

Mid Essex Network

Hello everyone,

2025 was a busy and exciting year for the Mid Essex Crohn's & Colitis UK Network, and we're so happy to share what we've been up to and what's coming next. Whether you've joined us before or are thinking about popping along for the first time, there's a place here for you.

Patient Groups

These are events where, with the IBD teams, we offer support and/ or conversation to patients, families or interested parties. You can pop in for a few minutes or stay as long as you like during the time, whatever works for you.

Broomfield Patient Group

Since our very first meeting back in February 2025, (always on 2nd Thursday 5.30pm to 7.30pm In the Medical Academic Unit at Broomfield Hospital) our group has grown into a friendly, supportive space for anyone affected by Crohn's or Colitis. Each month, we've welcomed new faces, shared experiences, and learned from each other.



Having one of the brilliant IBD nurses from Broomfield Hospital at every meeting has been a huge help, giving everyone a chance to ask questions in a relaxed setting. And thanks to our volunteers, word about the group is spreading further every week - we're so grateful for all the support

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Southend Patient Group

This is now a very established group with between 15 and 30 attendees each month.

This is patients, their family supporters and ongoing dedicated support from the IBD nurses at Southend.

We have the great opportunity at this meeting to have a face-to-face chat to the nurse or share and learn from other patients.

The group gives support, reassurance and a safe environment.



Medical Education Meetings

The first one of the year was held at Broomfield in March with a discussion about Pregnancy and IBD. It was a valuable opportunity to ask questions, learn about issues and find some reassurance for attendees.

In July we were in Southend where we had two speakers. Kay Greveson from the London IBD Clinic talked about travel and IBD and the IBD Passport Charity work to support patients who are travelling or want to travel and need advice. Mr Ayantunde, a Colorectal Surgeon, gave an interesting presentation on Crohn's and Perianal Disease. The question-and-answer session after both speakers was invaluable.

Lastly in November at Broomfield we had a speaker from the Mid Essex Talking Therapies team. Andrew delivered an engaging and informative talk on mental health in relation to Crohn's and Colitis, drawing on his own experience and emphasizing the importance of talking therapies. Attendees appreciated the open discussion and supportive atmosphere.

Maldon Informal Meeting

This was held in a very breezy Promenade Park on 30th August. It was a very relaxed time with members of the organising team holding the gazebo on the ground whilst chatting to anyone that came to see us for a chat or to find out more about our network or Crohn's & Colitis UK in general.

What's Next

Our monthly **Patient Groups** continue

Second **Thursday** of each month, from 5:30pm to 7:30pm at the Medical Academic Unit, Broomfield Hospital.

Third **Wednesday** of each month, from 6:00pm to 8:00pm In the Macmillan Area, Southend Hospital.

Our more formal **Medical Education Meetings** are planned as follows:

- Broomfield Hospital, Medical Academic Units **Saturday 14th March 2026** 2-4pm
- Southend Hospital, Education Centre **Saturday 4th July 2026** 2-4pm
- Broomfield Hospital, Medical Academic Units **Saturday 7th November 2026** 2-4pm

These are a chance to hear from specialists, ask questions, and get practical advice. For the latest event information, please keep an eye out on our webpage or Facebook.

Webpage: www.crohnsandcolitis.org.uk/me Facebook: www.facebook.com/MECCUK

We also have an **Informal Meet Up** in Maldon Promenade Park on 5th September 2026 from 2:00pm to 4:00pm

Princess Alexandra Hospital is in our area and we really want to look at supporting patients there too but we need volunteers from there please....

Your commitment can be as much or as little time as you have to give, but please reach out to us if you can offer any help at all.

Email: volunteering@crohnsandcolitis.org.uk, Call: 01727 734 475



See You Soon

Everyone is welcome at any event, whether you're newly diagnosed, supporting a friend or loved one, or have been living with IBD for years. No need to register just come along, have a cuppa, and meet others who truly understand.

Be Part of It

This group only exists because of volunteers, and we'd love your help to keep it growing. Whether you can spare an hour to put up posters, greet new people at meetings, or help us organise events, every little bit makes a difference.

If you'd like to get involved, just chat to one of us at the next event or send [an inquiry in](#) - we'd love to hear from you.

www.crohnsandcolitis.org.uk/enquiry-form



With our best wishes,

Mid Essex Network

Crohn's & Colitis UK

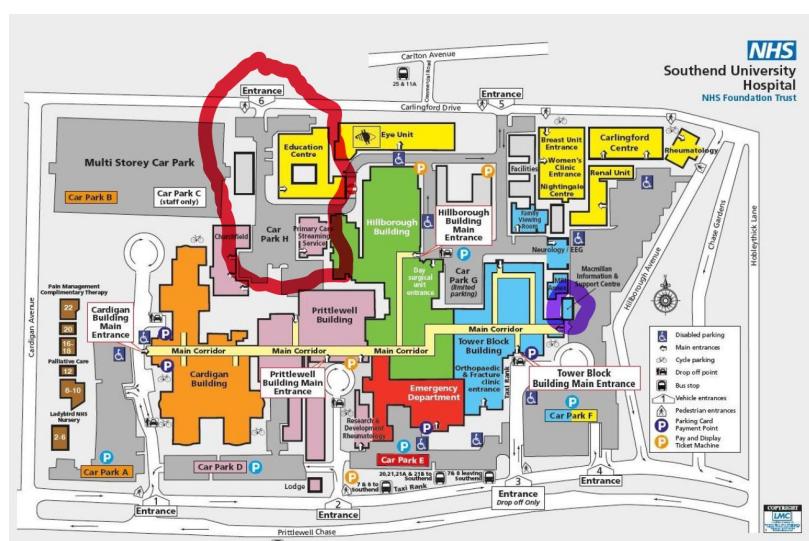
P.S. Local Network events are run by volunteers. If you would like to help them and make a difference in your local community by volunteering for the Mid Essex Network please fill in the enquiry form.

Broomfield Hospital Map



Medical Academic Unit for events is circled Red

Southend Hospital Map



Education Centre for Medical meeting is circled red & Macmillan area circled purple

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.

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