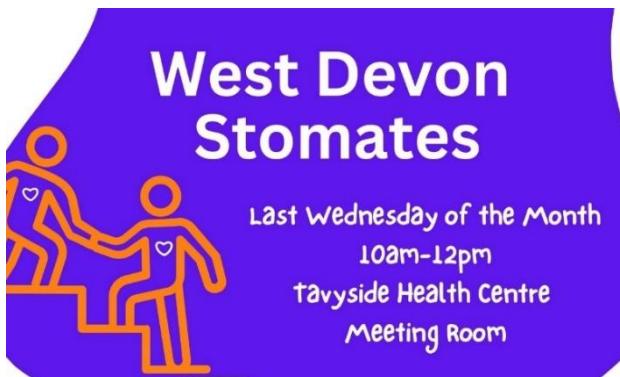
HAREWOOD HOUSE CHRISTMAS FAIR

It was great to see so many people at the *Harewood House Christmas Fair in early December*. We were there selling our knitted characters, little sweet bags, Christmas cards and pre-loved necklaces and the hall was full of stalls with similar items for sale. *We only raised £78* but, more importantly, *we chatted with several people who live with Crohn's Disease or Ulcerative Colitis* and we were hopefully able to reassure them that there is life beyond IBD.



STOMA SUPPORT GROUP

The *West Devon Stomates* meet monthly *at Tavyside Health Centre, Abbey Rise, Tavistock, PL19 9FD* and aim to support anyone affected by stoma surgery or bowel conditions in West Devon. Check out their Facebook page at <https://www.facebook.com/groups/1736139607292950/> for more details.



CROSSWORD ANSWERS

Answers to the crossword on the previous page. How did you do? ☺

		1	P	O	O		2		3		4		5	G	
I	R	O	N				I		C		M		M	U	
B				7	Y	U	C	K		T		8	M	D	T
D			9	C			K				A				
	10	B	I	O	L	O	G	I	11	C	S				
			L						12	O			D		
13	A	Y	L	I	F	F	E		14	L	I	Q	U	I	D
M			T		A				15	O			A		
A		I		T	E	E	N	S		16	O	R	G		
N		S		I			O		17	C		R			
19	D	Y	E		20	21	A	G	E	22	S	A	R	A	H
A	M				U		C			23	O	O	O		
L	A	R	G	E			O		H		E				
N	I	L			25	K	A	T	H	Y	S				

CONTACT US

EAST CORNWALL & WEST DEVON NETWORK

Leads: Connor Davies and Dani Brown

📞 0300 222 5700 (via Helpline Service)



ecwd@networks.crohnsandcolitis.org.uk



www.crohnsandcolitis.org.uk/ecwd



[crohnscolitisuk.ecwd](https://www.facebook.com/crohnscolitisuk.ecwd)



[crohnsandcolitis_ecwd](https://www.instagram.com/crohnsandcolitis_ecwd)

CONTACTS FOR LOCAL IBD NURSES

Derriford Hospital, Plymouth

📞 01752 439224

✉ Non-urgent queries : plh-tr.ibd-advice@nhs.net

✉ Urgent requests : plh-tr.ibd-acuteflare@nhs.net

HEAD OFFICE CONTACTS

1 Bishop Square, Hatfield, AL10 9NE

✉ helpline@crohnsandcolitis.org.uk

Website: www.crohnsandcolitis.org.uk HELPLINES

📞 0300 222 5700

Mon-Fri & 10am-3pm (except English bank holidays).

Answer phone service outside these hours.

Charity registered in England Number 1117148

Charity registered in Scotland Number SC038632

A company limited by guarantee in England: 5973370

If you have received this newsletter by post and would be happy to receive future editions by email please send 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 or Colitis.

The East Cornwall & West Devon 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.

GOODBYE & THANK YOU

After 15 years of being joint lead volunteer (with Dani) for the local network of Crohn's & Colitis UK, *I have decided to step down*. I've met so many lovely people and made so many great friends as a result of being part of this fabulous team that it has been an absolute joy to be involved.



I've been involved in a huge variety of events, from pig racing to murder mysteries, from boat trips to glamorous balls, from quizzes to charity stalls, and lots more! *It's really very rewarding to be a volunteer and I encourage anyone who has been thinking of volunteering to take the plunge - you won't regret it!*

Finally, a massive thank you to everyone who has supported us over the last 15 years and I do hope you'll continue to support the local network in any way you can going forward.
Shas Chilcott.

