

We've been very busy since May 2022. Revitalizing our network to raise awareness and fundraise locally.

We kicked off in May with a collection at **MATALAN** in Chineham. This friendly store has a lovely covered entrance and we met lots of generous folk who kindly donated to our cause. Ally and her daughter came along to see us. As with all store collections we delivered a certificate of thanks to show our appreciation.



Berkshire Network

IN THIS ISSUE

Stoke Row Steam Rally
Henley Summerfest
Newbury Ballon Festival
Waggon & Horses Quiz
Berks Motor Show
Supermarket Collections
NCGC Charity Golf Day
RBH and Basingstoke Hospital IBD days
Cheese & Chilli Winchester

Full steam ahead!



In June we spent a weekend at the Stoke Row Steam Rally. With over 110 steam engines and funfairs and all manner of stalls and sideshows, it's a big family event with lots to see and do. Alongside our gazebo we introduced our new 'poop' game. Designed for fundraising its basically a giant poop emoji with toilet seat holes in. A donation gets you three rubber poops and a chance to throw them through the toilet seats for points. Lots of fun and a great favourite with children. Winners get to forage in the lucky dip. The 'message' behind the fun is that those with Crohns or Colitis often need to get to a toilet very quickly and so it helps those without the condition understand what it's like when you need to find a toilet in a hurry.

Want to say hello? Got a question? Like to get involved with the Berkshire Network? Email us:

berkshire@networks.crohnsandcolitis.org.uk

Check out the 'little things can mean a lot' campaign and other campaigns at www.crohnsandcolitis.org.uk



We finished June at SummerFest in Henley. This lively event on the 25th was well attended with festival goers enjoying burgers, ice creams, bouncy castles and a variety of tribute bands.



ASDA SLOUGH

STORE COLLECTION

Collecting at stores is a regular event for the Berkshire Network. It's a chance to raise funds but also to raise awareness of Crohn's & Colitis UK. We meet those managing their condition, all with a unique story to tell. It's not unusual for those recently diagnosed to want to ask lots of questions as they try to understand more about Crohn's and Colitis. They often feel alone and confused. We are able to re-assure them and share our experience whilst signposting them to the many services that Crohn's & Colitis UK have. This is what our charity does and it helps those with Crohn's and Colitis realise that they are not alone. Volunteers often find that helping those with Crohn's or Colitis is very rewarding and it feels good to make a difference with the awareness we raise.



Cheese and Chilli Winchester

An unlikely event for us to raise awareness and funds but it proved to be one of our most successful. Surrounded by food stalls, artisan producers and drinks makers we attracted lots of donations and enjoyed a great festival.

Certainly NOT on the agenda for anyone with Crohn's and Colitis was the traditional chilli eating competition. With Scotch Bonnets and Naga's and much, much hotter, it wasn't long before most competitors had to stop eating the chillis and start quenching the fires with milk.

Crazy but fun.

As people with Crohn's or Colitis know - some have to be very careful with their diet and sometimes avoid more than just chillis in their daily meals.



Berks Charity Golf Day at NCGC

Lewis Woollard was diagnosed with Ulcerative Colitis at just 24 years of age and underwent major surgery very quickly afterwards. As with many people, this life changing condition meant that everything changed. Fears for the future, anxiety, a hundred and one questions on top of tests and procedures and medications and all sorts, that most of us had never heard of before. This brave young man has battled through and now volunteers for the Berks Network and is an inspiration to many. One of his passions is golf and he still plays off a very good handicap. So it seemed like a great idea to organise a charity golf day on his course where he is a member of the Newbury and Crookham Golf Club. With the support of his family and members and other golfers who know Lewis, a date was set and this annual event was born. With so many lovely people helping and joining in we were delighted to raise £2,400 and the players enjoyed a great days golf with fine food and various prizes won. A big thank you to various sponsors and those who donated and NCGC and all those who made this a celebratory day. It was a real tribute to Lewis and how his positive attitude is helping him manage his life with a stoma and UC. The event will be held again on **8th May 2024** at the NCGC near Thatcham. Please email berkshire@networks.crohnsandcolitis.org.uk to register your interest. All levels welcome. Pairs or fours.

