

## East Cornwall & West Devon Network

# BRIGHT FUTURE FOR FINN



We were moved to hear *Lisa Cooms Brooker's inspiration for taking part in the Run 60 Challenge in September*. Lisa said that whenever she started to feel tired "*I think of my 10yr old and his 2 yrs of monthly infliximab infusions*" and that gave her the impetus to push on ❤️

Lisa's son, *Finn, is now the healthy-looking young man pictured left* who has just started university. He's well stocked up with Imraldi which he injects himself every fortnight.

But it wasn't always like this for mother and son. The photo below left shows Finn aged 10 having one of his monthly infusions. Lisa told us he was very sick and



constantly off school and *she couldn't imagine a time when he would be well enough to leave home*. She remembers how difficult it was to have a young child so ill and feels she would have benefitted from knowing others in a similar position.



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Now Lisa wants to share a little of Finn's story with others to show them there is light at the end of the tunnel. As she says, "*If anyone with a poorly child needs some reassurance, the future can be very bright indeed*".

Lisa not only smashed the Run 60 Challenge by *completing 60.53miles, she also raised a fantastic £665!*

Well done and thank you Lisa ❤️

## JEN'S GENEROSITY

In early August Jen Toop contacted us to say she'd *asked for donations to Crohn's & Colitis UK for her recent birthday* and wanted to know where to send the cheques. Little did we know that *Jen had raised a fantastic £585* - what lovely family and friends she has!

Jen was celebrating her "big 4-0" and was keen to help the charity as *her husband, Richard, has Crohn's*. Richard was diagnosed at only 8 years old and went through many years of different drugs and several major surgeries to try to bring the disease under control.

But it's not the first time Jen has been involved in raising money for the charity. When she was pregnant with her first child *back in 2017, the extended Toop family organised an extraordinary coffee morning which raised over £4,000!*



Since then, *Jen has had two boys*, Harry, 6, and Jack, 3, who she describes as "*both mini Richard's*"! They're sure to grow up as fine young men if they take after their Mum and Dad ☺

**Above:** Jen at her 40<sup>th</sup> birthday party earlier this year.

**Left:** the extended Toop family in 2017 outside The Rock at Yelverton when Jen (middle of photo with Richard) was heavily pregnant and barely squeezed into her extra large charity t-shirt!

**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](mailto:ecwd@networks.crohnsandcolitis.org.uk)**

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

## UPCOMING EVENTS – SEE YOU THERE!



**FRIDAY  
1st DECEMBER  
FROM 5PM**

**Karen's  
42 Brook St  
PL19 0HE**



Licensed Restaurant & Takeaway



Once again, *Karen Kestell* has very generously offered to host us for this year's Dickensian Evening in bustling Tavistock.

Karen provides us with *delicious homemade mince pies plus her unrivalled mulled wine* ... and yes, there's alcohol in both! All the proceeds from sales goes to Crohn's & Colitis UK.

So come along and sample her wares *outside Karen's on 1st December from 5pm.*

We'd love to see you at our next *social event at Costa's on Sat 18th November* too. It's a very informal gathering where we chat about all sorts of things and share our personal experiences of living with IBD. *Everyone is welcome* ☺

**COMING SOON**  
our next  
**FACEBOOK  
LIVESTREAM**  
with  
**KATHY WEBB!**

Check our Facebook page for details.

## COFFEE MORNING

**SATURDAY 18th NOVEMBER**

**10.30  
till  
NOON**



**270 Plymouth Rd,  
Plymouth PL6 8ET**

**(Near Wren Kitchens and Sofology)**



## GWENNIE'S CAKE & A CUPPA

The indefatigable *Gwennie Froment* has been raising awareness and funds for Crohn's & Colitis UK again! You may remember we featured her on the cover of our Spring Newsletter, teaching Zumba despite having Leukaemia and Ulcerative Colitis.

