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## WELCOME TO THE LEICESTERSHIRE & RUTLAND NETWORK

As we head into Autumn and Winter it is great to reflect on what a fantastic year it has been for our Network.

We were invited along to fundraising events throughout the area including a football tournament, prayer ceremonies and cheque presentations. Thank you to everyone involved in hosting these events. We're always happy to support you when and where we can. There are a few local, dedicated volunteers who love to get involved and talk to people. We can bring along our awareness stand with publications and merchandise as well as talking to attendees about Inflammatory Bowel Disease and the Crohn's & Colitis UK charity.

At this time of year we do start to look at our diary for 2026. If you are planning an event or thinking of fundraising for the charity, please get in touch. We are here to support.

We hope to host more Educational Events and Coffee Shop Socials in and around the Leicestershire & Rutland area. So keep an eye on our socials and communications for more details.

*Ben Rutter, Lead Volunteer*

## BIG SUMMER SKIP

Did you take part in the Crohn's & Colitis UK Big Summer Skip? Our volunteer, Helen, decided to take on the 123 skips a day in August.



123 skips represented the 1 in every 123 people diagnosed with Crohn's or Colitis. Fighting a flare up and battling "dodgy knees" Helen did her best to skip as many times as possible throughout August. Helen shared her skipping online, visited local public areas and in doing so she inspired friends, family and strangers to donate money.

All of her hard work helped raise £220. Well done Helen and well done to everyone who took on this challenge.

# BLUEBELL WALK OR RIDE AT RUTLAND WATER 2025



In May we saw the return of the Bluebell Walk or Ride at Rutland Water. We extend a HUGE "Thank you" to all who attended as a participant and to our wonderful volunteers.

Local Networks from Leicestershire & Rutland, Nottinghamshire, Northamptonshire and Lincolnshire came together to organise and host this wonderful event. Participants were welcomed into the events village where Rutland & Stamford Sounds were providing a soundtrack as well as greeting everyone. After registration Daisy Jane Face painting got to work decorating faces and then the challenges began.

As usual we had something for everyone from a 2 mile walk to a 27 mile bike ride. We only just caught the bluebells though! With the wild weather we've had this year, the bluebells arrived earlier than expected and there was a panic that we'd miss them completely!

With your incredible fundraising we managed to raise £6,822. This money will support activity across the four Networks' areas and Crohn's & Colitis UK.



TO ALL OUR VOLUNTEERS,  
PARTICIPANTS AND SUPPORTERS...  
THANK YOU!!



This event will be taking a break in 2026. If you would like to see it back in 2027, make sure you get in touch and let us know what this event means to you.  
For more photos check out the Bluebell Walk or Ride 2025 album on our Facebook Page:  
[facebook.com/CrohnsColitisukLR](https://facebook.com/CrohnsColitisukLR)



Crohn's & Colitis UK Leicestershire & Rutland

## L'BORO COFFEE MORNING



We love seeing the continuing support of Crohn's & Colitis UK.

In May, Graham and Jane helped raise **£230** by choosing Crohn's & Colitis UK as the charity of choice for their local Church coffee morning. We extend our thanks to them and everyone who attended.

If you would like to spotlight the charity, please get in touch. We'd be happy to provide a fundraising kit consisting of banners, balloons and more.

## SHREE PRAJAPATI ASSOCIATION LEICESTER FUNDRAISING

Crohn's & Colitis UK were invited along to the Shree Prajapati Association Leicester (SPAL) temple, to accept a cheque and to also join in with the event as well as eat some delicious food. Our volunteer Helen jumped at the chance to attend. During her last visit she was unable to enjoy the food due to a flare.

During various events in 2024 the SPAL helped raise **£4151**. The generosity of members was fantastic



and our volunteers were delighted to attend many colourful and joyful events.

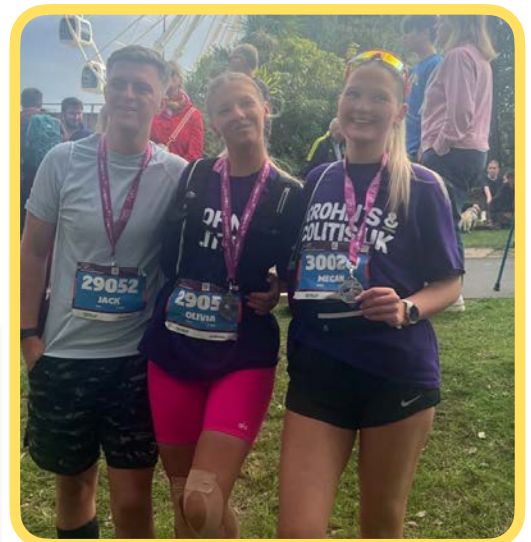
The SPAL committee decided to channel their fantastic fundraising towards a specific research project. With guidance from Crohn's & Colitis UK, they are supporting a project at the University of Leeds led by Dr Venkat Subramanian, which uses AI to identify pre-cancerous and cancerous changes in the bowel.

