

Dorset and West Hampshire Local Network



IN THIS ISSUE

IBD awareness stand	2
Firework display	3
Contact details	4

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



The 7th annual Crohn's & Colitis UK Dorset & West Hampshire Local Network's sponsored walk took place on 21st September 2024.

An amazing 41 people attended on the day. The weather was on our side again, despite the dismal forecast.

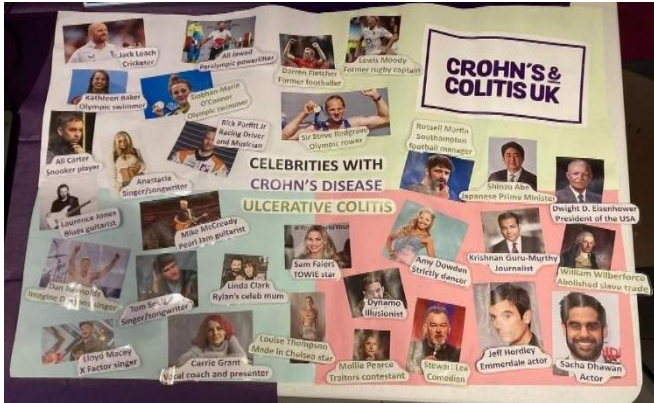
An incredible £1700 was raised for the benefit of people in the local area with Crohn's or Colitis.

Thank you to everyone who attended to help man the stand, complete the walk and to everyone who donated. Also special thanks again goes to The Cliffhanger Restaurant for providing hot beverages and flapjacks to the walkers on their return from the

DID YOU KNOW...

Crohn's & Colitis UK's Dorset & West Hampshire Local Network has its own webpage, for all the latest news, coffee morning dates, newsletters and more info, see link below.

www.crohnsandcolitis.org.uk/dorset



Did you know so many celebrities had Crohn's or Colitis?

The UHS IBD team created this information board for IBD awareness week between 1 - 7th December 2024.

IBD Awareness Stand at University Hospitals Southampton (UHS)

To celebrate IBD awareness week, on the 3rd December Crohn's & Colitis UK's Dorset & West Hampshire Local Network jointly hosted an awareness stand with the IBD team in the atrium of UHS.

We had a lot of enquiries on the day from the general public but also from other members of UHS staff who had friends or relatives with IBD.



MEDICINE TOOL

Only 50% of newly diagnosed patients said they had been given enough information to understand treatment options available and make an informed choice.

So, together with healthcare professionals and people living with Crohn's or Colitis, Crohn's & Colitis UK have created a new Medicine Tool.

Try it today! Click here: <https://ow.ly/TZcC50QWA0p>



Avonwood Primary School Firework Display



Crohn's & Colitis UK's Dorset & West Hampshire Local Network were kindly asked to attend Avonwood school in Bournemouth, for their annual firework display. Peter took Cupcake and our gazebo along.

Louis the 11 year old head boy who has family members with IBD, nominated us as the school's charity for the year.

The organisation for their event was excellent, they had a veritable village of concession stalls and all the attendant infrastructure plus the management of access and exit was very impressive, all due credit to the staff and PTA.

The amount raised on the night was just under £100.

SAVE THE DATE !

On the 29th March 2025 University Hospital Southampton are holding their IBD information day between 10am - 3pm at the hospital.

The new CEO of Crohn's & Colitis UK will be present on the day too.

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.

YUYU Bottles

Get 15% off any YUYU bottle using the discount code: CROHNSCOLITISUK15

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

www.yuyubottle.com

Benefits to being a member of Crohn's & Colitis UK:

- Can't Wait card
- Radar key
- Connect magazine
- Join a community
- Supporting research
- Updates about virtual events
- Updates about Dorset and West Hampshire events

DATES FOR YOUR DIARY

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.

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

Website: 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

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

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*