

## East Cornwall & West Devon Network

# FUNDRAISING FOULKES FAMILY



It's time we said a **huge THANK YOU to Rosemary and Michael Foulkes**, pictured above with their daughter Heather, who quietly raise funds every year. They turned up unexpectedly at the Plympton May Fair (see article on page 3) with a **cheque for £500** but this is just **the latest in many cheques they have handed over**.

For many years they have run a **stall at St Mary's Church Hall** (often with Heather, a former volunteer with our local network), selling plants that Rosemary grows herself and also running a tombola, **with all proceeds going to the charity**. Each year they hand over a cheque for a few hundred £££s. They never blow their own trumpet so we thought we should do it for them! (Below right: Michael and Rosemary at a previous Murder Mystery evening which they won!)

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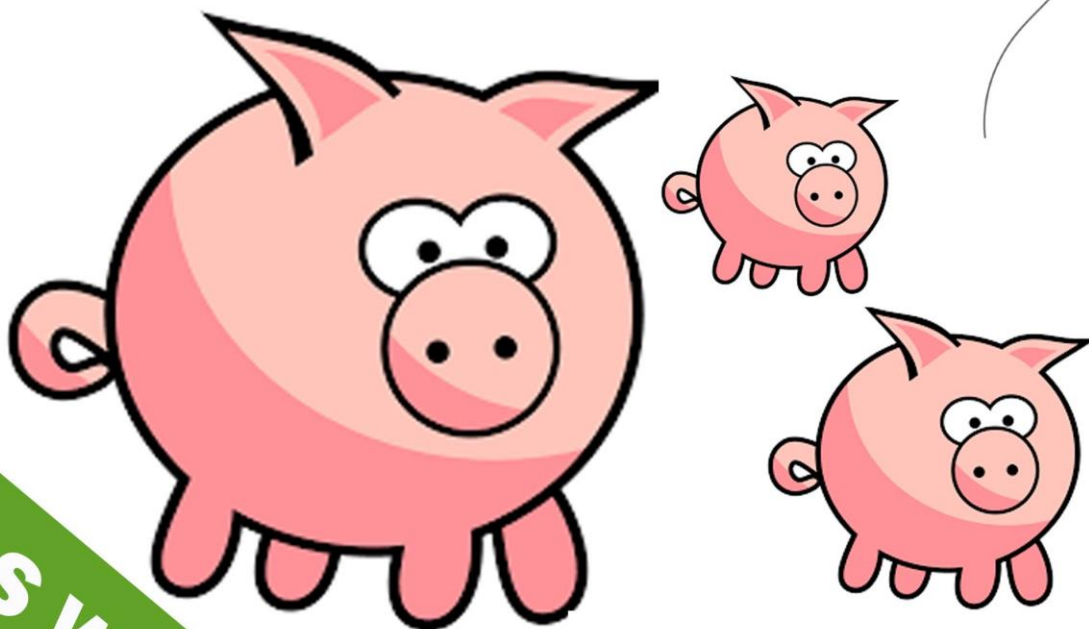
# Let's go **Pig Racing!**

**SATURDAY 12th OCT**

**7pm till 11pm**

**The Full Time** 

**Parkway FC, St Peters Rd, PL5 3JH**



**KIDS WELCOME**  
**FREE PARKING**  
**FREE ENTRY**

**CROHN'S &  
COLITIS UK**

**EAST CORNWALL  
& WEST DEVON**

## FUN AT THE MAY FAIR



What a great time we had at *the May Fair at Harewood House in Plympton* this year! We were selling our usual array of cute hand-knitted toys, beautiful hand-painted eggs and some home-grown hostas. We also had a rather unusual *request for a knitted budgie* which we were able to fulfil the following week 😊

We took along our *new favourite game, Shoot the Poop*, kindly loaned to us by 4-year-old Maisie, daughter of volunteer Lindsay. As at eat:Tavistock in April, the game proved to be a huge attraction both with kids and adults!

The weather was pretty good but a little windy so our balloons kept escaping! Happily *we chatted with lots of people* who have Crohn's or Colitis or who know someone with the disease and gave out some newsletters, and we also *raised £132 on the day*.

