

Leicestershire & Rutland Network

WELCOME TO THE LEICESTERSHIRE & RUTLAND NETWORK

As we say "HELLO!" to 2026 and look at what we have going on locally, we also need to take a moment to review the last part of 2025.

We hosted a few in-person social events, attended some awareness and fundraising events as well as made more local connections with you, our members and supporters.

As a small group of volunteers we love to get involved and appreciate the love and support you offer us when you invite us along to your occasion. We hope to share the message of the charity and offer a safe space for you all to gather to meet others affected by Crohn's Disease and Ulcerative Colitis.

In 2026 you will also see that Crohn's & Colitis UK will be discussing Microscopic Colitis more and more to ensure everyone living with an IBD diagnosis can find the support they need.

Ben Rutter, Lead Volunteer



CROHN'S & COLITIS UK **COFFEE SHOP SOCIAL** 

Join us for our next social event



Fri 24 Jul
Fri 21 Aug
Fri 25 Sep
4-6pm



Venue: Jennos Coffee House, Everards Meadows, John Cooper Way, Leicester LE19 2AN



IN THIS ISSUE

PAGE 2:
Racing Driver George Foxlow

PAGE 3:
Lutterworth Golf Captain
Pro Golfer Running

PAGE 4:
New Planned Care Centre
New Endoscopy Unit
Buying Reclining Chairs

PAGE 5:
Microscopic Colitis
Bluebell Walk or Ride Resting

PAGE 6:
Diary Dates

Page 7:
Educational Meeting
Dinosaur Rides Bike

Page 8:
Caffeine & Machine
Accurx System

Crohn's & Colitis UK Leicestershire & Rutland

GEORGE FOXLOW FUNDRAISING LAPS

George and his team auctioned off passenger laps in his race car with all proceeds going to Crohn's & Colitis UK. The generous, thrill seeking buyers helped raise a total of £1200.

The Follow Racing team invited one of our volunteering team along to receive the novelty, oversized cheque and to also have a passenger ride themselves!

Our volunteer, Ben, jumped at the chance to ride shotgun with the extremely talented racing driver. George has not let having Crohn's disease stop him from achieving his goals.

George had major surgery to have a stoma at the age of 13 and was initially worried he was going to be the "odd one out" after the procedure.



"At the time you think it is going to be the end of the world but now it has turned out better," George said.

George said he often felt "really lethargic" and "lazy" while in school, before he knew he had Crohn's.

After nearly two years going in and out of hospital, doctors decided that it was best for him to have surgery.

"I think a lot of people when they have Crohn's disease or any disease - they sort of think it is all the end and they sort of become either lazy or just not want to try," George said.

"I'd find that very boring, so I enjoy that I am doing stuff and carrying on."

Somehow they managed to pick a day of sunshine in-between weeks of rain. So the track was perfect, the racing slick tyres were fitted and Ben was given 5 laps at almost race pace. An incredible experience for all and

a fantastic fundraising achievement.

Look out for more from George. He'll be fundraising more as well as dominating new challenges in the racing world.

To see the BBC article: www.bbc.co.uk/news/articles/c4g48z7q3ljo



LUTTERWORTH GOLF CLUB

Our Local Network for Crohn's & Colitis UK joined the Lutterworth Golf Club Captain's Drive-in day back in December. The Club Captain, Dave, lives with Colitis and has chosen Crohn's & Colitis UK as his charity to support throughout 2026.

To kick things off, or "tee" things off, one of our volunteers attended to talk to club members and friends and family about the charity. There was a 10-hole competition, a drive competition on the first hole followed by speeches. A Christmas Hamper was up for grabs too in the Captains Charity Raffle!

It was a fun morning talking to those attending, as well as highlighting what Crohn's & Colitis UK do as a charity. We look forward to working with the club through 2026 as they intend to do some more fundraising.



RUN HOLLY, RUN!

