



WELCOME TO THE LEICESTERSHIRE & RUTLAND NETWORK

2024 has been a fun year so far and we're still not done!

Our volunteers have been hard at work hosting fundraising events, awareness stalls, and helping local communities spread the word about Crohn's & Colitis UK.

We have also had huge support from local fundraisers helping to raise money for Crohn's & Colitis UK. This money goes to help those locally affected by Crohn's and Colitis as well as supporting the local IBD Team.

We hope to see you at our up-coming Fun Quiz - this is the first Quiz we've hosted in some time and we're very excited about it. See inside for more details.

If you can't make any of our "in person" events then make sure you check out our Virtual Social Events. See the Diary Dates page for more information on these free, friendly online social meet ups.

Please share this newsletter and our events with your friends and family. Help us spread awareness throughout our local communities.

Ben Rutter, Lead Volunteer

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FUN QUIZ

**Teams of up to 5, solo quizzers will be grouped.
£5 per person. Food & Drink available.**



**Fri 18th October
Doors open 6:30pm
Quiz starts 7:30pm
10pm Finish
The Olde Royal Oak
Bitteswell
Lutterworth**

**Prizes for the Winning Team!
Prizes for the Losing Team!**

**Register your place: ccuk-lr-quiz.eventbrite.co.uk
or via www.crohnsandcolitis.org.uk/lr**

Registered Charity No. (1117148) England and Wales and (SC038632) Scotland

BLUEBELL WALK OR RIDE AT RUTLAND WATER 2024

What a fantastic day of fundraising we had back in May at our 34th annual Bike Ride or Walk.

We had a great turn out with loads of you joining us at Whitwell, Rutland Water.

As usual we offered a relaxed walk of 2 miles, with our first ever treasure hunt, right up to a 9 miler taking in the glorious Normanton Church. For the adventurous we had the more challenging 17 or 25 mile bike ride around the full perimeter.



It was incredible to be hosting our 34th event. The sun shone and all of our fantastic volunteers put in lots of effort to get the site set up and all of the participants signed in and on their way.

Daisy Jane's Face Painting ensured everyone was looking fabulous and ASDA ensured we were all watered - so a huge thanks to them. We couldn't host these events without Rutland Medical Solutions and Raynet who between them made sure we had a safe, well communicated event.



Split between the 4 host Networks of Leicestershire & Rutland, Northamptonshire, Nottinghamshire and Lincolnshire we raised a total in excess of £6000!

This money will go towards supporting those affected by Crohn's and Colitis in our local areas.

We have already booked the space for next year and we hope to see you

there, raising even more money and making it the biggest Bluebell Walk or Ride in our history.

Look out for more details to follow and pencil in Sunday 4th May 2025.

A handful of photos have been shared in this newsletter - to see all the others we took on the day please visit our Facebook page: www.facebook.com/CrohnsColitisUKLR

If you would like us to remove your photo from the online album, please email us.



Crohn's & Colitis UK Leicestershire & Rutland



I LOVE YOU MAN

On the day after the Bluebell Walk we were invited over to Caffeine & Machine, The Hill to raise awareness for Crohn's & Colitis UK during one of their regular "I Love You Man" events.

"'I Love You, Man' is an un-recorded, no holds barred conversation about life, careers, ups, downs, struggle, and achievement. It is meant to be a safe haven for people to hear the stories of others that may resonate with whatever is happening in their own lives to remind them that

they're not alone. Someone's story could be someone else's inspiration, and that's really important. A shared passion and sense of community should never be underestimated. 'Everybody is somebody's everything' "



This particular event was hosting AutoAlex, an automotive YouTuber and podcaster. Alex chose Crohn's & Colitis UK to donate the ticket profits to as well as agreeing to match whatever was raised on the night.

In total the event raised a whopping **£2000!**

Alex Kersten (@autoalex) chose Crohn's & Colitis UK as it is a charity and topic close to his heart. His mum has lived with Crohn's Disease for all of his life and he's seen her struggles to find remission.

Our volunteer, Ben, headed over and made a Crohn's & Colitis UK awareness stand out of his car and had a good chat to many of the patrons, sharing publications as well as guiding people towards the right information at

crohnsandcolitis.org.uk. If you like good coffee, lovely food and

maybe enjoy the motoring world then head over to Caffeine & Machine yourself sometime.

Crohn's & Colitis UK Leicestershire & Rutland

FREEMASON DOUBLE DONATION

Leicestershire and Rutland Freemasons Charity chose Crohn's & Colitis UK Leicestershire & Rutland Network as their charity of choice for their recent fundraising.

John Gale reached out to us to let us know about the local fundraising and our Network being chosen as the recipient. He attended our Bluebell Walk with his family, two sons, their partners and two



young grandchildren for a Cheque presentation. John and family presented us with a cheque for **£1000**.

At the same time the Leicestershire and Rutland Freemasons Charity let us know that another one of their lodges (Grace Dieu, Coalville) had also chosen the Leicestershire & Rutland Crohn's & Colitis UK Network to donate to. Mark Cartwright and his wife, Trina were representing their local lodge and came to the Bluebell Walk for a Cheque presentation too! Mark and Nic presented us with a cheque for **£1250**.

