

East Cornwall & West Devon (ECWD) Network

RUN 60 CHALLENGE COMPLETED!

This year's *Run 60 Challenge* has officially come to an end! The event, run annually by Crohn's & Colitis UK, challenges participants to run **60 miles across 30 days of September**. Each participant is given a fundraising page with one **key mission: to improve lives today and create a world free from Crohn's and Colitis tomorrow**.

Whether you run the full 60 miles in one week, spread



it over the month, or run 2 miles a day, **participants can choose their own pace and approach**. The challenge not only raises vital funds for the charity, but participants also say how much of a positive impact the challenge has had on them.

Connor, one of the ECWD volunteers, took on the challenge for the first time this year. Here's what he had to say:

"I was not much of a runner prior to signing up to this fundraiser, so **this was definitely a challenge for me**. My strategy was to run 2 miles a day before work (with **a 5:15am alarm set each morning** - it certainly started off as a 'challenge' indeed!). But once I began, and donations started coming in, **I was motivated to not just do myself proud but to honour the support people were showing**.

I managed to complete the full 60 miles and gained a new appreciation for running - and early



mornings! **I want to thank everyone who encouraged me and donated**, as every contribution is one step closer to a world free from Crohn's and Colitis!"

Connor managed to raise a grand total of £365, a fabulous achievement which will help fund pioneering research, improve care and support, maintain online diagnosis tools, and drive future campaigns.

ALSO IN THIS ISSUE

- 2 December Dates for your Diary
- 3 £400 Cheque from Lodge of St George
- 3 Jack Raises Over £1,000 - Again!
- 4 Summer Beach Clean Success!
- 5 Please Support our Local IBD Nurses
- 6 Volunteers Urgently Needed
- 6 Farewell & Thank You Margaret
- 7 West Devon Stomates Support Group
- 8 Phlebotomy Service Change

DECEMBER DATES FOR YOUR DIARY

FRIDAY 5TH DECEMBER

From 4.30pm

KAREN'S

42 Brook St, Tavistock, PL19 0HE

MULLED WINE & MINCE PIES!

Karen Kestell, owner of Karen's restaurant in Tavistock, has hosted us for Dickensian Evening for many years, providing us with her delicious mulled wine and mince pies for free to sell in aid of Crohn's & Colitis UK, from which we have raised many thousands of £££s.

This *wonderfully generous lady and fabulous cook* is planning to retire and has put her business up for sale but she has kindly invited us back again this year for what *could be the last time*! So don't miss out - come along and support us on the night!



SATURDAY 6TH DECEMBER

10am to 2pm

HAREWOOD HOUSE

Ridgeway, Plympton, PL7 2AS



We're looking forward to *this December's Christmas Fair at Harewood House in Plympton*! We'll be selling *handcrafted items made by volunteers* and all proceeds are going to Crohn's & Colitis UK.

We'd love to see you there!

£400 CHEQUE FROM LODGE of ST GEORGE

It was lovely surprise to hear from the Lodge of St George Mark Master Masons No 383 that we were being given a cheque for £400! This is the second time that we have received a donation of £400 from this Lodge and we are very grateful to them for this. We intend to use the funds towards *training for the latest recruits to Derriford's IBD Specialist Nurse team.*

It was Trevor Cowley, a long-time supporter of the charity, who nominated us, and it's not the first time. He nominated us *in May 2022 and the funds we received helped furnish a new Patient Day Room at Derriford Hospital*, giving them a large smart TV and a table with bench chairs. He also managed to get us a *huge donation of £1,000 from the Devonshire Freemasons in 2020.*

And when we were let down at the last minute for *our 40th Anniversary Ball in 2019, it was Trevor who stepped in as MC* and saved the evening!

So *a huge thank you to Trevor* for all his support for Crohn's & Colitis UK.

Photo right: Local volunteer Lindsay receives the cheque for £400 from Trevor (who is actually her Dad!).



JACK RAISES OVER £1,000 - AGAIN!



Do you recognise this young man? You should! *Jack Craigie has appeared many times in our social media posts and our newsletters as a serial fundraiser!*

During September, Jack decided to go one better than Run 60 and embarked on his own *100 Mile September Challenge!* In his own words, Jack wanted to do this "to raise awareness and funds for this

amazing charity that will help to improve and speed up the diagnosis process, assist research for treatments and hopefully a cure, such that *individuals like myself can live more confident and free lives.*"

At the time of going to print, *Jack had raised an incredible £1,165 plus over £200 in Gift Aid!* What an inspiration! If you'd like to donate a few £££s to his fundraising total, you can find it at <https://www.justgiving.com/page/jack-craigie-3>.

SUMMER BEACH CLEAN SUCCESS!

In August 2025, *ECWD Network took part in it's very first Beach Clean with Beachwatch* - a national beach cleaning and litter recording programme *run by the Marine Conservation Society (MCS)*. We gathered at *Wembury Beach in Devon* on a bright, sunny Saturday morning, and were joined by other members of the public keen to get involved.

The event was a wonderful opportunity for people to *come together outdoors and talk about both Inflammatory Bowel Disease (IBD) and environmental conservation*. Ocean pollution is one of the most damaging impacts of modern society, with litter finding its way into the oceans by various routes. This can have a harmful impact on marine life, coastal ecosystems and even threatens human health. From our Beach Clean, *we managed to collect over 4kg of litter along just a 100m stretch of the beach!* Most of what we collected were plastic products, which accounts for the majority of ocean pollution.