Whilst at the Lutterworth Golf Club Drive-in we met Holly Waterfield, a professional golfer who is running the London Marathon in 2026.

A fantastic, young golfer who has chosen to fundraise for Crohn's & Colitis UK. The money raised will be added to the Lutterworth Golf Club Captain's fundraising total.

Please show her some support on her Just Giving Page. Drop a message of encouragement and if you can, donate to her challenge. Let's help her get to her target amount!

2026tcsllondonmarathon.enthuse.com/pf/holly-waterfield



Crohn's & Colitis UK Leicestershire & Rutland

NEW EAST MIDLANDS PLANNED CARE CENTRE

The East Midlands Planned Care Centre is a state-of-the-art facility designed to help reduce the number of patients waiting for appointments and treatment.

Located at the Leicester General Hospital, the East Midlands Planned Care Centre (EMPCC) is a modern, purpose-built facility designed to help reduce waiting times for appointments and treatments. It is a brand new space where those receiving biological medicine for their IBD will be treated.

As we've discussed elsewhere in this newsletter, the Local Network has purchased a pair of reclining chairs for the EMPCC. We look forward to working with the team throughout the year to promote the centre and even have them deliver an Educational Meeting discussing planned care for IBD. Keep an eye on notification emails and our social media for more information.

Visit: www.uhleicester.nhs.uk/hospitals/east-midlands-planned-care-centre



NEW ENDOSCOPY UNIT

A brand-new endoscopy unit at the Leicester General Hospital has now officially opened and has welcomed its first patients.

The new unit, which provides a wide range of procedures, opened its doors to patients on Wednesday 5th November. The purpose-built unit includes six procedure rooms, and 20 private pods for patients before and after their procedures, each with an en-suite.

With growing demand, the new unit will help ensure patients are seen more promptly, enabling quicker access to the next steps in their planned care. The unit will have the capacity to see an extra 9,000 patients every year, which will play an important part in reducing waiting lists.

We are excited to be in talks with the Endoscopy team to organise a walk around for our volunteers and maybe even an educational meeting at the unit with Endoscopy Specialists delivering a talk. We are looking to organise an educational meeting with a topic focusing on scoping specifically for Crohn's Disease and Ulcerative Colitis. We would be looking to help answer any worries you may have about an upcoming scope as well as hear from the team who will look after you during your procedure. Keep an eye on our social media and notification emails for more information.

www.uhleicester.nhs.uk/news/state-of-the-art-endoscopy-unit-welcomes-first-patients/



RECLINING CHAIRS

We are excited to announce that we are supporting the East Midlands Planned Care Centre (EMPCC) in purchasing a pair of Reclining Chairs for their day case ward.

These chairs will be used by all manner of patients attending for their regular medical visits including those being treated for Crohn's and Colitis with biological medication.

Since the completion of the EMPCC, patient numbers have increased which has resulted in a lack of suitable, comfy chairs for patients to use. So some patients will have found themselves placed in uncomfortable, fixed back chairs as there just aren't enough reclining seats to go around. These can make a stressful, tiring time even harder for the patient. The nursing team also find the recliners much easier to use as the patients can be repositioned easily and quickly when the need arises.

With your help and support we have been able to offer two chairs. So thank you for your generosity and hard work in fundraising for our Local Network. We are passionate about supporting our local IBD team and IBD patients. If you are fundraising for Crohn's & Colitis UK in 2026 let us know. We'd love to share your challenge. If you need help with fundraising head over to:

