

Gloucestershire Network

Happy New Year to you all and hope that this newsletter finds you all well.

We were very lucky last year to have Dr Shaw attend our first meeting of 2019. He is always a very popular speaker and we always look forward to him attending. At our meeting in October the Dietician and Nutritionist, Yvonne McKenzie, gave a very interesting talk on all things diet-related and spoke for over an hour! It's great to have speakers who are very passionate about their subject. I found her talk very informative and beneficial and hope that it was for those of you who could attend.

Last year we also said "goodbye" to Janis Dobson who had been a long-standing member of the Organising Team. She is now enjoying life on Arran with fantastic views over land and sea.

We have an early Medical Meeting this year on 7th March where local IBD nurses Sarah York and Lynda Gardiner will give an update on Inflammatory Bowel Disease with a Q&A session. We hope to see you then.

Lindsey Summers
Chairperson

Talk by Yvonne McKenzie

Yvonne works with Gastroenterologists, Surgeons and GPs in Oxfordshire, Gloucestershire and Worcestershire.

Yvonne's expertise is in Irritable Bowel Syndrome (IBS) and other medically unexplained gut symptoms, using the low FODMAP diet for symptom improvement or in identifying other food intolerances. Her most recent audit (February 2011 - November 2012) showed a success rate of 80%: 70% of individuals had symptom resolution, 10% had partial improvement and 20% had no change in their functional gut symptoms after using the low FODMAP diet for 4 weeks.

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Yvonne is the lead author in the UK's guidelines for the dietary management of IBS in adults, in which the evidence relating to symptom improvement and diet was systematically reviewed and an IBS dietetic care pathway was produced. She has actively supported their dissemination through local and national conferences, lecturing and writing (for GPs: see NAPC Review, autumn/winter 2012: IBS dietary management: new approaches). She is recognised by the Department of Health as a national Allied Health Professions clinical expert in IBS.



DATE FOR YOUR DIARY

MEDICAL MEETING

Saturday 7 March 2020

10.30am–12.30pm (Doors open 10am)

St Andrews Church Hall
Station Road
Churchdown
GL3 2JT

If you would like to contribute in any way towards the next newsletter then please get in touch via our email or Facebook page.

Also, if you are interested in volunteering and joining our Gloucestershire Network team then contact us or just come and say hello at the meeting.

For those that like to plan ahead, we can confirm that the date for our next will be:

14 November 2020

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.

The Gloucestershire 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.

CONTACT US



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Crohns-Colitis-UK-Gloucestershire-Group

GENERAL ENQUIRIES

Crohn's & Colitis UK
1 Bishops Square, Hatfield Business Park, AL10 9NE
www.crohnsandcolitis.org.uk/contact

Volunteer Enquires: 01727 734 475

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 is a confidential service providing information and support for anyone affected by Crohn's or Colitis.

Our team can:

- help you understand more about Crohn's or Colitis, 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 Crohn's or Colitis and understands what you are going through

CONTACT US BY:

Telephone: 0300 222 5700*
Monday to Friday - 9am to 5pm

Email: helpline@crohnsandcolitis.org.uk

Live Chat: www.crohnsandcolitis.org.uk/livechat

**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.*