Beach Cleans are a simple but powerful way in which we can take action and kickstart those conversations about how we can better care for our planet. *They're also a fantastic way to get outdoors, move your body and socialise with others - which are all especially valuable for those suffering with IBD.*

As we know, *many people with IBD suffer from poor mental health* as a consequence of their condition, due to the physical symptoms and lifestyle disruptions the condition can cause. However, many organised Beach Cleans, such as those led by the MCS, are designed with inclusivity in mind, often choosing beaches with suitable access, toilet facilities and parking nearby.

So, next time you see a Beach Clean being advertised, why not give it a try? *You never know who you'll meet or how the experience may positively impact you!*

PLEASE SUPPORT OUR LOCAL IBD NURSES

You may have seen that we published details of a *change to the contact details for our IBD nurses at Derriford Hospital* in our last newsletter and on our social media pages. The change was 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.

The change meant having *two IBD email addresses, one purely for flare-ups and the other for everything else*. The existing email address (plh-tr.ibd-advice@nhs.net) is now used for non-urgent requests and is checked once a day. The new email for flare-ups is plh-tr.ibd-acuteflare@nhs.net and the IBD nurses respond as promptly as possible the same day.

Unfortunately, this trial separation of email addresses hasn't gone that well so we're pleading with you to spread the word to do your best to comply.

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



IBD NURSE CONTACTS AT DERRIFORD

01752 439224

Non-urgent queries

plh-tr.ibd-advice@nhs.net

Flare-ups

plh-tr.ibd-acuteflare@nhs.net

VOLUNTEERS URGENTLY NEEDED!

We are keen to invite new recruits to join our very small team of *volunteers for the local network, East Cornwall & West Devon*. We cover a wide geographic area but are currently mostly concentrated in Plymouth. At the moment *we have 5 team members but we will be losing a Lead Volunteer and a Finance Volunteer (see below) shortly* and we urgently need new recruits to keep the local team going. Sadly, *there is a real possibility of the team disbanding completely in the New Year* unless more people can be found.

If you'd like more details of what volunteering involves, including specific roles, please check out the Crohn's & Colitis UK website re local networks at <https://www.crohnsandcolitis.org.uk/get-involved/volunteer/volunteering-roles/local-networks> or email us at ecwd@networks.crohnsandcolitis.org.uk.



FAREWELL and THANK YOU, MARGARET

Margaret Baldwin has been a volunteer for our local network of Crohn's & Colitis UK since mid 2018 but she and her family were raising funds way before that!

While still teaching at Mill Ford School back *in 2012, Margaret ran the London Marathon and raised an amazing £2,145.67* for the charity (see photo below right). Then in 2014, Margaret's daughter, Hannah, raised a fantastic £3,252 by doing a skydive! Not to be outdone, Margaret's other daughter (and Hannah's twin sister), Katie, ran the Plymouth Half Marathon in 2015 and raised a further £866, despite the fact that she'd only started running about 6 months earlier!

Margaret has always been fully committed to the team, helping to organise numerous events and regularly helping out on stalls (see photo below left). As a member of the '*Crewmates A Cappella*' singing group, Margaret persuaded her fellow singers to perform at our 40th Anniversary Ball in 2019 for free which was a delight to hear.



Since she joined us, *Margaret has been a diligent Finance Volunteer*, collecting, counting and paying in any funds we raise and acting as the main link to head office on financial matters.

Sadly, *Margaret is leaving the team after more than 7 years' volunteering*, as she is moving to Derbyshire. We wholeheartedly thank her for all she has done for the team and wish her all the very best in everything she does.

She is going to be a hard act to follow!



WEST DEVON STOMATES SUPPORT GROUP

Did you know that there is a *new support group for anyone with a stoma*? The *West Devon Stomates meet on the last Wednesday of every month* between 10am and 12 noon in the meeting room at Tavyside Health Centre, Abbey Rise, Tavistock, PL19 9FD.



Their Facebook page (<https://www.facebook.com/groups/1736139607292950/>) describes it as “a welcoming and supportive group for people living with a stoma or bowel condition, *including those who have, or are about to have, a colostomy, ileostomy or urostomy, as well as families and friends who offer support too.* Our group provides a safe space to share experiences, access practical advice from those who truly get it and build lasting friendships. *Together we can reduce isolation, promote confidence and improve quality of life for everyone affected by stoma surgery or bowel conditions in West Devon.*”

Everyone is welcome to go along and there is usually free tea, coffee and cakes! At the last meeting they also had some radar keys to give away.

For more information, please email Scarlett Moon at scarlett@westdevoncvcs.org.uk

FOLLOW US ON SOCIAL MEDIA



[crohnscolitisuk.ecwd](https://www.facebook.com/groups/1736139607292950/)



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

CONTACT US

EAST CORNWALL & WEST DEVON NETWORK

Leads: Shas Chilcott 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 & 9am-5pm (except English bank holidays).

Answer phone service outside these hours.

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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.

PHLEBOTOMY SERVICE CHANGE

From Monday 6th October, all routine *blood tests at Windsor House* switched from a walk-in service to an *appointment-only system* using the SwiftQueue booking portal, which also sends email/text reminders and allows you to reschedule easily.

University Hospitals Plymouth NHS Trust said the change was designed to reduce queues and improve comfort.



Appointment slots *include early morning and late-afternoon times* to help fit around work or school schedules.

For patients with limited or no access to the internet, a dedicated phone line is available - 01752 433040.

Further information is available at <https://www.plymouthhospitals.nhs.uk/phlebotomy/>

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.

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