Thank you to Nik Merritt for putting all of this together and organising the meet up at Rutland Water.



L' BORO OPEN GARDENS & A COFFEE MORNING

Loughborough Baptist Church run a series of Open Garden events every Summer.

Each event takes place in a different garden hosted by the owners for their favourite charity. Graham and Jane North of Loughborough served hot dogs and strawberries at their event in August and raised **£135** for Crohn's & Colitis UK.

As well as opening their garden up, Graham and Jane also chose Crohn's & Colitis UK to be their chosen charity for their Church's regular Coffee Morning. This also raised an incredible **£277**.

Keep up the fantastic work!





SHREE PRAJAPATI ASSOCIATION LEICESTER

SPAL is a non-profit organisation with the aim to improve the quality of life of the local community and promote cultural, social, religious and sporting activities.

SPAL have made Crohn's & Colitis UK their charity of choice for 2024.

They will be hosting numerous fundraising activities throughout the year, collecting money with the intention to give Crohn's & Colitis UK a cheque at the end of the year.

Kusum from SPAL said "I would like to thank you on behalf of the Shree Prajapati Samaj Leicester for coming and giving an informative and useful talk on Crohn's and Colitis. The feedback was very positive, members found the session very useful, and many members are now able to freely talk about their own or family experience of

the disease."

Helen, our local Network Volunteer, attended the event and had a great time, even though she was unable to eat much of the food available due to a flare up. She handed out a lot of Sunflower Lanyards and RADAR Keys, all of which we will have limited numbers of at any event we attend, all available for a small donation.

Check out their website or social media pages to find out more about up-coming events in aid of Crohn's & Colitis UK. www.shreeprajapati.org.uk



GLEN PARVA GALA

Glen Parva Gala returned after being canceled due to bad weather in 2023.

Ben, his wife Suzi, Helen and her Husband Andrew hosted an awareness stall at the local Gala.

These fun, local events are a great way for us to meet local people living with Crohn's Disease or Ulcerative Colitis.

We spoke to a few people and signposted them towards the help they needed.


Sometimes all they need is an ear to listen and we're always happy to provide this.


We love these type of events, so if you know of one local to you, let us know and we'll see if we can attend.

CAKE & A CUPPA

Will you bake and brew for the 500,000 people living with Crohn's or Colitis in the UK?

 Host your own Cake & a Cuppa event between 7 - 21 October

 At work with colleagues, at uni with friends, at home with your chosen brew crew

 Share stories over a cuppa for misunderstood and invisible Crohn's or Colitis conditions

Sign up today!

www.crohnsandcolitis.org.uk/get-involved/fundraise/cake-a-cuppa-7-21-october



DATES FOR YOUR DIARY

FUN QUIZ!

Date/time: Fri 18th Oct 6:30pm doors open, 7:30pm Start.
Venue: The Olde Royal Oak, Lutterworth, LE17 4SA

We are hosting a general knowledge quiz. Many rounds with various subjects throughout the night.

Prizes for the winning team and a "prize" for the losing team.

The bar will be open for you to buy drinks and bar snacks as well as hot food available to purchase until 8pm on the evening. There will be a raffle with your chance to win some great prizes. Raffle Strips will be available to purchase throughout the evening.

We need each person to register with a ticket (Details below). Teams will be a maximum of 5 people. Payment will be taken on the night and will be £5 per person (You are welcome to donate more if you want to on the evening). Unfortunately we may not be able to admit entry if you have not pre-registered with a ticket, so please do not just turn up on the evening without checking with us. This is a fundraising fun quiz, so all money raised on the evening will go to supporting those affected by Crohn's & Colitis locally in Leicestershire & Rutland.

If you have any unwanted/unused gifts in their original packaging that you think would make great raffle prizes for this event or other local events, please bring them along.

This is an over 18s event. Please register everyone who is coming along.

To keep things fair, we are looking for teams of 5 people. If your group is greater than this, you will be split into separate teams so bear this in mind when you're working out the various skills of each member.

We very much welcome solo registers - we will group you with other solo participants to create teams. Don't be shy! Parking is free and plentiful. The quiz will be finished and prizes handed out by 10pm.

Register your place: ccuk-1r-quiz.eventbrite.co.uk

or via www.crohnsandcolitis.org.uk/1r

CROHN'S & COLITIS UK

FUN QUIZ

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2X COFFEE SHOP SOCIALS

Date/time: Friday 8th Nov 4pm-6pm

Date/time: Friday 13th Dec 4pm-6pm

Venue: Jennos Coffee House, Everards Meadows, Cooper Way, Leicester, LE19 2AN

We return back to one of our favourite coffee houses in November & December.

Coffee Shop Socials are open to all and are a safe space to talk to others affected by Crohn's and Colitis.

CROHN'S & COLITIS UK

COFFEE SHOP SOCIAL



Join us for our next social event



EDUCATIONAL MEETING

Date/time: TBC, 1pm-4pm

Venue: TBC

We bring along an expert from the world of Inflammatory Bowel Disease to deliver a short talk.

