



LINCOLNSHIRE CENTRAL NETWORK



**WISHING YOU ALL A
MERRY CHRISTMAS & A
HAPPY & HEALTHY
NEW YEAR** 🧊

What a year 2019 has been. We've increased our presence around Lincolnshire, established a large friendly group at our Starbucks meet ups and we have very proudly raised **FOUR TIMES** the fundraising we achieved in 2018. Thank you to each and every one of you who joins us at our events, helps to raise awareness of these conditions and generously donates to help our Lincolnshire community grow and thrive 🧑🏻

🎁 PRESENT AMNESTY 🎁

Everyone, at some point, has received an unwanted gift... If this happens this Christmas, we can give these unwanted gifts a home without you feeling any shame or guilt for passing it on!

Bring any unwanted gifts to any of our events in 2020 and we will gladly raffle/tombola them to help raise vital funds for everyone in Lincolnshire.

NETWORK ROLES 🧑🏻

We're pleased to officially announce the Lincolnshire Network Organising Team roles for 2019/2020 following our September AGM;

👑 **Lead Volunteer:** Sharon Williams (Jenna Hylton stands down)

💰 **Finance Volunteer:** Andrew Everard

🌟 **Awareness Volunteers** (with a range of specialist roles): Mellissa, Ivan, Sue, Jenna, Carol, Bev, Becky, Ben & Sophie.

You're welcome to volunteer at our events on an ad-hoc basis or join our Organising Team, [contact us](#) for details!



CAR BOOT SALE

With thanks to Sleaford Town Council, on 1st September we hosted a really successful awareness stand in Eastgate Car Park. Thank you to everyone that stopped by, including a little visit from BBC Radio Lincolnshire where our very own Sharon closely guarded the clue for the Pirate Gold Treasure Hunt! We raised a whopping **£212** and hope to be back next year! 🚗

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TRAINING DAY

Sharon, Ivan & Mellissa attended the annual Crohn's & Colitis training event in October. We had a jam-packed day studying the following topics;

- 💜 Generating ideas & delegation
- 💜 Recruitment & retention
- 💜 Engaging the Community
- 💜 Mental Health Concerns

This was an ideal opportunity to network with Leicester & Rutland and Nottinghamshire Networks to discuss ideas for the future ... Exciting collaborations are coming in 2020!

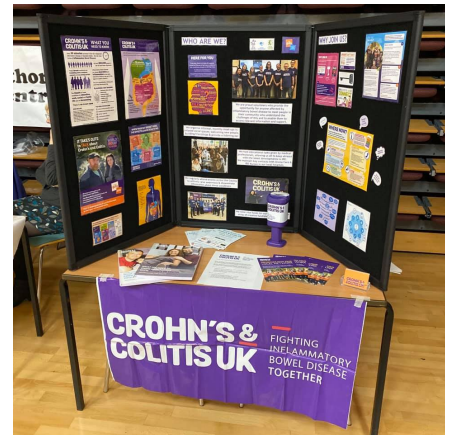


VOLUNTEERING FAIR - BISHOP GROSSETESTE UNIVERSITY



Ivan and Mellissa showcased just what opportunities volunteering can offer at Bishop Grosseteste's Volunteering Fair (16th October). The pair were eager and enthusiastic when greeting students and successfully signed a few to join our super team on an ad-hoc basis. If you're interested in becoming a volunteer please check out the 'Volunteer Enquiry Form' link at the bottom right of this page.

We'd love you to join our family.



80'S CHARITY NIGHT

On the 12th October, Brant Road Social Club hosted a fabulous 80s Charity event. There was music from Laura Jones, a raffle, auction and even a whisky roll 🥃

Jenna attended a cheque presentation in November where we were overwhelmed to learn Linda Watts and her team had raised a staggering **£756.25 !!!**

Every single penny of this fundraising will stay within Lincolnshire to help people in our local community.

Thank you from the bottom of our hearts.

To stay posted with all of the exciting events Brant Road Social Club offer, follow them on Facebook: <https://www.facebook.com/Brant-Road-Social-Club-614240005256356/>



YOUR LOCAL NETWORK

We are a team of volunteers that raise awareness in our local communities by hosting educational, information, social and fundraising events. We want to reach more people affected by Inflammatory Bowel Disease as well as help the general public to better understand the conditions. Each area network has three main volunteer roles: Lead Volunteer, Finance Volunteer and Awareness Volunteers as well as Local Network Event volunteers who support events on an 'ad hoc' basis if you have less time to offer.


If you are interested in volunteering with us, please get in touch via the link below or via our social media pages with any questions about how you can help. You don't need a lot of time at all and it will make such a difference to those affected by IBD.

CLICK HERE to complete the Volunteer Enquiry Form to find out more!



THANK YOU!

A very special **THANK YOU** to Betty Rose of Lincoln for her incredibly kind donation of £100. Each year Betty generously selects one charity to donate to and this year she selected Lincolnshire Crohn's & Colitis. Betty's grandson, Marc Wakefield, has been diagnosed with Crohn's Disease for 6 years.