www.crohnsandcolitis.org.uk/get-involved/fundraise

MICROSCOPIC COLITIS WEBINAR

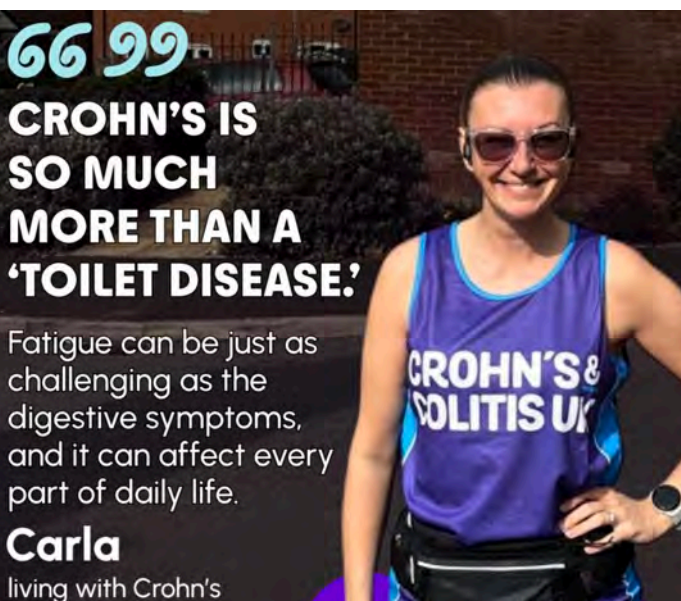
On the 4th March, Crohn's & Colitis UK hosted an online webinar focusing on Microscopic Colitis, where Dr Kevin Barrett shared what is known about the causes, symptoms and treatment of Microscopic Colitis, and Katie shared her personal experience of navigating the condition.



You can watch back the recording and download the slides yourself at:

www.crohnsandcolitis.org.uk/webinars

Further webinars on topics related to IBD will be taking place later this year. Keep checking the website for the latest information.



NEW BRANDING

Over the coming year you'll see a few updates to the Crohn's & Colitis UK branding. This is a bold new identity together with an ambition to transform the understanding of Inflammatory Bowel Disease.



The charity's new look - designed in partnership with creative agency The Clearing - puts people with lived experience of the conditions front and centre of its communications. There's also an eye-catching new logo, featuring an ampersand inspired by the gut.

Around one in every 120 people in the UK lives with Crohn's or Colitis, with 25,000 diagnosed every year. Many of them will be under 30 at the point of diagnosis, and as there is no cure for either condition, that means a lifetime of dealing with unpredictable and often debilitating symptoms.

Crohn's & Colitis UK are ready to unite the community and set out the roadmap to a cure.

The new brand introduces updated brand colours and a striking new logo.

For more information on the new look head to:

www.crohnsandcolitis.org.uk/news-stories/blog-posts/our-future

NO BLUEBELL WALK 2026

The Bluebell Walk or Ride at Rutland Water has been an annual event for our Network for as long as most of us can remember! However, 2026 will see our Network rest the event (and rest our volunteers!)



In 2025 we raised nearly **£7000**, so we know this will be a disappointment for those of you who regularly attend. We don't want this to stop you from fundraising for Crohn's & Colitis UK though.

We will happily support you in your challenges. In fact one of our Local Network volunteers is taking on a challenge at Rutland Water. You could too - head to our Fundraising Ideas page and see if there is something you'd like to do as a personal challenge.

DATES FOR YOUR DIARY

COFFEE SHOP SOCIALS: JENNOS

Date: Friday 24th Jul, Friday 21st Aug & Friday 25th Sept Time: 4pm-6pm

Venue: Jennos Coffee House, Everards Meadows, Cooper Way, Leicester, LE19 2AN

Coffee Shop Socials are open to all and a safe space to talk to others affected by Crohn's and Colitis.

Free Parking. All we ask is for you to buy a drink to support the venue (Not essential).

EDUCATIONAL MEETING

Date/time: Sat 27th June, 2-4pm

Venue: The Guide Hall Court Road, Thurnby, LE7 9PA

We bring along an expert from the world of Inflammatory Bowel Disease to deliver a short talk on "Logistics of the IBD Team, Advice Line and how the local IBD service is moving forward"

The Educational Events are free to attend and we welcome friends and family too. If you intend on bringing someone under 18 be aware sometimes the topics may stray into areas that may be sensitive.

