

East Cornwall & West Devon Network

KINDHEARTED KAREN

Once again *the wonderful Karen did us proud for Dickensian Evening* back in December 2023. Having baked many trays of delicious mince pies and simmered gallons of hot mulled wine, she generously donated it all for us to sell on behalf of the charity. *Sales on the night reached a record-breaking £1,331.56!!*

It was lovely to have so many extra volunteers too. *Huge thanks go to Beth, whose Mum works at Karen's, to Julie Taylor and to Gwennie Froment*, all of who braved the cold weather to help serve the many customers we had.

Of course we must also thank all those who came along and sampled Karen's wares, some of whom return every year as they say we have the best mulled wine!



Above: Karen, Julie and Beth.
Left: Margaret, Beth, Lindsay and Gwennie hidden behind a couple of customers.

Below: The fabulous Karen of Karen's!



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TAKING 'THE TRIP' AT ZONE FITNESS PLYMOUTH



It was a great New Year present to hear from [Zone Fitness Plymouth](#) that they had **raised £130** for the charity. **Sue Elmes, who organised the fundraising**, asked us along to the gym to pick up the cheque and we were delighted to join 'The Trip', **an immersive cycle class with disco music and lighting run by Di Crouch**, where we met the people who actually raised the money.

The group had a couple of reasons for choosing Crohn's & Colitis UK. **Sue's partner, Mark has had Ulcerative Colitis for over 20 years** and contacted us through the IBD nurses at Derriford (thank you Emma). Also, **Gemma Williams, wife of owner John Williams (who took these photos), has a brother, Josh Notman, who has had Crohn's since he was 21.** Both were very ill when first diagnosed and now have stomas but have learned to cope with their disease, supported by their family and friends. Thank you to all at [Zone Fitness Plymouth](#)!

Above: the whole class celebrating, and no, Lindsay and Shas weren't really cycling!
Right: Di, Lindsay, Sue and Shas with the cheque.



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

or message us on our [Facebook page](#)

2024 BIG WINTER WORKOUT UPDATE



It's brilliant that so many people are joining in the *Big Winter Workout* this year! Locally we know of three people who are doing their *31 minutes a day during January* to raise money for Crohn's & Colitis UK so we decided to share a little about each of them. And if you can spare a few £££s then please use the links to sponsor them.

Dani (left) is lead volunteer for our local network and has been involved in the charity since she was a small child. *She's juggling looking after her young baby, Thea, with achieving her daily target.* Dani is combining workouts in the gym and walks with Thea but, if she doesn't get in a full 31 minutes one day, she just does extra the next so it all works out okay. How someone so petite can lift a huge weight like that is anyone's guess! If you'd like to sponsor Dani, this is where you can find her [fundraising page](#).

Gemma (right) is a former network volunteer who is taking on the Big Winter Workout for the second year. She's been reaching her daily target through *Clubbercise which is a full body dance workout in semi darkness with glow sticks & disco lights* - sounds like fun!

Gemma, an assistant practice manager at a local law firm, has Crohn's Disease and her Mum, Jane (also a former network volunteer), and youngest sister both have Ulcerative Colitis so, sadly, the family know all about these diseases.

If you'd like to help Gemma, here's her [fundraising page](#).



Callum (left) has chosen to take on this challenge because of my mum dealing with this disease for most of her life

and my sister's recent diagnosis". Callum's mum, Donna, and sister, Megs, have both raised funds for the charity before - Donna held a Cake & A Cuppa event at her café, Scarlet's Kitchen, in Yelverton in October, and Megs did My Walk IT last summer despite being quite poorly. What a great fundraising family!

Callum, a 21-year-old student of law at the University of Plymouth, has been doing *high intensity gym sessions and lacrosse* and has been smashing his daily target!

If you'd like to support Callum, here's his [fundraising page](#).



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

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☎ 01752 439224 ✉ plh-tr.ibd-advice@nhs.net

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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

This will save the Network valuable funds which can be used to benefit all those affected by Crohn's or Colitis.

CAKE & A CUPPA MAKES £49,000!

We're pleased to report that, *in total, the Cake & A Cuppa events around the country last October raised £49,154!* What an amazing amount!

Of course it's thanks to lovely fundraisers like *Gwennie Froment and Donna Evans of Scarlet's Kitchen* that such a huge total was reached so **THANK YOU!**



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.

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