Thank you so much for your generosity Betty 

CROHN'S & COLITIS AWARENESS WEEK



We had so much fun this year at Grantham Town FC (The Gingerbreads!), Lincoln County Hospital & Boston Pilgrim Hospital with our awareness stands! Did you spot us and our purple parade?



Our absolutely FABULOUS IBD nurses joined in the celebrations too. We cannot thank you all enough for your continued dedication to our group and for always striving for the best medical care for the patients of Lincolnshire. Thank you to everyone who helped us to raise a total of £79 at these events.



It takes guts to talk about these conditions but we want to continue to raise awareness to achieve a better quality of life for those affected by the conditions, improve services and ultimately - find a cure.



We'd love to see how you helped raise awareness this year. Please send your photos to us (contact details on page 5) and we can share them on our social media.

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[Find out more](#)



SHOP ONLINE? Did you know you can get free funds for us?

All you need to do is go to your shopping website via the easyfundraising website or app... it really is that simple. So far, our supporters have raised a fantastic £177 for Lincolnshire. there are over 4,000 retailers signed up to donate. Just shop as usual, the retailer makes a donation based on a percentage of your shopping cost and the best thing of all... it costs you absolutely nothing! Perfect timing for Christmas Shopping!

view this short [video](#) to find out more about how it all works.




NEW FOR 2020... CROHN'S & COLITIS UK EDUCATION PROGRAMME


THE CROHN'S & COLITIS EDUCATION PROGRAMME IS LAUNCHING IN JANUARY!

We are thrilled that in 2020 we will be hosting a series of five educational events, covering a range of topics related to Inflammatory Bowel Disease. This means that even more of you can now hear from experts about a range of topics related to Crohn's Disease and Ulcerative Colitis.

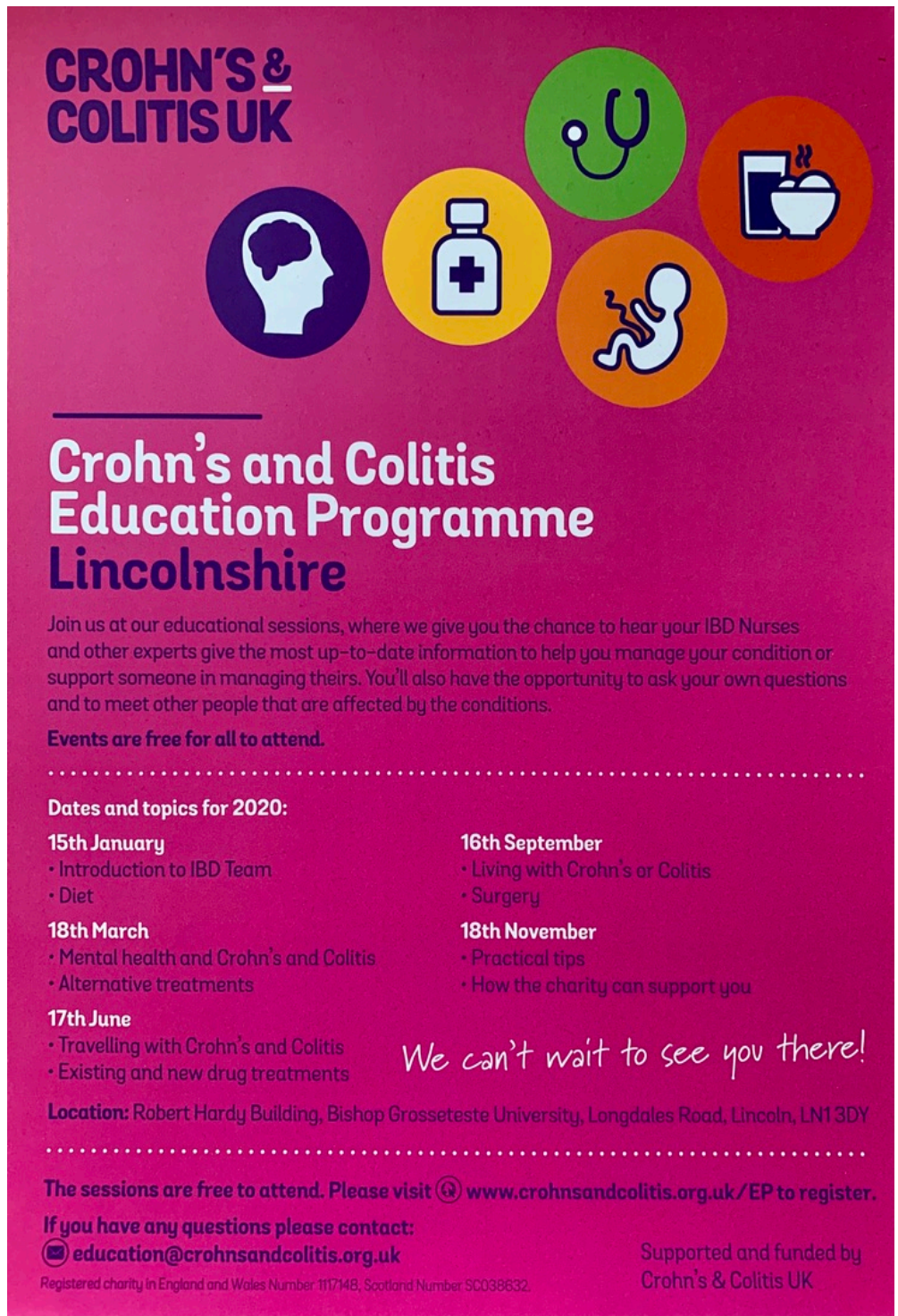
Thank you to everyone who voted in our 'topic poll' on Facebook earlier in the year. The programme has been carefully designed in conjunction with Head Office, our wonderful IBD gastro team at Lincoln County Hospital and the needs of the Lincolnshire Community.