VIRTUAL SOCIAL EVENTS

Date/time: Throughout the year

Venue: Online - Zoom

Talk to others affected by Crohn's and Colitis or join one of the parent and carer events for those whose children are affected by Crohn's or Colitis. You can join in on any of the events. They are friendly and for people aged 18+. They are free to attend but require you to sign up via our website.

www.crohnsandcolitis.org.uk/vse

EDUCATIONAL MEETING

Date/time: October DATE TBC, 2-4pm

Venue: The Endoscopy Unit, General Hospital TBC

We bring along an expert from the world of Inflammatory Bowel Disease and Endoscopy to deliver a short talk on "Endoscopy & IBD"

The Educational Events are free to attend and we welcome friends and family too. If you intend on bringing someone under 18 be aware sometimes the topics may stray into areas that may be sensitive.

More details will be emailed to members or on our social media pages.

COFFEE SHOP SOCIAL: CAFFEINE & MACHINE

Date: Sunday 2nd August Time: 9am-11am

Venue: Caffeine & Machine, The Hill, Ettington, Stratford-upon-Avon CV37 7NS

Coffee Shop Socials are open to all and a safe space to talk to others affected by Crohn's and Colitis.

Free Parking. All we ask is for you to buy a drink to support the venue (Not essential). More details on page 8

CROHN'S & COLITIS UK COFFEE SHOP SOCIAL

Join us for our next social event



Share your photos #CCUKLeics

Venue: Jennos Coffee House, Everards Meadows, John Cooper Way, Leicester LE19 2AN

Registered Charity No. (1117148) England and Wales and (SC038632) Scotland

GLEN PARVA GALA

Date/time: Sat 8th Aug, 1-5pm

Venue: Dorothy Avenue Playing Field, Glen Parva, LE29JD

Lots of stalls, local charities, a pet's corner, a kid's play zone, demonstrations and entertainers.

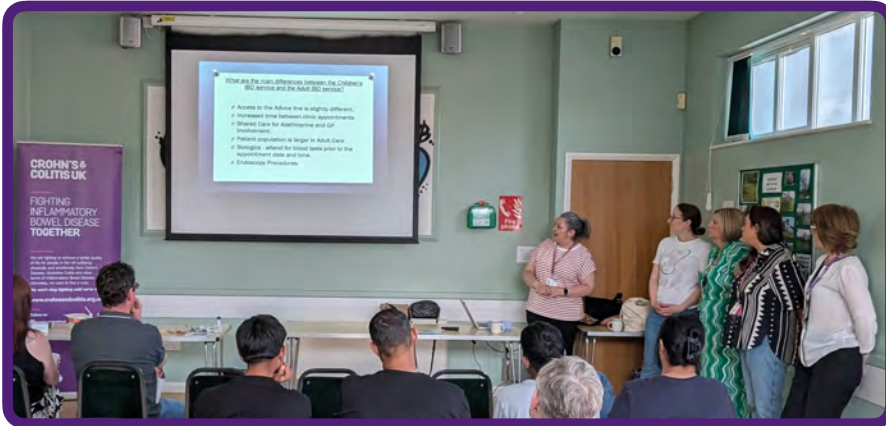
Our volunteers will be on hand to chat about Crohn's and Colitis and there will be plenty of merchandise and publications available.



EDUCATIONAL MEETING

27th June at 2pm, the Guide Hall Court Road, Thurnby, LE7 9PA.

In June we will be hosting an Educational Event in Thurnby. These kind of events give you the chance to be in the same room as experts in the field of Inflammatory Bowel Disease. We have friendly speakers lined up to deliver a short 30-45 minute talk on "Logistics of the IBD Team, Advice Line and how the local IBD service is moving forward".



After the more formal setting of the talk, we'll open the floor up to questions. We'll all be invited to chat and ask questions about the topics discussed and maybe even a wider view of the IBD services in Leicestershire & Rutland.

