

## NETWORK NEWS

Hello & Welcome to our latest newsletter.

So much is happening that we unfortunately can't cover it all here but you can always find out all the latest news and information on our social media.

It's been a busy year of numerous new campaigns being launched that we would love you all to engage with and join us in helping supporting as it will really make a difference.

We welcome you to join us and share any feedback and suggestions for our future events to enable them to become more of a success. Please get in touch or come along to one of our events, and let us know what kind of events/activities you are interested in and where you would like us to host them.

As a team we are aiming to arrange as wide a variety of events as we are able to, as well as supporting national events wherever we can.

As always we look forward to meeting you at our upcoming events and hope to be able to reach out, help and support more of you than ever as we grow as we are stronger together as one.

It has been lovely to see and get to meet so many of you at our recent events and we hope to welcome and see more of you all soon.

Thank you for your continued support and we hope our latest newsletter finds you all well.

**We are here if you need us.**

**Helen**



### WE NEED YOU!

Are you interested in joining the organising team and becoming a Crohn's & Colitis UK volunteer? We have some new members who we are delighted to welcome onboard but we are still looking to enhance our team further and would love to have you on board and become part of our friendly team.

If you would like to be part of our team and can bring any other skills please get in touch with us and come along to meet the team.

You would be most welcome.

As always we hope you all enjoy reading the newsletter and if you have any suggestions for articles for the next edition then please contact us.

## Mersey Local Network

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## GET IN TOUCH

If you would like to organise a fundraising event, want to get involved with the team or need help and support then please get in touch!

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



**Crohn's & Colitis UK  
Mersey Group**



**CrohnsColitisMY**



**Crohnscolitisuk\_mersey**

## Meet Our New Volunteer



### Tasha – Awareness Volunteer

Hi. My name is Tasha and I am the newest volunteer here at Team Mersey. I was diagnosed with severe Crohn's Disease at Alder Hey Children's Hospital when I was 13 years old. I am now receiving outstanding care at Aintree University Hospital.

On November 30<sup>th</sup>, 2018, I had urgent surgery to fix a major stricture in my bowel. I now live with a Colostomy bag, but I don't let it stop me doing anything. I still go on holiday, I go on days out, I volunteer and most importantly I am able to swim again. As a British Para Swimmer, I was concerned I wouldn't be able to get back into the pool. My colostomy has made that possible.

I volunteer for Crohn's & Colitis UK because I understand how difficult and frustrating it can be living with IBD. I want to help as many people as possible live their life to the full regardless of having this condition.

### #WhereInTheWorldMersey

Do you want to show your support for Crohn's and Colitis around the world?

If you have any Crohn's & Colitis UK clothing, pop it in your suitcase and take a picture on your holiday wearing it. If you don't own any clothing, hold up a flag/banner/sign saying, "I support Crohn's & Colitis UK".

Once you have taken your picture, send it to us via email or tag us on social media. Make sure to include #WhereInTheWorldMersey We will try to feature a selection on our Social Media pages and future newsletters.

If you find travelling difficult head over to the Crohn's & Colitis website where there is a section on Travel & IBD

Our example image is our very own Volunteer Tasha who is raising awareness by wearing her Crohn's & Colitis UK jumper at the top of the Schilthorn mountain in Switzerland.





## WALK IT! 2019

Earlier this year, Crohn's & Colitis UK once again held a series of incredibly successful 5k and 10k walks to raise money and awareness for Inflammatory Bowel Disease.

On the 15<sup>th</sup> June it was Manchester's turn to host the WALK-IT event. Everyone had prepared themselves for it to rain all day as it normally does on Manchester WALK-IT day. Fortunately the rain held off until the very end of the day. A record number of people turned up to walk to show their support this year.

The Manchester Walk was opened this year by James, a member of the InstaCrohns Instagram group. Everybody had a fabulous time meeting James, who was happy to chat and take photos with the walkers and volunteers. We would like to say a big thank you to James for attending!

Over £35,000 has been raised from the walkers and volunteers at Manchester WALK-IT. A massive amount! Thank you so much to all the walkers who took part. Also a massive thank you to all of the volunteers and organisers who made the event possible.



## RUN THE NIGHT 2019



### **Back for its second year, this is a 10km race with a difference!**

Our unique event takes runners along a route infused with lights and music, past iconic London landmarks such as Canary Wharf, Cutty Sark and The O2.

