

## CHILTERN NETWORK

### HELLO AND WELCOME

By Pamela Biggs

#### Coffee morning

It was great to meet those who attended our drop-in session and AGM at St Ippolyts village hall on the 2<sup>nd</sup> March 2024, sharing tea and cake meeting old and new friends.

Thank you for your donations we received £40 that day

#### Tombola

We were also at Hitchin Market on June 15<sup>th</sup>, raising awareness and fundraising with our tombola, which raised £128.

#### Forthcoming events:

##### Charity stall at

##### Health Awareness Day

Sat 14<sup>th</sup> September

10am to 2pm

Hitchin Town Square

#### Medical meeting

Sat 16<sup>th</sup> November

2pm to 4.30pm

Barton-le-clay Village Hall,  
Hexton Road, Barton-le-Clay,  
MK45 4JY

Speaker to be advised

With our Medical Advisor Dr  
Johanne Brooks

Q and A session

Refreshments and raffle

Please look out for emails to remind you of these events with more details

We'd also love to hear from you about what sort of events and activities you'd like the Chiltern Network to be hosting, If you have a local event or fete and would like us to do an awareness stand please let us know.

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### OUR VOLUNTEERS

#### Chairperson:

Pamela Biggs nee Hardman

#### Secretary:

Dorothy MacKenzie

#### Treasurer:

Trevor Palmer

#### Membership Secretary:

Lynda Woodhams

#### Awareness & Activities:

Thelma Endersby

Jeremy Rolt



(Picture left, some of our volunteers at the Hitchin Health & Wellbeing Day in June 2022.)

## NEW VOLUNTEERS NEEDED

If you could spare any time to support the network, please let us know. Either by email at:

[networks@crohnsandcolitis.org.uk](mailto:networks@crohnsandcolitis.org.uk)

Or by completing the volunteer enquiry form

[www.crohnsandcolitis.org.uk/enquiry-form](http://www.crohnsandcolitis.org.uk/enquiry-form)

We'd love for you to join our team. You can help in any number of ways, from supporting the organisation of an event, contributing to the newsletter, fundraising or raising awareness.

Remember;

Sat 14<sup>th</sup> September - Hitchin Health Awareness Day at Town Square

Sat 16<sup>th</sup> November - Medical Meeting at Barton-Le-Clay Village Hall

*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](mailto: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.*

## CONTACT US

### CHILTERN NETWORK

Lead Volunteer: Pamela Biggs nee Hardman

Email: [networks@crohnsandcolitis.org.uk](mailto:networks@crohnsandcolitis.org.uk)

Website: [www.crohnsandcolitis.org.uk/chiltern](http://www.crohnsandcolitis.org.uk/chiltern)



Crohn's & Colitis UK



CrohnsColitisUK



crohnsandcolitisuk

### GENERAL ENQUIRIES

Crohn's & Colitis UK

1 Bishops Square, Hatfield Business Park, AL10 9NE

[www.crohnsandcolitis.org.uk/contact](http://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](mailto:helpline@crohnsandcolitis.org.uk)

Live Chat: [www.crohnsandcolitis.org.uk/livechat](http://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.

*The Chiltern 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.*