

South Staffs Network WALKIT Birmingham 2018



Over the years I have done many charity fun runs including the London marathon but this was my first charity walk. I pinned my sponsor form to the notice board at work, and this generated a lot of interest, as an awful amount of people simply had not heard of Crohns & Colitis, this made me quickly realise that this was not simply an exercise to raise money but more importantly one to raise awareness. Colleagues were searching the internet to find out what it was all about.

On the day we caught the train into Birmingham, wearing our bright purple T shirts, and on the train we met some other Walkit walkers - recognisable as they were also wearing Walkit T shirts, spreading the awareness by being seen. It was a lovely warm sunny day, hats and sun cream a must, we found the start line, and wow what a sight, the area full of the colour purple. The Walk started and the views of Birmingham were fantastic, the Canals and Buildings looked wonderful in the sunlight. We walked and talked, with many of the fundraising walkers also being sufferers the stories that were being shared were painful to hear, but here they were raising funds and making a contribution.

I grew up in Birmingham, however there were places we walked that I had never been, it was really lovely. We finished the 10K as we started back in the Garden of Purple, where we were met by happy smiling volunteers handing out medals and water. Job done 10K completed now to collect the sponsorship money

Pic Top: Chris Hayward with daughters Abbie & Katie

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Patient Power Works!

Above: Good Hope IBD Patient Panel members with Doctors and Nurses at the Inauguration of their new IBD specialist infusion room

Patient power does work! After a number of cancellations due to A&E patient emergency overflow patients finally get their own room. This is bespoke fitted and looks magnificent. Treatment can take a while and the hospital reached out to Crohns & Colitis UK for help with a Multiscreen TV. The screen can also be used for presentation purposes by the Hospital when the room is unoccupied by IBD patients

Below: Our own South Staffs Crohns & Colitis UK donation of a Multiscreen TV proudly mounted on the wall



Visit to Police HQ

What would you do if you were surrounded by Police Officers? - Talk to them about Inflammatory Bowel Disease, of course!!

I was kindly invited by the Staffordshire Association for Women in Policing (SAWP) to speak on behalf of the Charity at a Health Awareness Day.

So off I went to Police Headquarters in Stafford, armed with a short PowerPoint presentation supplied by Head Office, a selection of leaflets, a few handwritten notes and my trusty purple t-shirt to speak to a room filled with police officers and support staff - no pressure then!

My main fear was that I would run out of things to say, and an hour and a half later I was still talking. It was really interesting to hear about challenges that staff with IBD face, including changing shift patterns, night working, access to toilet facilities and irregular eating times to name but a few. It was a great opportunity to staff to share their experiences with each other but also with members of the Occupational Health team, who were also represented there too.

Raising awareness of long term medical conditions within the workplace is so important - small adjustments can make such a difference to those who live with IBD. I hope moving forward that other employers will organise something similar.

Alison Thomas, Lead Volunteer



Above: Alison helping with the event

The WALKIT Experience

This was my first time volunteering so was unsure of the day ahead. When I arrived we were taken into the volunteers tent and briefed on the whole day so we were all aware of our duties. Everybody was excited for the event and the atmosphere was amazing. I greeted walkers ensuring that they had their numbers or directed to the registration tent if not. Encouraging them to have their faces painted and pick up advisory leaflets. Whilst the walk took place, I moved to the finish line where I unpacked the medals and bottles of water, ready for the returning walkers. The best, and most emotional and rewarding part of my day was cheering on those crossing the finishing line after their 5km or 10km walk and handing out the medals. These were a mixture of sufferers who showed their courage along with their families and friends amongst a sea of purple t-shirts, all raising awareness and funds for Crohn's and Colitis UK. I was diagnosed in 2004 and had a bowel resection and although I have had my own problems, in comparison to some of these walkers it made me realise just how lucky I have been. I met some great people and would encourage anybody who has some spare time to volunteer and help raise awareness.

By: Louise Hayward, Awareness & Activities Volunteer



Left Above: Louise & Left Below Rebecca

St George's Tamworth on 21st April 2018

The sun was shining on the Staffordshire South Volunteers as we manned an awareness raising stall at the Tamworth St George's Day Event on Saturday 21st April.

Within view of Tamworth Castle, in the capital of Mercia, we gave out information leaflets and spread the word on how Crohn's and Colitis UK and your local group can help and inform those living with Inflammatory Bowel Disease.