The team will stick around and be available for more one to one conversations. These informal chats can be more private and gives you close access to some of the team who can help guide you through your IBD journey.

There will be plenty of time for speaking to others affected by and/or living with Crohn's and Colitis. We'll have the room available for the afternoon to accommodate a little social time. Refreshments will be available along with some Crohn's & Colitis UK publications as well as a small selection of merchandise.

We look forward to seeing you at this FREE event. Friends and family welcome. The more the merrier.

Keep an eye out for social media posts and emails for further information.

BIKING AROUND RUTLAND WATER DRESSED AS A DINOSAUR

Our Lead Volunteer, Ben, will be at Rutland Water on the Bank Holiday Sunday that we would usually be hosting the Bluebell Walk or Ride.

On Sunday 3rd May, Ben will be heading out from Whitwell Car Park for a personal fundraising challenge, dressed in a Dinosaur Onesie on his fixed speed bike.

The bike is not built for Rutland Water, the single speed will be awful when it comes to the hills and don't get him started on the onesie not being the usual attire for a 25 mile bike ride!

If you'd like to show some support, head over to his JustGiving Page and drop a message of support and maybe even a cheeky little donation.



If you would like to show support, visit:

www.justgiving.com/page/ruttrides

All funds raised go directly to the Leicestershire & Rutland Local Network, allowing them to continue their fantastic work throughout the area of raising awareness, hosting local education and social events and funding local grants. Should it not be possible to spend the entirety of these funds at a local level, the volunteers will redistribute them to Crohn's & Colitis UK.

CONTACT US

LEICESTERSHIRE & RUTLAND NETWORK

Lead Volunteer: Ben Rutter

Finance Volunteer: Helen Swift

Telephone: 0300 222 5700

Website: www.crohnsandcolitis.org.uk/lr

Email: lr@networks.crohnsandcolitis.org.uk

Facebook: [@CrohnsColitisUKLR](https://www.facebook.com/CrohnsColitisUKLR)

X: [@CrohnsColitisLR](https://twitter.com/CrohnsColitisLR)

Instagram: [CrohnsColitisUK_LR](https://www.instagram.com/CrohnsColitisUK_LR)

Crohn's & Colitis UK

1 Bishops Square, Hatfield Business Park, AL10 9NE

enquiries@crohnsandcolitis.org.uk

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 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:

We're here for you via telephone, email or LiveChat.

Call: 0300 222 5700

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

Email: helpline@crohnsandcolitis.org.uk

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

Website: www.crohnsandcolitis.org.uk/helpline

GET INVOLVED IN THE NEWSLETTER

We are always looking for interesting, local stories to add to our next newsletter.

If you know of anything, no matter how big or small, that might be worth sharing, please get in touch.

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 charity valuable funds which can be used to benefit all those affected by Crohn's Disease or Colitis.

The Leicestershire & Rutland 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.

COFFEE SHOP SOCIAL, AUG 2ND

Join our Network for a Coffee Shop Social at Caffeine & Machine, The Hill, Ettington on Sunday 2nd August.



This is approx. a 1 hour drive through the countryside from Leicester. The idea is to meet up early at Caffeine & Machine, spend a couple of hours there, enjoy a coffee and a chat.

It will be a social style event, where members can sit and have a coffee, chat about their life with Crohn's and Colitis whilst appreciating some great cars/bikes in a fabulous venue. It doesn't matter what you drive/ride, everyone is welcome. Caffeine & Machine is a lovely venue, with good toilets and refreshments. caffeineandmachine.com

You may remember our Lead Volunteer met up with Youtuber AutoAlex there a couple of years ago.

If you would like more information or would like to let us know you're attending please email us on the address below: lr@networks.crohnsandcolitis.org.uk



Scan below to contact the IBD Nursing Team at University Hospitals of Leicester:



<https://accurx.nhs.uk/p/RWEIBD>
Please note this is for non urgent requests, for urgent help please call 111 or 999

Accurx System for contacting the IBD Nursing Team