Gwennie decided she'd *invite people to her home for a Cake & A Cuppa* which was an event being promoted by the charity. She hadn't expected many people to turn up but ended up hosting 15! Luckily, *her daughter owns a "little cake business" - My Butter Half* (love the name!) and donated a spectacular Mint Aero Drip

cake so there was plenty to go around and *"everyone enjoyed a good chat, a fun Foodie Quiz and lots of cake"*.

*Gwennie raised an impressive £169 on the day* and then added £11 from her 'Zumba pot' (the ladies who attend her Zumba classes often drop their loose change into a collecting tin Gwennie keeps there). And then *her 93-year-old Mum insisted on making the total up to £200* - what a lovely lady! Gwennie collected even more donations after the event so the *final total came to a fantastic £230!*

A *huge thank you to Gwennie* and to everyone who turned up and supported her 💜



## CAKE & A CUPPA AT SCARLET'S KITCHEN

It was brilliant to see so many people at the *Cake & Cuppa event hosted by Donna at Scarlet's Kitchen in Yelverton*. Everyone was very generous with their donations and we sold loads of raffle tickets too!

The cake table was groaning with so many cakes donated by family and friends that it was difficult to choose! *Donna was kept busy cutting cake and her husband, Dave, delivered a constant stream of tea and coffee*. At the end of the afternoon, we were delighted to find that *Scarlet's Kitchen had raised a magnificent £285!*

A *massive thank you to Donna and Dave* and to everyone who came along and supported the event.

Scarlet's Kitchen is now open some evenings too - check out their [website](#) for opening times.



**Above:** Donna outside Scarlet's Kitchen.

**Left:** the table laden with cakes.

**Right:** Senior IBD nurse Kathy Webb pulling out the first raffle ticket (sadly not her own!).

**Below:** the café full of all those generous people.



## DERRIFORD IBD NURSE CONTACTS

PHONE: 01752 439224

EMAIL: [plh-tr.ibd-advice@nhs.net](mailto:plh-tr.ibd-advice@nhs.net)

## STRAWBERRY FIELDS SUCCESS!



We were delighted with the turnout at our last *social event at Strawberry Fields in Lifton*. Luckily the manager had reserved a large table for us but, even then, so many people came along that we had to hijack another table!

Among those who joined us were *Donna*

and *Gwennie* (pictured right with volunteers and Donna's daughter, Meg) *both of whom have since held a Cake & A Cuppa event*. Thank you ladies!

We all had a good natter while sampling the delicious offerings that Strawberry Fields provides. We'll be back next year - promise!



## FOLLOW US on SOCIAL MEDIA



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[crohnscolitiscd](https://www.twitter.com/crohnscolitiscd)

## CRAFTY CROHNIES IS BACK WITH SOME NEW CHARACTERS

After a year's absence our volunteer knitters have been back at work and now there are some new characters to choose from. To add to the *ever popular Spiderman*, we now have *Bluey*, *Bingo*, *Peppa* and *Pumpkin*. And we've also updated *Pilgrim Pete* to reflect *Argyle's promotion to the Championship*.

These unique characters are all hand-knitted to our own patterns and are *available for only £5 each* (plus P&P). All proceeds go to Crohn's & Colitis UK and we have *already raised over £600!*

If you'd like to order one of these cuties or any of our other characters then please message us on either Facebook page

<https://www.facebook.com/CrohnsandColitisUkECWDNetwork/> or <https://www.facebook.com/craftycrohnies/>.



## CONTACT US

**CROHN'S &  
COLITIS UK**

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[crohnscolitisuk.ecwd](https://www.facebook.com/crohnscolitisuk.ecwd)



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Mon-Fri & 9am-5pm (except English bank holidays).

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

*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.*

*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.*

## FUNDING FOR AMANDA

Back in 2019 we were contacted by *Amanda, a qualified nurse who was applying for a new job as a specialist IBD biologics role.* We were pleasantly surprised to hear that she wanted our views on what makes a good IBD nurse ready for her interview - how refreshing was that?!

We were very pleased that Amanda got the job and more than happy to *fund her formal IBD training* which she is undertaking right now. We know how important it is to fund research but it's also nice to *use some of the funds we raise to help our local community.*

Good luck with the course Amanda!