The route goes through the Greenwich tunnel, which is 370 metres long with 100 steps on the South tower and 87 on the North tower.

You'll run through illuminate zones across the London Docklands, before arriving at Studio 338 for a free celebratory drink at our club venue.

**Under cover of darkness, a new challenge awaits. Get ready to Run The Night.**

Entry is £30 and all runners are asked to raise £250 in sponsorship. You will receive a fluorescent technical top, glowsticks, race number with chip timing and a free drink at our club venue. Plus, you'll receive dedicated fundraising support and be awarded our unique medal when completing your challenge.



## New IBD Standards

On 20<sup>th</sup> June this year, the new IBD standards were released.

Crohn's & Colitis UK have helped to form IBD UK, a partnership of 17 patient and professional organisations, including the British Society of Gastroenterology, the Royal College of Nursing and the Royal College of Physicians. IBD UK's aim is that everyone, wherever they live and whatever their age, should receive safe, consistent, high-quality and personalised care.

To make sure this happens, IBD UK have developed the IBD standards. These are a framework of statements that set out what high-quality care looks like at every point of the patient journey, from pre-diagnosis, to surgery and ongoing care.

The standards include statements that outline things such as the process that should be followed if someone with possible Crohn's or Colitis visits their GP, timeframes for advice, investigations and treatment and what information and support should be provided to help people to manage their condition.

### New IBD Standards launch to transform your care

20 June 2019



# CROHN'S & COLITIS UK

FIGHTING  
INFLAMMATORY  
BOWEL DISEASE  
TOGETHER

## VOLUNTEER WITH YOUR MERSEY LOCAL NETWORK



“

I wanted to help raise awareness of IBD whilst also having some fun, so volunteering for Crohn's and Colitis UK was perfect! ”

Euan, Volunteer

Do you have IBD?  
Do you want to support other people?

Do you want to be able to speak to  
people who know what you are going  
through?

### Contact us to find out more:

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

### Follow us

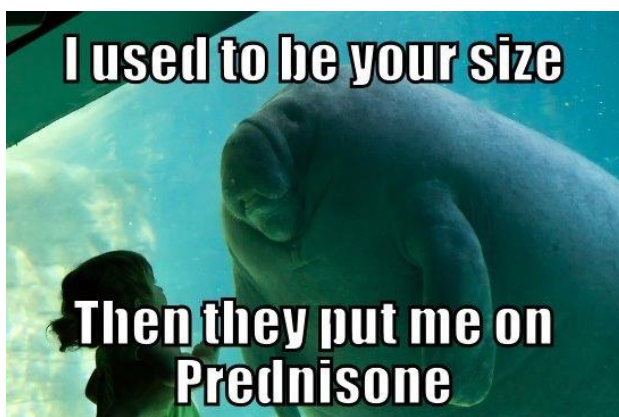
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 @crohnsandcolitisuk

## THE DIGESTION JOURNEY: WORDSEARCH

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AWARENESS  
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 LIFESTYLE  
 STRONGER  
 VOLUNTEER  
 DIAGNOSIS  
 EVENT  
 WALK  
 NETWORK

## THE FUNNY SIDE OF THINGS





## DATES FOR YOUR DIARY

This is a chance to meet the Mersey volunteers as well as other members/fellow patients, and get together for a chat with like minded people who understand & can relate to your experience. You will also be able to find out more about the Network and joining us as a volunteer if you are interested.

### Social Event

**Date: Sunday 13<sup>th</sup> October**

**Time: 3:00pm – 5:00pm**

**Venue: Queens Park Health and Fitness Centre, Boundary Road, St Helens, WA10 2LT**

We have more events to be confirmed soon so please keep an eye out on our Facebook, Instagram and Twitter Pages for all our latest & up to date information on our upcoming events.

*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).*

*The Mersey Local 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**

### MERSEY LOCAL NETWORK

Local Network Lead Volunteer: Helen Thompson

Helpline: 0300 222 5700\*

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

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



Crohn's & Colitis UK  
Mersey Group



CrohnsColitisMY

### Crohn's & Colitis UK

1 Bishops Square, Hatfield Business Park, Hatfield AL10 9NE

[enquiries@crohnsandcolitis.org.uk](mailto:enquiries@crohnsandcolitis.org.uk)  
[www.crohnsandcolitis.org.uk](http://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 a 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](mailto:info@crohnsandcolitis.org.uk)

Web Chat (Live Online): see our [website](#) for details

\*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.