[crohnsandcolitis.org.uk/our-work/research-and-evidence](http://crohnsandcolitis.org.uk/our-work/research-and-evidence)

## BOURNEMOUTH HALF MARATHON

Meg, Jack & Liv's ran for Crohn's & Colitis UK.

They raised over **£1100** for the charity. Well done to them.



## THE ALE STONE PUB

Our friends at The Ale Stone pub in Aylestone, Leicester, have had a collection tin on their bar for a little while.

Thank you to all of the kind patrons for sharing their spare change with Crohn's & Colitis UK and helping raise **£98.04**.

Crohn's & Colitis UK Leicestershire & Rutland

## RICHARD "CHUBBY" AUGUSTUS FOOTBALL FUNDRAISER

In memory of local footballer, Richard "Chubby" Augustus, his family decided to host a football fundraiser. Chubby was diagnosed with Crohn's disease at just 16 and it was a battle he faced every day. He lived



with resilience, strength, and his signature sense of humour, refusing to let his condition stop him from making the most of life.

The fundraiser was held at his club CSKA Carnabys in Quorn, where past and present teammates took to the pitch for a fun day of football. There were tombolas, raffles and a visit from Leicester City Legend, Steve Walsh who made an appearance to chat to fans.

On the day our local Network held an awareness stand and had a great chat with so many people. Some sharing stories of Chubby and others wanting to know more about the charity and inflammatory bowel disease.

The Tombola raised **£345** and the raffle, which finished a few days after the event, raised over **£2000**. There were donations totalling **£908** collected at his funeral. Chubby's cousin raised over **£1000** by bike-riding 300km around London. On the day the Leicestershire & Rutland Network collected **£194** from collection tins placed around the venue.

A huge thank you to Richard's family and friends for showing so much support in his memory.

It was a pleasure to be invited along to the event.



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

## DATES FOR YOUR DIARY

### COFFEE SHOP SOCIALS: JENNOS

Date/time: Friday 6th Feb, Friday 6th March & Friday 17th April

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: TBC

Venue: TBC

We bring along an expert from the world of Inflammatory Bowel Disease to deliver a short talk.

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.

Make sure you come along to our next one. The dates & venues are yet to be confirmed.

Please look out for more details on our website:

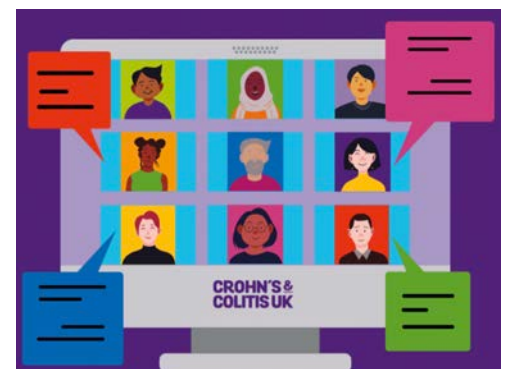
[www.crohnsandcolitis.org.uk/lr](http://www.crohnsandcolitis.org.uk/lr)

### 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](http://www.crohnsandcolitis.org.uk/vse)



## 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

### COFFEE SHOP SOCIAL: BUTTERCUPS

Date/time: TBC

Venue: Buttercups Coffee Shop, Rushfield House, Tilton Road, Billesdon, LE7 9FE

Buttercups is one of our favourite Coffee Shop venues - currently we do not have a date booked but look out on our social media pages or notification via email.

**CROHN'S & COLITIS UK**

**Christmas Cards 2025**

[www.crohnsandcolitishop.org.uk](http://www.crohnsandcolitishop.org.uk)



## HANUMAN CHALISAS (PRAYERS) FUNDRAISING

We were contacted by Parin who invited Crohn's & Colitis UK along to their local event. Parin and his musical group performed 51 Hanuman Chalisas (Prayers). Our local volunteer, Ben, was warmly welcomed on arrival and really enjoyed the music and food. Ben added "It was a beautiful event full of very generous attendees. I drank my body weight in Chai and enjoyed clapping along to the soulful music"

After the event Parin said "Our event is now over and fortunately it went really well. Being an ulcerative patient myself as well as an events organiser and singer I'm hoping this is one of many events we do for the charity. My target was £2000 and we have raised just over £3000."