## COFFEE MORNING

### SATURDAY 3rd AUGUST



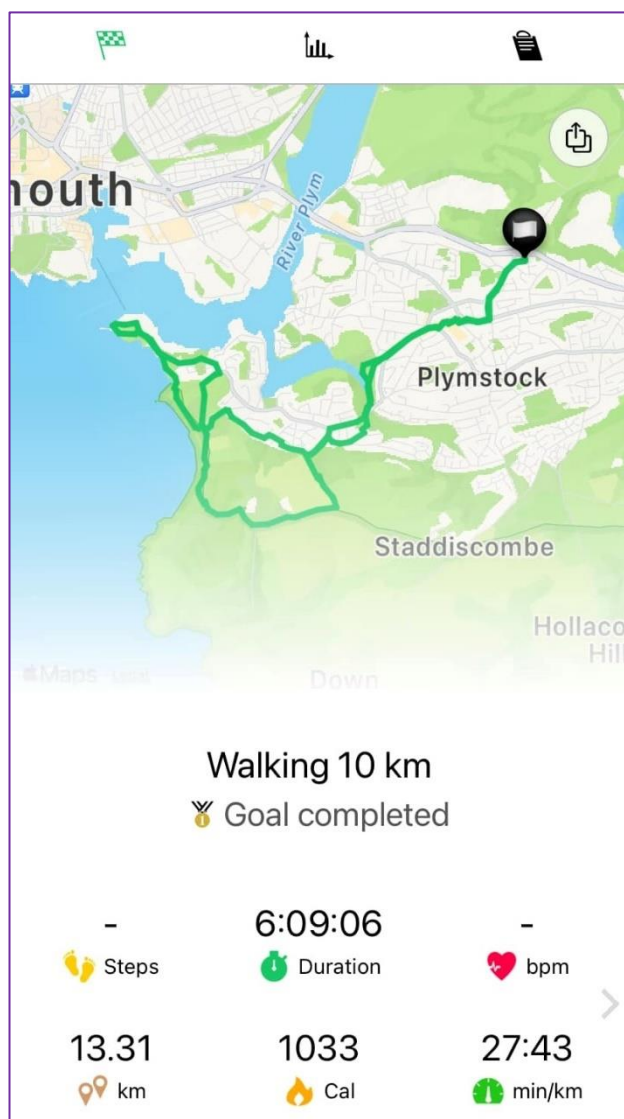
**10.30  
till  
NOON**

**270 Plymouth Rd,  
Plymouth PL6 8ET**

**(Costa near Wren Kitchens and Sofology)**

## LOCAL MY WALK IT FUNDRAISERS 2024

Firstly a big shout out to *Jane Full and husband, Steve, (right) who raised £120!* Their walk took in Radford Lake, Jennycliff, where they stopped for refreshments after completing 4km, Mountbatten Pier, and Staddiscombe. By the finish, they'd actually *walked over 13km*, smashing their target of 10km!



Jane was previously a volunteer for the Local Network along with her daughter, Gemma. *The family has a long history of Inflammatory Bowel Disease* - Jane has had Ulcerative Colitis since she was just a toddler and her youngest daughter, Emily, was also diagnosed with UC at a similar age. Gemma thought she had escaped the disease but sadly was diagnosed with Crohn's just over 2 years ago.

Jane and Gemma have had to step down from full-time volunteering for a while due to family commitments but they still take an active part in some of our local events. *As well as doing My WALK IT, they also organise regular Coffee Mornings at Costa (near Wren Kitchens).* You can find details about the next one on Page 6.

**If you're raising money locally for Crohn's & Colitis UK please get in touch with us so we can promote and support your event at**

**[ecwd@networks.crohnsandcolitis.org.uk](mailto:ecwd@networks.crohnsandcolitis.org.uk)**

**or message us on our [Facebook page](#)**

## LOCAL MY WALK IT FUNDRAISERS 2024

Another participant this year was **Gwennie Froment (below right)** who walked an impressive **22.2km** which she completed in stages (it's fine to do your walk a bit at a time). Gwennie **raised an amazing £255** and, as she's **"not a great walker"** and she's also over 70 years of age, she was rightly very proud of her achievement. We're very proud of her too!

Of course, it's not the first time Gwennie has raised money for the charity. Last year Gwennie held a **Cake & A Cuppa event and raised £230** and she also has a charity collection pot at the hall where she holds her Zumba classes.

Yes, you heard that right, Gwennie teaches Zumba three times a week! She describes it as her lifeline - **"it lifts my spirit, helps keep me fit and happy"**. If you'd like to join Gwennie's classes please contact her direct on <mailto:dith1952@gmail.com> or via her Facebook page (Gwennie's Zumba & Gold) <https://www.facebook.com/groups/555889862903409/>

Finally a big thank you to **Shas Chilcott and Christina James who raised £365 walking 11.5km**. Shas is a volunteer for the Local Network and has been involved in WALK IT and My WALK IT since the start and Christina is one of her best friends.

