

South Yorkshire Network

OUR 2019 NEWSLETTER

WHAT A START TO 2019!! TRAMLINES DONATION TO CROHN'S & COLITIS UK SOUTH YORKSHIRE

By Vicky Buckley

Our very own Timm Cleasby, who is Tramlines Festival Director nominated Crohn's & Colitis UK South Yorkshire as one of the charities to receive proceeds from Tramline 2018. Myself and Natalie Davis had the pleasure of collecting the cheque for **£4,878.17** in March of this year. We were very overwhelmed by the generosity of the festival-goers.



THE CALEDONIAN SOCIETY OF SHEFFIELD DONATION

By Mel McCluskie

The South Yorkshire Network were very thankful to receive £700 in June from The Caledonian Society of Sheffield raised from their Burn's Night supper.

The Caledonian Society of Sheffield was established almost two hundred years ago with the spirit of taking care of others very close to its heart. Each year a new president of the society is sworn in and they nominate two charities to support. One is a Scottish charity the other is local to Sheffield.

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THE CALEDONIAN SOCIETY OF SHEFFIELD DONATION CONTINUED...

This year's president Arlene McMaster and chose Crohn's & Colitis UK for her local charity and Beatson Cancer Charity as the Scottish nomination.

Arlene chose us due to her son having had Ulcerative Colitis for many years. Twenty years ago he underwent pioneering surgery.

There are 130 members of The Caledonian Society of Sheffield and they provide an astonishing program of events throughout the year ranging from weekly dance classes to fun packed day trips New members are always welcome, so if you're interested in anything Scottish or have a Scottish heritage get in touch with

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www.sheffieldcaledonians.co.uk

BAG FOR LIFE FESTIVAL

By Rachel Williamson

My first Awareness Stand was at the Bag for Life Festival at the Whitworth Centre, Darley Dale on 24th August.

It was a great opportunity to raise awareness of Crohn's and Colitis, and I felt humbled to meet so many inspirational people with lots of incredible and different experiences. I was honoured that people wanted to share them and spend some time chatting.



It was so pleasing that people who had come for the event and had no connection to the disease stopped by the stand and were genuinely interested to find out more.

What a fantastic event! Credit and thanks must go to Helen Greensmith and her team for organising such a wonderful day

JUST GIVING

We have a Just Giving page for the South Yorkshire Network. If you would like to donate or to share the page for your friends and family then head over to

www.justgiving.com/fundraising/crohns-colitis-uk-south-yorkshire-network

If you want to donate to Crohn's & Colitis UK and want your money to stay in the South Yorkshire region, it is important to mark your cheques or donations with South Yorkshire.

DATES FOR YOUR DIARY COFFEE MORNING

26th January 2020 - Starbucks - Centertainment, Sheffield

A relaxed and laid-back event from 10 am -12 pm, and a chance to meet our team and others and talk about life, Crohn's and Colitis and everything else.

Follow us on Facebook (Crohn's & Colitis UK South Yorkshire Group) to see all future events and to get in touch with us. If you would like to arrange an event in your area, then get in touch.

STOMA DAY - 8TH OCTOBER

By Natalie Davis

Every year the South Yorkshire Network hold an awareness stall at the annual Stoma Day in the Hillsborough Arena.

This year Natalie ran the stall offering a range of booklets, information sheets and Crohn's & Colitis UK goodies including pens, wristbands, badges. It was an opportunity to see a friendly face, to swap experiences and hopefully recruit new Crohn's & Colitis UK members or Network volunteers.

The day was a great success for everyone being able to learn about new stoma products and accessories, including underwear and support garments. Most of the stoma care companies attending hold stalls for patients to see and feel the array of products. There were samples available and qualified NHS Staff and Stoma nurses were present to talk to and discuss any queries.



EDUCATIONAL DAY - 12TH OCTOBER

By Vicky Buckley

Our Educational Day was themed on Wellness; often when you have any condition you are very reliant on medicine to make improvements. We had two wonderful ladies join us for the afternoon to speak and provide some taster sessions, Reflexology by Wendy Heritage and Reiki by Faye Balme. These alternative therapies are very beneficial and can be used to complement medicines.



We had the pleasure of Alenka Brooks (Consultant Gastroenterologist) talking about psychological morbidity in young people living with Crohn's and Colitis, risk factors, impacts and treatments which was very interesting and informative. Also, Alison Webb from WorkingWin (NHS Health Led Employment Trial) spoke about how their trial is trying to help reduce the impact of working with health issues.

There was a good number of people and we had the opportunity to mix with everyone. Thank you to everyone who came and filled in a feedback form; these have been sent to Head Office to be discussed with the Network team.

BARNSELY TRAILS CLUB - 3TH NOVEMBER

By Rachel Williamson

The setting was lovely to meet at Barnsley Trials Club to collect a donation of £500. It was amazing to see so many people enjoying the outdoors in the stunning setting of the woods practising their trials biking - it looked great fun. I was made so welcome by the club, a great bunch of people who were so pleased to have been able to raise funds for Crohn's & Colitis UK. Since starting volunteering one of the things I love is the opportunity to meet so many inspiring people, and to listen to the experiences of a member with Crohn's was very moving and I could not help but be impressed by his attitude and determination. I talked with other members of the club and it was amazing to see how keen they were to support him and the charity. It was quite overwhelming to see such friendship and kindness.

Thank you very much to Barnsley Trials for making me feel so welcome and huge thanks for their kindness in raising funds for Crohns & Colitis UK. It is very much appreciated.



HOW CAN YOU GET INVOLVED?

Our small team is always looking for new members. We would love to hear new ideas and for you to get involved with the South Yorkshire network.

We meet around every 5-6 weeks to plan events and discuss how we can best support the people of South Yorkshire through a coffee morning, fundraising and education days. We would love to have new team members join us, so if you are interested then do get in touch!

We hold our coffee mornings every couple of months; these are relaxed and informal meet ups where everyone is welcome. Come along and talk about your experiences and chat with other people who understand.

We are always looking for other ways to raise money and awareness, so if you have any ideas then please do let us know. We'd be thrilled to have you onboard and to support you in your event ideas.

We hope 2020 will be bigger and better than ever before for Crohn's & Colitis UK South Yorkshire and we hope you will be part of that.

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 South Yorkshire 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

CROHN'S & COLITIS UK

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Facebook



CrohnsColitisSY

Crohn's & Colitis UK

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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 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 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](http://www.crohnsandcolitis.org.uk) for details

**Calls to this number are charged at a standard landline rate or maybe free if you have an inclusive minutes' package.*