

Berkshire Local Network

berkshire network's
WELLNESS DAY
Breath work | Mental Health | Fitness & Yoga
PLUS CHARITY RAFFLE!

saturday 21st september
11.30am onwards



ARBORFIELD VILLAGE HALL
EVERSLEY RD | RG2 9PQ

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WALKIT LONDON 2019

Made in Chelsea star Louise Thompson opened the London WALK IT

Each year Crohn's & Colitis UK hold an event called WALK IT, and this year was no different. On the 8th June 2019 Made in Chelsea star Louise Thompson opened both event where participants could either walk 5km or 10km to help raise awareness and raise funds for the charity.

Louise Thompson was diagnosed with Ulcerative Colitis in 2018 and in an interview with Crohn's & Colitis UK had this to say: "I'm thrilled to be supporting Crohn's & Colitis UK and very excited to be opening WALK IT! It's going to be a great day and I'm looking forward to meeting lots of amazing people who have Crohn's or Colitis. This is going to be a big year and I'm really happy to support a charity that does some amazing work supporting those with the conditions as well as funding research to try and find a cure."

People from all over come together as part of the Crohn's & Colitis community to paint the streets of London purple to spread awareness, raise vital funds & show their support for those living with Crohn's & Colitis.



WINDSOR & ETON SUMMER FAIR

The Windsor & Eton summer fair was on Saturday 29th June, and the primary purpose of this event is to provide a platform for local Charities to raise money for their causes and at the same time provide a great day out for all the family.

If you were at the fair then you would have noticed that we were also there to, showing off our brand-new gazebo tent. The weather was scorching hot and our new gazebo tent provided us with some much needed shade and our volunteers had such a great time, and raised over £90 with the help of the instantly popular game of 'knock the poop off the stick'.



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WOODCOTE STEAM RALLY

The Woodcote Rally is South Oxfordshire's premier event of its kind, with steam, vintage & veteran transport displays and entertainment for all the family. The rally has been running for 56 years now and this year on the 13th July 2019 was very special as the Berkshire network was able to set up our awareness stand.

Just like the Windsor fair, the weather did not disappoint and incredibly through generous donations and participation in the 'knock the poop off the stick' game we raised over £120.

Our volunteers had an amazing time and met some incredible people who were glad to see that we were trying to make the invisible, visible.



VOLUNTEERS WEEK

It was volunteer's week between 1st and 7th June, so allow us to share why our volunteers decided to volunteer



"Be the change you wish to see in the world" - Mahatma Gandhi

Before I got diagnosed, I had never heard of Crohn's & Colitis, let alone know how debilitating it is. I wanted that to change, I wanted there to be a cure and I couldn't sit back and wait for someone else to make it happen - so I got up and volunteered to change the world.

I love raising awareness, when people say to me wow I never knew that, I really feel like I've made a positive impact. I'm developing skills that will help me in my career, as a lead volunteer this is mainly leadership and communication skills. I've met some incredible people through volunteering and I have such a strong support crew of Crohn's & Colitis sufferers.

My highlight so far has to be the wellness day we did last year, we had such amazing feedback and helped so many people.



I volunteer because having gone through so much and coming out the other side, it felt like an obligation to help others doing the same. Also, to raise awareness and help educate those in the health care profession to better diagnose and manage Crohn's & Colitis. Lastly, to make some wonderful friends and have some fun in the process.

Three things I love about volunteering is having the opportunity to work alongside passionate individuals also wanting to give back to the cause. Being able to talk to and meet others with Crohn's & Colitis. Learn of their stories and triumphs Gain experience of volunteering to help myself also grow as a person

A highlight from your experience so far would definitely be helping to run the info stand on world IBD day this year in the Reading Broad Street Mall. It was my first time doing something like this. Was a chance to raise awareness, speak to people and have some fun at the same time.



I volunteer because having had Crohn's Disease for seventeen years now, I felt that it was important for me to put my knowledge and experience to use in providing support and information for those going through the same." Three things I love about volunteering is being able to meet with and provide

support/learn from others with Crohn's & Colitis - sharing my story as well as hearing from others gives me the confidence to keep fighting. Developing on my social media skills and working together with an incredible team of volunteers to organize events and help raise awareness in the community. A highlight so far would be our very first coffee morning where we spent almost three hours talking to someone newly diagnosed and then seeing them again almost a year later and hearing from them how much talking to us had helped. That's what this is all about for me.