Their route took the pair from **West Hoe to Royal William Yard and then all around the Hoe and the Barbican**, stopping for refreshments at several venues along the way.



Nearly 2,000 walkers across the UK signed up for My WALK IT this year and, as at mid July, **more than £208,000** has been raised! What a huge total! Massive thanks go, of course, to all those who took part but also to everyone who supported or sponsored a walker.

**£208,268**  
Raised



## COFFEE AT KAREN'S

We're delighted to be able to offer a second venue for a Coffee Morning in August - this time at the lovely **Karen's in Tavistock** on Saturday 24<sup>th</sup>.

We've been there lots of times for Dickensian Evening but this is the **first time we've held a Coffee Morning in Tavistock** so we hope to see lots of you there!



## COFFEE MORNING

**Karen's  
42 Brook St  
PL19 0HE**



*Licensed Restaurant & Takeaway*

**SATURDAY  
24th AUGUST  
10.30am till Noon**



## FESTIVALS

**grown from the land around us**

for you to be there all day (unless you'd like to of course 😊). **If you could spare just an hour that would be really helpful.** You don't need to know anything about the charity as at least one of the usual volunteers will be there with you.

Please **DM us on Facebook** or **email us** if you can help.

## VOLUNTEERS NEEDED just for an hour or so

Are you free on **Sunday 15<sup>th</sup> September**? We're **looking for volunteers to help out on our stand at the Riverford (Totnes) eat: Festival at the Steam Quay?** We will be there from about 8.30am until about 4.30pm but we're not asking

## FOLLOW US ON SOCIAL MEDIA



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**[CrohnsColitisECWD](https://twitter.com/CrohnsColitisECWD)**

## SIGN UP NOW FOR THE SUMMER 6 CHALLENGE

Looking for something to keep the kids occupied during the summer holidays? Have you heard about the Summer 6 Challenge? It's brand new and to take part *you and your children must undertake 6 activities throughout the 6 weeks of the summer holidays*. These challenges can be physical, arts and crafts, helping the community, or a mixture of these and other ideas. You choose! And it's *completely free*!



To join, fill in the form at [Sign up for Summer 6 Challenge 2024 \(socialsync.app\)](https://socialsync.app) (you only need to complete it once for the whole family). You'll receive your *free t-shirt* (up to 3 per family) once you receive your first donation on your fundraising page. Do an activity each week for the 6 weeks of the summer holidays between 22nd July and 2nd September and *if you raise at least £60 you'll receive a fundraising superstar badge*.

What a fantastic way to help fill those long summer days while raising awareness and fundraising to make a difference in the lives of those living with and affected by Crohn's and Colitis!

## IBD NURSE CONTACTS

AT DERRIFORD

TEL: 01752 439224

EMAIL: [plh-tr.ibd-advice@nhs.net](mailto:plh-tr.ibd-advice@nhs.net)



## CONTACT US

### EAST CORNWALL & WEST DEVON NETWORK

Leads: Shas Chilcott and Dani Brown

☎ 0300 222 5700 (via Helpline Service)



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



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



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### CONTACT FOR LOCAL IBD NURSES

Derriford Hospital, Plymouth

☎ 01752 439224 ✉ [plh-tr.ibd-advice@nhs.net](mailto:plh-tr.ibd-advice@nhs.net)

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### HEAD OFFICE CONTACTS

1 Bishop Square, Hatfield, AL10 9NE

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

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

HELPLINES ☎ 0300 222 5700

Mon-Fri & 9am-5pm (except English bank holidays).

Answer phone service outside these hours.

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*If you have received this newsletter by post and would be happy to receive future editions by email please send 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 or Colitis.*

## R.I.P. BABS



We were saddened to hear that *charity fundraiser extraordinaire, Babs Cole, passed away recently at the age of 101.*

Babs' *last garden party, in 2016*, was in aid of Crohn's & Colitis UK and *raised over £1,000*. Despite being 93 years old at the time she made the event a huge success, chatting to everyone whilst plying them with tea and scones. She will be missed.

Below: Babs at the garden party with friends David Bailey and Nicky Staddon and volunteers Trudy, Shas and Dani.



*The East Cornwall & West Devon Network has made every reasonable effort to ensure the content of this newsletter is accurate but accepts no responsibility for any errors or omission.*

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