We enjoy attending and supporting these family friendly community events and this one in Tamworth is one of the biggest and best in the South Staffordshire area. We love the medieval jousting! If you know of a local event that we could attend, just let us know and we'll do our best to support you too. Thank you to the volunteers and everyone who came to say hello to us.

Alison Thomas, Lead Volunteer



Left: Chatting to passers by

Right: Our very tidy table showing our free booklets and donation collection box. And thanks to all who made donations. Guides include Food & IBD. IBD in Children. Living with IBD. Crohns & Ulcerative Colitis. Watch out for us at another event in 2019



We Love Tamworth Sep 2018

Awareness Raising Event

On a sunny September day, the South Staffs Organising Team were raising awareness at this fabulous community event. Held every year, on the first Saturday in September, in the beautiful Castle Grounds in Tamworth; this fun-filled event featured, fairground rides, inflatable fun, dog show and a vast array of stalls. An estimated 6,000 visitors attended and enjoyed this year's event.

We were located within the charity stalls section, alongside other local and national charities. We handed out a variety of information booklets to support local residents and raise awareness in the community. We spoke to lots of people, who were keen to share their personal stories. Thank you for your support at such events - hope to see you there next year.

Come Along

Become a volunteer for the Crohn's and Colitis UK South Staffordshire Network. Help us raise funds and improve awareness. Our area covered includes Good Hope Hospital and Burton Hospital catchment areas. We meet every 2 months at a local venue and have food and drink while we discuss upcoming events. We even have a Christmas Meal. Why not have fun and help others at the same time !

Contact details on page 4



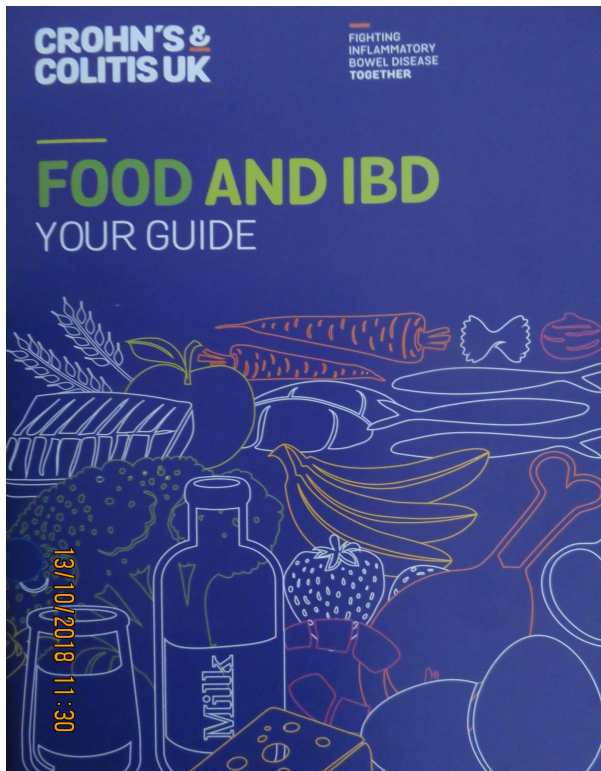
Medical Meeting 2019

After our very successful medical meeting last year we have reinvited IBD Nurse Jill Flaherty for another talk. There will also be a Questions and Answers Session

(Venue and date to be announced)

This is an excellent opportunity to meet others and share experiences. Light refreshments available including homemade cakes.

A number of Guide Booklets will be available. Shown below is the Food & IBD Your Guide



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 Inflammatory Bowel Disease.

The South Staffs 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 and Colitis UK and no reference in this newsletter to any product or service is intended as a recommendation.

CONTACT US

CROHN'S & COLITIS UK

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CrohnsColitisST

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HELPLINE

Our helpline is a confidential service providing information and support to anyone affected by Crohn's Disease, Ulcerative Colitis and other forms of Inflammatory Bowel Disease (IBD).

Our team can:

- help you understand more about IBD, diagnosis and treatment options
- provide information to help you to live well with your condition
- help you understand and access disability benefits
- be there to listen if you need someone to talk to
- put you in touch with a trained support volunteer who has a personal experience of IBD

CONTACT US BY:

Telephone: 0300 222 5700*

Mon, Tue, Wed and Fri - 9 am to 5 pm

Thu - 9 am to 1 pm

Email: info@crohnsandcolitis.org.uk

Web Chat (Live Online): see our [website](#) for details

**Calls to this number are charged at a standard landline rate or may be free if you have an inclusive minutes' package.*

Calls may be recorded for monitoring and evaluation purposes.