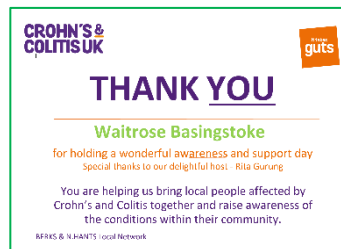


Top Left: The Squires Crew Top Mid: Caribbean Red Robins Top Right: Hook, Line & Sink It
Mid Left: Lewis, Nathan & Becky Middle Lewis tubed up Mid Rt Lewis at Tesco Slough
Bottom: The winning team with Lewis 2nd in from left and Thatcham's Mayor, Jeff Brooks.

Waitrose



We are always very grateful for store collections. We were delighted to be invited to Waitrose Basingstoke by the lovely Rita - their hard working community champion. Waitrose shoppers are wonderfully generous and we met lots of people with Crohn's and Colitis. We followed this up with a collection at Waitrose Reading where we raised over £300! So nice to see so many 'paper' (now card!) donations.



The great British public really are generous and thoughtful and we love them. We always send a 'Thank You Certificate' to our donors to show how much we appreciate their support.

Waggon and Horses QUIZ Night

We've had two quiz nights at the Waggon and Horses in Hartley Wintney which have both been great fun and highly entertaining. The very generous landlord, Kaesy is also an excellent quiz master with some devilishly difficult questions. With local teams, ringers, school parents, colleagues, family and friends and the infamous Dilwyn Jones, who ran the London marathon for Crohn's & Colitis UK dressed as a jukebox. Yes, a jukebox. This event and it's eclectic supporters have raised hundreds of pounds for our Berkshire Network. Thank you one and all. Look out for 2024's event!



Mr Dilwyn Jones, the marathon running 'Jukebox'. Pictured here raising funds at Cordes Hall, Sunninghill, where he hosted a music concert to raise funds. A tremendous contribution. Thank you for such a great effort.



Newbury Balloon Festival and Summerfest



The Henley Shows and Newbury festivals are organised by Xplosive events and they are always very impressive. Packed with entertainment, spectacle and amazement along with a vast array of food stalls, drinks vendors and a host of fun stands for all the family. Fireworks, hot air balloons, flypasts, monster trucks, motorcycle displays, helicopter rides, circus tents and all sorts of fairground acts. We want to thank the organisers and Ash for being so generous in their support for Crohns and Colitis.



This 'crazy' couple donated £20 to buy my purple wig as a donation!



Thank you for being so generous and supportive.

Hospital IBD Clinics and Support

As a network we also attend IBD clinics at hospitals in our area. This year we have attended the Basingstoke (North Hants) Hospital and the RBH (Reading Battle) Hospital. If you have contacts at other hospitals please let us know so we can visit.



Basingstoke: Adi, Samantha and Armelina, with Richard (middle) and Ally (red hair!)



Reading: Berks Volunteers Pauline (middle) and Jayne (purple t-shirt)

Dates for your diary

As shown in this newsletter we're a very busy Network and have plenty of upcoming events listed on our webpage.

www.crohnsandcolitis.org.uk/berkshire

Please check them out. We'd love to see you at them.

Get involved

We're always looking for more volunteers to help us at our events or in the organization of future events. If you're interested in getting involved, please get in touch or complete the online enquiry form to learn more.

www.crohnsandcolitis.org.uk/enquiry-form

CONTACT US

CROHN'S & COLITIS UK

BERKSHIRE NETWORK

Lead Volunteer: Richard Marmoy

Email: berkshire@networks.crohnsandcolitis.org.uk

Website: www.crohnsandcolitis.org.uk/berkshire



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 purposes.

Thank you for reading our newsletter. Please feel free to feedback any comments. We welcome contributions too. 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

networks@crohnsandcolitis.org.uk

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