The Educational Events are free to attend and we welcome friends and family too. If you intend on bringing someone under 18 be aware sometimes the topics may stray into areas that may be sensitive.

Make sure you come along to our next one. The dates & venues are yet to be confirmed. Please look out for more details on our website:

www.crohnsandcolitis.org.uk/1r

VIRTUAL SOCIAL EVENTS

Date/time:

Throughout the year

Venue: Online - Zoom

Talk to others affected

by Crohn's and Colitis or join one of our parent and carer events for those whose children are affected by Crohn's or Colitis. You can join in on any of the events. They are friendly and for people aged 18+. They are free to attend but require you to sign up via our website.

www.crohnsandcolitis.org.uk/vse



BLUEBELL WALK OR RIDE AT RUTLAND WATER 2025

Date/time: Sunday 4th May 10am-4pm

Venue: Rutland Water, 2 Bull Brig Lane, Whitwell, Oakham, LE15 8BL

We will be returning to Rutland Water for our Annual Fundraising Event and in 2025 we need to make it bigger and better than ever!

So put the date in your diary and keep your eyes peeled for more information on our website and social media. We'll need participants to fundraise and take on the challenges, and volunteers to help host the event. See you shore side soon....

FALLING FROM THE SKY

We had a request from Crohn's & Colitis UK to head over to a Peterborough Skydive day to snap some pictures.

Rebecca, Amber, Amanda, Susan, Jed & Zoe all jumped from 13000 feet to raise money for Crohn's & Colitis UK.

If you want to do something similar, head to the website: crohnsandcolitis.org.uk/get-involved/fundraise

Thank you to Sophie for volunteering to head over with her camera.




RUN 60 CHALLENGE

Crohn's & Colitis UK are excited to continue the virtual Run 60 Challenge - taking place throughout September.


Take on 60 miles across the month, in one week or run 2 miles every day, the choice is yours.


About the challenge:

 17 1st September - 30th September.

 Run, jog or power walk 60 miles across the month

 Take on your 60 miles in any location you like

 Receive a FREE running t-shirt once you register.

 Raise as much as you can and secure some fab incentives along the way!

 Join the Facebook group to be part of the online RUN 60 challenge community

RUN 60

For a world free from Crohn's and Colitis

For more Info: crohnsandcolitis.org.uk/challenges/run-60-miles-in-september-challenge

CONTACT US

LEICESTERSHIRE & RUTLAND NETWORK

Lead Volunteer: Ben Rutter

Finance Volunteer: Helen Swift

Telephone: 0300 222 5700

Website: www.crohnsandcolitis.org.uk/lr

Email: lr@networks.crohnsandcolitis.org.uk

Facebook: [@CrohnsColitisukLR](https://www.facebook.com/CrohnsColitisukLR)

X: [@CrohnsColitisLR](https://twitter.com/CrohnsColitisLR)

Instagram: [CrohnsColitisUK_LR](https://www.instagram.com/CrohnsColitisUK_LR)

Crohn's & Colitis UK

1 Bishops Square, Hatfield Business Park, AL10 9NE

enquiries@crohnsandcolitis.org.uk

www.crohnsandcolitis.org.uk

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

Mon-Fri - 9 am to 5 pm

Email: helpline@crohnsandcolitis.org.uk

Crohn's & Colitis UK Helpline: visit

www.crohnsandcolitis.org.uk/helpline

Please contact us via email or tel. 9am to 5pm, Monday to Friday (except English bank holidays).

We aim to respond to 80% of emails within three working days, and 95% within five working days. You may receive a response more quickly if you contact us via social media.

NEW NETWORK VOLUNTEER

My name is Emma and I'm a new volunteer within our local Crohn's & Colitis UK Network.

I have such a passion for helping and supporting others that are on their own personal journey with inflammatory bowel disease.



One of the main reasons for me wanting to join the Organising Team was that I myself was diagnosed with Crohn's Disease over 20 years ago as a teenager.

It was a scary time and I definitely didn't have the support and knowledge I do now, especially from networks such as Crohn's & Colitis UK who I'll be forever grateful to.

I've been in and out of hospital since diagnosis including numerous operations and medications. In February this year I went through major life changing surgery of an ileostomy (stoma) and it's been a rollercoaster physically and emotionally.

I've always wanted to care and support others even from an early age. For this reason I went into Paediatric (child) nursing. Now I am a clinical nurse specialist, and I look after all children and young people with inflammatory bowel disease. I've been doing this job for 4 years now, it is my dream job and I love every moment.

I feel so lucky to meet so many amazing patients and families. My passion is to educate, help and support others throughout their journey. I look forward to meeting you all at our local events.

If you would like to Volunteer with our Network please head to:

crohnsandcolitis.org.uk/get-involved/volunteer

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 charity valuable funds which can be used to benefit all those affected by Crohn's Disease or Colitis.

The Leicestershire & Rutland 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.

GET INVOLVED IN THE NEWSLETTER

We are always looking for interesting, local stories to add to our next newsletter.

If you know of anything, no matter how big or small, that might be worth sharing, please get in touch.