Please join us for our opening session on **Wednesday 15th January**, 18:00-20:00. This session will cover;

-  An introduction to the IBD Team
-  Diet & Nutrition
-  Q&A with Caroline Hayhurst (IBD Nurse Specialist) & Dr Norman (Gastro Specialist)

Our events are suitable for everyone, whether you want to learn more about your condition, or want to help support someone else in managing theirs 

To find out more, and to register your interest please see our link below and remember, it's FREE!



CROHN'S & COLITIS UK

Crohn's and Colitis Education Programme Lincolnshire

Join us at our educational sessions, where we give you the chance to hear your IBD Nurses and other experts give the most up-to-date information to help you manage your condition or support someone in managing theirs. You'll also have the opportunity to ask your own questions and to meet other people that are affected by the conditions.

Events are free for all to attend.

Dates and topics for 2020:

<p>15th January</p> <ul style="list-style-type: none"> • Introduction to IBD Team • Diet 	<p>16th September</p> <ul style="list-style-type: none"> • Living with Crohn's or Colitis • Surgery
<p>18th March</p> <ul style="list-style-type: none"> • Mental health and Crohn's and Colitis • Alternative treatments 	<p>18th November</p> <ul style="list-style-type: none"> • Practical tips • How the charity can support you
<p>17th June</p> <ul style="list-style-type: none"> • Travelling with Crohn's and Colitis • Existing and new drug treatments 	

We can't wait to see you there!

Location: Robert Hardy Building, Bishop Grosseteste University, Longdales Road, Lincoln, LN1 3DY

The sessions are free to attend. Please visit www.crohnsandcolitis.org.uk/EP to register.

If you have any questions please contact: education@crohnsandcolitis.org.uk

Registered charity in England and Wales Number 117148, Scotland Number SC038632

Supported and funded by Crohn's & Colitis UK

www.crohnsandcolitis.org.uk/support/education-programme/lincolnshire-sessions



IN MY SHOES 

'In My Shoes' is a simulation app designed to give the user an insight into the challenges faced by people living with IBD. From depleting energy levels to managing pain, from rushing to the toilet to juggling work and a social life, the app allows friends, family and anyone you want, to see first-hand how the condition can affect every part of your body, and every aspect of your life.

Download the app now: <http://onelink.to/dpgbqf>
 This campaign was developed with and partially funded by Takeda UK Ltd



A huge **THANK YOU** to Hannah Poucher for kindly holding a raffle in aid of Crohn's & Colitis UK.

A fabulous £40 was raised ♥ Thank you Hannah for all you do in raising awareness!

One day, we'll find a cure!

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🦠🤧 **FLU SEASON IS HERE** 🤧🦠

It is recommended that people with Crohn's or Colitis have the flu vaccine to reduce the risks of them getting the virus. This is regardless of whether or not you are taking steroids, immunosuppressant or biological drugs. For all the information you need please visit; <https://crohnsandcolitis.org.uk/news/the-flu-vaccine-and-ibd>



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Do you know of any local events that we could attend? Maybe you have a fayre or show that you go to or even organise and hold events yourself. We cover the whole of Lincolnshire & would like to visit events all over our area. We can help with advertising your event, providing merchandise and information booklets. Our contact details can be found on page 5. We'd love to hear from YOU!

LOCAL EVENTS COMING UP

Grantham Social Meet Up

Sunday 12th Jan 10-12

Downtown Garden Centre Café NG32 2AB

FREE PARKING - EVERYONE WELCOME!

More dates for our popular Social Meet Ups will be published in the new year ☕

CONTACT US



LINCOLNSHIRE CENTRAL NETWORK

Lead Volunteer: Sharon Williams
 Helpline: 0300 222 5700*
 Website: <http://www.crohnsandcolitis.org.uk/lc>
 Email: lc@networks.crohnsandcolitis.org.uk



Click for our social media!

Crohn's and Colitis UK

1 Bishops Square, Hatfield Business Park, AL10 9NE

enquiries@crohnsandcolitis.org.uk
www.crohnsandcolitis.org.uk

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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](#) 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.*

The Lincolnshire 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.