Sharan.



I decided to volunteer because I spent a long time being embarrassed about my Crohn's Disease. In volunteering it has helped me grow more comfortable in talking about my Crohn's with others and has helps in raising awareness at the same time.

What I love about volunteering is to have the opportunity share my story which will hopefully inspire others to not feel ashamed or alone about having not just Crohn's or Colitis. A highlight of my time volunteering would be my first ever event which was the IBD wellness day, where I got to meet everyone for the first time and participate in helping run what was a very successful event.

Ziyad



My background is in finance, having worked the banking industry for 20 years and I was keen to find an opportunity to utilize my skill set to support a charity in my local community.

To be honest I don't have a huge amount of experience with Crohn's or ulcerative colitis. Many years ago, a friend was diagnosed with Crohn's, it took a long time for him to get the diagnosis, during that time he lost a lot of weight and was very ill.

Following his diagnosis, he was able to manage his condition with diet and medication and was able to return to a normal and healthy lifestyle. Therefore, for me it's key to raise awareness and understanding of the benefits of getting an early diagnosis.

I am keen to learn a lot more through the work of the charity and my involvement to gain a better understanding the impact of living with colitis and the support available.

Having the confidence to talk about it, that is not always easy and takes lot of courage but knowing that you are not the only one can be hugely beneficial on your emotional wellbeing and is therefore likely to have a positive impact on how you approach managing the physical symptoms.

Zara



I myself have been fortunate enough to not come across Crohn's & Colitis in my life and used to be another person who knew nothing about this not-so-discussed disease.

I have always wanted to volunteer but when deciding where to give my time to, Crohn's & Colitis UK really stood out to me as many suffer from the not so well known IBD and Crohn's & Colitis really help to spread awareness as well as support those inflicted in the local community.

These inspiring objectives and stories are what have led me here today and I am enjoying my role so far and look forward to making great strides in the future.

Haruki



MY IBD CARE ACHIEVES TOP SCORE ON THE ORCHA APP STORE

MyIBD Care is an app developed by Ampersand in partnership with Crohn's & Colitis UK, which allows people to track medication and symptoms, plus patterns of diet, sleep, exercise and pain. It's a cloud-based dashboard which gives healthcare professionals, friends and families of sufferers if Crohns or Colitis to understand how well, between appointments, someone with Crohn's or Colitis is and how effective different care pathways are.

The app also allows quick and easy access to our information when people need it. MyIBD Care allows people to track medication and symptoms, plus patterns of diet, sleep, exercise and pain. In addition, information from Crohn's & Colitis UK can be accessed quickly and when people need it.

We are delighted that the app has entered the Orcha listings as the highest rated app in its segment.

Hundreds of digital health apps are released onto the market each day. For healthcare professionals, knowing which is clinically credible - and should therefore be recommended to patients - and which is not presents a significant problem. Orcha seeks to address this problem by applying a seven-step framework to the evaluation of health apps, with results being published on Orcha's website.

Assessed in June 2019, MyIBD Care achieved a rating of 85% in Orcha's tests - by some distance the highest score achieved by any app for IBD patients. The Orcha review highlighted the involvement of qualified professionals in the development of My IBD Care, which was developed with clinicians and patients at King's College Hospital and Bart's Health.

DATES FOR YOUR DIARY

SEPTEMBER MEET UP

Sunday 1st September 2019, 3PM
Bosco Lounge, 55 Crockhamwell Rd,
Woodley, Reading RG5 3JP

EDUCATION PROGRAMME: LONDON

Saturday 21st September 2019,
The Wesley Euston Hotel & Conference
Venue, 81-103 Euston Street, London,
NW1 2EZ

IBD WELLNESS DAY

Saturday 21st September 2019, 11:30am
Arborfield Village Hall, Eversley Road,
RG2 9PQ

OCTOBER MEET UP

Sunday 6th October 2019, 3PM
Bosco Lounge, 55 Crockhamwell Rd,
Woodley, Reading RG5 3JP

NOVEMBER MEET UP

Sunday 3rd November 2019, 3PM
Bosco Lounge, 55 Crockhamwell Rd,
Woodley, Reading RG5 3JP

The Berkshire Local 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

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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 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](http://www.crohnsandcolitis.org.uk) 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.*