As a Local Network, we enjoy supporting events in the Leicestershire & Rutland area. Our volunteers are happy to talk about their life with Crohn's or Colitis and to be a point of reference for the charity. Please get in touch with your events and we'll do our best to help in anyway we can.

## WEIDMULLER CHEQUE PRESENTATION

A local company in Leicester organises an annual charity walk and chose to host it in support of Crohn's & Colitis UK this year. Local volunteer, Ivor (Volunteer photographer at the Bluebell Walk or Ride at Rutland Water), works at Weidmuller and inspired them to support the charity.

After the walk, they asked if a representative from the charity could attend to take some photos for their social media,

including a shot with our huge, novelty cheque. Collectively they helped raise £460 which has kindly been donated to our local Network.



Diane, Ivor and the Weidmuller team



## EDUCATIONAL EVENT

In June we invited local families along to a Young Person's Educational Event. This event was in partnership with the local IBD Team with the topic of young people transitioning from paediatric care into adult care.

This is a difficult subject for the whole family as the care changes from the parent/carer/guardian being involved to the young adult being responsible for their own care. Some of the younger patients were looking to move into new locations

for university or travelling. Our guest speakers helped reduce the fear of these changes and helped show that a "normal" life can be lived and these exciting life changes should not be postponed or discouraged.

The IBD Nursing Team, Stoma Care Nurse and Gastroenterology Consultant, delivered an interesting talk, answering questions and even giving some time to more private chats with our guests.

Thank you to all of the Gastro Team and Crohn's & Colitis UK volunteers who gave up their time on a Saturday afternoon, for free to join us. It was great to see so many faces in our audience who all felt heard and had their concerns dealt with expertly.

## CONTACT US

### LEICESTERSHIRE & RUTLAND NETWORK

Lead Volunteer: Ben Rutter

Finance Volunteer: Helen Swift

Telephone: 0300 222 5700

Website: [www.crohnsandcolitis.org.uk/lr](http://www.crohnsandcolitis.org.uk/lr)

Email: [lr@networks.crohnsandcolitis.org.uk](mailto: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](mailto:enquiries@crohnsandcolitis.org.uk)

[www.crohnsandcolitis.org.uk](http://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 Helpline Team can provide information on a range of subjects including:

- Managing symptoms
- Medication
- Diet
- Test and diagnosis
- Wellbeing
- Employment
- Disability benefits
- Help to find support from others living with the condition.

We also signpost people to sources of expert advice on disability benefits and options for specialist emotional support.

If you need specific medical advice about your condition, your GP or IBD team will be best placed to help.

### CONTACT US BY:

Telephone: 0300 222 5700

Mon-Fri - 9 am to 5 pm

Email: [helpline@crohnsandcolitis.org.uk](mailto:helpline@crohnsandcolitis.org.uk)

Crohn's & Colitis UK Helpline: visit [www.crohnsandcolitis.org.uk/helpline](http://www.crohnsandcolitis.org.uk/helpline)

Please contact us via email or tel. 9am to 5pm, Monday to Friday (except English bank holidays).

We aim to respond to 80% of emails within three working days, and 95% within five working days. You may receive a response more quickly if you contact us via social media.

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](mailto: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.

## DOWNLOAD FESTIVAL

Did you spot the Crohn's & Colitis UK team at the Download Festival earlier this year?

"Too Metal for you misconceptions" was the tag line and a slogan written on the "Festival Survival" kits



that the team were handing out to the festival goers. Filled with Hand sanitiser, wet wipes, tissues, dirty clothes bag, latex free gloves, donation slip, and discount codes to other items.

So many people in the IBD community have felt excluded from being able to enjoy festivals and similar mass outdoor events over the years because of worries about being able to find a toilet.

For top festival tips head to:

[crohnsandcolitis.org.uk/news-stories/blog-posts/ruby-festival-stoma](http://crohnsandcolitis.org.uk/news-stories/blog-posts/ruby-festival-stoma)

## DEAF & BLIND SKYDIVE

A deaf and blind man from Derby, has skydived to raise money for Crohn's & Colitis UK.

Alec Creighton, who is having a cochlear implant fitted, was told he would not be able to skydive after the procedure, so completed the jump before his surgery.

He was raising money for Crohn's and Colitis UK due to his close link with the charity after he was diagnosed with Crohn's disease in 2010.



The 38-year-old, who took part in the jump in Langar, Nottinghamshire, said: "I was nervous before. It was a shock because I can't see, so I was trying to imagine in my head."

### 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.