

## East Cornwall & West Devon Network

# TUGBOATS AND DOLPHINS' AMAZING CHARITY CHALLENGES



When *Lauren Sigrist* contacted us to say she was raising funds for our charity we were delighted. Then we learnt there was a whole group of them and they were *undertaking some amazing challenges!* Here's their story in Lauren's own words.

"We are raising money for Crohn's & Colitis UK through *the 24 Peaks in the Lake District and the Welsh 3000's*. Both of the challenges separately need to be completed within 24 hours.

We decided to choose this charity as a few people in our friendship have been diagnosed with the condition or know someone who has it. *Our group is called the Tugboats and Dolphins and we are a well-rounded group of crazy individuals, who love to raise money through extreme challenges.*



We have held two pub quizzes (at the Artillery Arms and at Fuel), we completed the 24 Peaks over the Easter weekend, and we're due to complete the Welsh 3000s over the later May bank holiday. *We have currently raised over £2000 but we're still looking for more!* The link is below if people wish to donate and we

also have an Instagram page called *@tugboatsanddolphins.*"

To support this fabulous group through a donation, please go to [Fundraiser by Lauren Sigrist : 24 Peaks in 24 Hours & Welsh 3000s \(gofundme.com\)](https://www.gofundme.com/c/fundraiser-by-lauren-sigrist-24-peaks-in-24-hours-welsh-3000s).

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## ST BARTHOLOMEW'S MASONIC LODGE DONATION

What a lovely surprise it was to receive a *cheque for £1,000* through the post - it cheered us up no end during this interminable rainy weather! This wonderful *donation was made by St Bartholomew's Masonic Lodge 6378* following a nomination late last year by Nick Baker.

*Nick and Marie Baker (pictured right)* are long-time supporters of Crohn's & Colitis UK after their son, *Tom, was diagnosed with Crohn's Disease when he was only 8 years old*. They have regularly supported events such as WALK IT and our occasional glitzy balls, and they've also done their own fundraising, including when *Marie organised a Crazy for Crohn's event at her school* back in 2017, raising £650!

Huge thanks to Nick and Marie as well as to St Bartholomew's Masonic Lodge.



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](#)

## MAY FAIR SATURDAY 11<sup>th</sup> MAY



For the third year running we're pleased to announce that we're having a stall at the *May Fair at Harewood House in Plympton*. We'll be selling a variety of items including cute hand-knitted toys and delicate beautifully hand-painted eggs. There will be lots of other stalls, both inside the hall and out, so it's well worth a visit and it's free entry.

Last year we had fabulous weather and *we raised over £120* - we're hoping to do even better this year, both with the fundraising and the weather!

As well as raising funds we're more than *happy to chat to anyone affected by Crohn's Disease or Ulcerative Colitis*, so please come along and say hello.

## ANDREW'S 300km CYCLE CHALLENGE



*Andrew Burgess* is taking on a massive challenge during April to *cycle 300km for Crohn's & Colitis UK's RIDE IT Facebook Fundraiser!* For RIDE IT, people can cycle from home or the gym or they can go out on the road. The aim is to *complete 10km a day for the 30 days of April or 300km in total.* Andrew is doing his out on the road as a couple of us can testify, having overtaken him on the way to Tavistock a couple of weeks ago.

*Diagnosed with Crohn's in 2008,* Andrew was eventually put on Humira (adalimumab) to keep it

under control. He remained on that drug for 9 years but further problems resulted in him undergoing a *resection in December 2023* to remove the damaged area. Having had to wait 2 years for his resection, Andrew didn't want to postpone it but it did interfere with his cycle training, keeping him off his bike for 8 weeks afterwards!

Andrew's target of £150 has already been smashed but wouldn't it be great to get him to £300, i.e. £1 for every kilometre? You can help by sponsoring him on his [Facebook fundraising page](#).



### FOLLOW US ON SOCIAL MEDIA



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

## FUN AT EAT:TAVISTOCK

What a fun time we had at *eat:Tavistock* on Sunday 21<sup>st</sup> April! We'd never been to an eat:Festivals event before but we're glad we did. It was well organised by Bev and Sarah and *we hardly stopped laughing all day!*

To qualify as a charity stall and therefore get our pitch for free, *we decided to focus on a few fun poo-related games* ... and what a success they were! We had the traditional *Knock Over the Loo Rolls* which ensured we kept fit bending to pick them up. Then there was *Fish for Floaters*, a game where people try to fish a 'poo' out of a tub of water.

But the star of the show was *Shoot the Poop* (below) which everyone loved ... especially the *two friendly toadstools (pictured right) who returned over and over again to try to get one of those little 'poo's in the pan!* Their antics



drew quite a crowd and ensured we had plenty of visitors throughout the day. We're grateful to everyone who stopped to play, chat or just say hello.

*Huge thanks to Julie Taylor* who came along late morning to allow Margaret and Shas to get some lunch and ended up staying for the rest of the day! And a *special mention to Maisie, daughter of volunteer Lindsay, who chose the Shoot the Poop game.*



<https://www.eatfestivals.org/>



## MY WALK IT BACK FOR 2024

*My WALK IT is back for its fifth year* so get those trainers ready and prepare to take on the challenge this June! You can choose your distance - *5km, 10km, half marathon or full marathon* - *and then go for it all in one go or spread it over the month*. Walk with friends or on your own - the choice is yours.

*It's completely free to enter and you'll receive a free t-shirt* for your walk. Although it's about awareness as much as fundraising, a JustGiving page will be set up for you automatically when you sign up and, *if you raise £75 by 12th July, you'll receive a My WALK IT medal!*

So, what are you waiting for? [Sign up today](#) and join thousands of others walking this June for improved lives today and a world free from Crohn's and Colitis tomorrow!

**WALK IT BACK**  
#MyWALKIT!

**is BACK!**

Take on a 5km, 10km,  
half marathon or marathon

**CROHN'S &  
COLITIS UK**

**Sign up now**

## CONTACT US

### EAST CORNWALL & WEST DEVON NETWORK

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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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HELPLINES ☎ 0300 222 5700

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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.*

## STARS SPREAD WORD RE: IBD

As a charity, we constantly strive to raise awareness, but when celebrities tell their stories it often spreads the word to a much wider audience.

*Jack Fitzwater is a defender for Exeter City football club and, in February, he explained how he'd hidden his symptoms from everyone due to his embarrassment. Check out the full story on the [BBC Sport page](#).*



Earlier this month *Louise Thompson of Made In Chelsea fame* reported that she's now got a stoma bag. Louise was diagnosed with Colitis in 2018 and has spoken about her condition before. Read all about it on the [BBC website](#).



*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.*

*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.*