

## Dorset and West Hampshire Local Network



In March 2025 University Hospitals Southampton (UHS) held their biennial information day, there were over 160 people who attended.

Marianne Radcliffe, the new CEO of Crohn's & Colitis UK, was present and opened proceedings. Picture above shows Marianne Radcliffe with the IBD team and the patient panel members.

There were a great variety of speakers on the day, including a funny and relatable talk from a patient about their IBD journey. There was also a variety of other informative talks regarding the basics of IBD, medications for IBD, dieticians, the IBD team talked about holidays and also a talk about My Medical Record and how to get the most out of it.

A great day, thank you to everyone who attended and the IBD team at UHS.

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### ONLINE EVENTS

Are you unable to make the face to face meet ups? Or do you not feel ready for this.

Did you know Crohn's & Colitis UK hold regular virtual social events that run throughout the year.

These are a great way to meet and learn from others, all from the comfort of your own home via zoom.

For more information, visit:  
[www.crohnsandcolitis.org.uk/VSE](http://www.crohnsandcolitis.org.uk/VSE)



**JOIN OUR SPONSORED WALK!**

September 20<sup>th</sup> will be our eighth sponsored walk. This will be a 9k walk from the Cliffhanger restaurant in Highcliffe to Mudeford quay and back again.

Registration is now open online:  
[www.crohnsandcolitis.org.uk/dorset](http://www.crohnsandcolitis.org.uk/dorset)

See you there.

**More photos from University Hospitals Southampton IBD day**

Did you know Crohn's & Colitis UK has its own podcast on Spotify? There is also one for healthcare professionals. The link is below;

[www.crohnsandcolitis.org.uk/our-work/healthcare-professionals/resources-for-hcps/the-healthcare-professional-podcast](http://www.crohnsandcolitis.org.uk/our-work/healthcare-professionals/resources-for-hcps/the-healthcare-professional-podcast)

or search for 'podcast' on [www.crohnsandcolitis.org.uk](http://www.crohnsandcolitis.org.uk)

**IN MY SHOES APP**

This is an interactive 24 hour experience to immerse yourself in some of the daily challenges that people with Crohn's and Colitis face every day.

This allows people without the condition to experience first hand what it is like to have Crohn's or Colitis.

From depleting energy levels to managing pain, from rushing to the toilet to juggling work and a social life.

The app allows family and friends to see first hand how the condition can affect every part of your body and life.

search for 'In My Shoes' on  
[www.crohnsandcolitis.org.uk](http://www.crohnsandcolitis.org.uk)





Recently Peter and Cupcake manned a stall at the New Milton Volunteer fair.

With lots of awareness raised from conversations to all the people who attended on the day.

## The cheeky Panda

Get 20% off when you shop online, so head over to <http://UK.cheekypanda.com> and use the code SUPERSOFT20.

Each time this code is used we get 10% from the sale, so you will also be donating to Crohn's & Colitis UK at the same time.



Does your company give regular donations to charity?

If so, would you like Cupcake and Peter to pop along to give a short talk on IBD and how donated funds are used.

This could stimulate interest in supporting Crohn's & Colitis UK and also raise awareness of IBD.

## Benefits to joining Crohn's & Colitis UK:

- Cant wait card
- Radar key
- Connect magazine
- Join a community
- Supporting research
- Updates about virtual events
- Updates about Dorset and West Hampshire events



## COFFEE MORNINGS

### COFFEE MORNING I

John Lewis, 23 Harbour Parade,  
Westquay shopping centre,  
Southampton, SO15 1QA.  
Meet in The place to eat.

### COFFEE MORNING II

Haskins Garden Centre, Ferndown,  
Dorset, BH22 9DG  
Meet in the Cedar Room.

We alternate between these two venues.  
You will get email reminders for the dates,  
if you are a Crohn's & Colitis UK member.

## CROHN'S & COLITIS UK DORSET & WEST HAMPSHIRE FUNDRAISING

### We need you!!

Are you a keen baker, then hold a coffee morning.

Are you an adrenalin junkie, then perhaps a skydive.

Or are you sporty, then try a sponsored walk or run, or maybe even a marathon!

Do you have any ideas for fundraising in the future? Let us know!

*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 network valuable funds which can be used to benefit all those affected by Crohn's and Colitis.*

*The Dorset and West Hampshire 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

### DORSET AND WEST HAMPSHIRE NETWORK

Lead Volunteer: Peter Bond

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

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



Crohn's & Colitis UK Dorset & West Hampshire Network



CrohnsColitisDO

### GENERAL ENQUIRIES

Crohn's & Colitis UK

1 Bishops Square, Hatfield Business Park, AL10 9NE

[www.crohnsandcolitis.org.uk/contact](http://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 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\*

Monday to Friday - 9am to 5pm

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

Live Chat: [www.crohnsandcolitis.org.uk/livechat](http://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.