

East & South East London Network

WELCOME TO A NEW DECADE

2019 ended with a bang, and the East London Network are raring to go for the new decade!

Happy New Year everyone! All of us at the East London Network hope that our local members and their families had a fantastic end to 2019 and we wish you all a happy and healthy 2020!

Since our last newsletter published in May 2019, the East London Network have been busy with two bucket collections, more yoga classes for people with IBD, hosting stands at both the UCLH Patient Open Day and Wanstead Stoma Open Day, as well as helping at a fundraising Christmas lunch.

Many of us volunteered at the annual Walk It event in London, we have worked closely with local hospitals including joining the Royal London Hospital IBD Patient Panel to host stands in the

adult and young children and paediatric outpatient clinics, and we've also been securing local Network grants to fund equipment for the hospital.

We welcomed many new volunteers in 2019 but are always on the look out for more, and as always would love to hear from our local members with suggestions or ideas for the local Network.

2020: WHAT'S IN STORE?

The East London Network are extending to include SOUTH EAST London in 2020 - watch this space!

Our monthly coffee mornings will continue on the first Saturday of every month in Stratford, a Quiz Night is confirmed for 29th January and we hope to organise martial arts classes later this year! Continue reading for more info on our 2019 and 2020 events!

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TFL BUCKET COLLECTIONS

Volunteers from the East London Network took part in another two successful bucket collections in 2019 both thanks to Transport for London charities.

Our first was at Euston station on Sunday 19th May for World IBD day where we collected a total of £381.00.

Our second collection was held on Thursday 5th December during Crohn's & Colitis Awareness Week at Whitechapel station and the total collected on that day was £254.90.

This money will be used to support local patients and their families.

Many thanks to everyone who donated and stopped for a chat.



FUNDRAISING CHRISTMAS LUNCH

Crohn's & Colitis UK were the key charity chosen by the Association of Women Travel Executives (AWTE) for a Christmas fundraising lunch.

The lunch was held in The Pavilion at the Tower of London. Guest speaker Georgina Elliott from the Circle delivered an inspiring speech about living with Crohn's.

An auction with ten amazing prizes was used to drive donations with a grand total of £7,043 raised. These included silent auctions as well as raffle prizes. An additional £300 was raised by our amazing volunteers with bucket collections during the event.

Many thanks to Claire from AWTE that helped the process run smoothly, as well as Andi from HQ and our volunteers Emma, Nidha, Pam and Olga from the East London Network.



YOGA CLASSES FOR PEOPLE WITH IBD

After the success of our yoga class series in January 2019, we organised another series of yoga classes for adults with Crohn's and Colitis in September (when the weather was a bit warmer!). The classes were held at Yoganest in Bethnal Green, part of St Margaret's House.

Sessions ran on three consecutive Saturday afternoons, and this time around there was the opportunity to sign up for all three sessions.

The classes were once again a big success!

A big thanks to everyone who came along to participate in one or more sessions, and a special thanks to Eithne our fab yoga teacher and Yoganest and St Margaret's House for providing us with a beautiful studio space and props for those lovely restorative poses. We also enjoyed having a refreshment and vegan treat after class at their Gallery Café. 🧘🙏🕉️

For more information on St Margaret's House, please visit: <https://www.stmargarethouse.org.uk/>



ROYAL LONDON HOSPITAL IBD PATIENT PANEL COLLABORATION

The Crohn's & Colitis East London Network work closely with the IBD Patient Panel at Royal London Hospital. We joined forces last year to hold two awareness stands to coincide with World IBD day. The first stand was held in the Young Adults and Paeds clinic with CiCRA on 22nd May, and the other in the Adult outpatient clinic on 23rd May.

We also worked with the Royal London Hospital IBD Patient Panel to secure two local network grants using funds raised in East London. These grants funded items for patients at Royal London Hospital including a freezer for the gastro ward to help cool drinks for EEN patients. The second grant was for a leaflet stand which now sits in the IBD outpatient clinic waiting area containing material from the charity and the patient panel.



STOMA OPEN DAY



The Crohn's & Colitis UK East London Network attended the Stoma Open Day at Wanstead Cricket Club last October. This was a chance to present an information stand to the public and to offer support and advice for those affected by Crohn's and Colitis who have had ostomy surgery.

Many well-known stoma supply companies and support groups were also in attendance, happy to offer advice, information leaflets and to introduce and offer free samples of new products to patients. This included the Ileostomy Association, OakMed, CliniMed, Pelican Healthcare, Salts, Coloplast, TrioOstomy, Cuiwear, Fittleworth and Respond.

The event was a great success with many attending throughout the afternoon. We would like to thank the Whipps Cross University Hospital Stoma team and the local stoma support group for allowing us to take part in the day.

UCLH PATIENT OPEN DAY

University College Hospital London (UCLH) held an IBD patient open day on the 9th November that was attended by over 40 patients and their families at their education centre in Euston, London.

The Crohn's & Colitis UK East London Network had the opportunity to set up a stand at the event with brochures, banners and information booklets and engage with the patients and their families on the day.

It was a well-organised event, with a series of lectures and interactive sessions by a team of consultant gastroenterologists, surgeons, radiologists and a health improvement officer. There were also presentations on the latest clinical trials in IBD research and a closing session with Q&A. The event was very informative and interesting for both patients and their families and the volunteers.



DATES FOR YOUR DIARY

QUIZ NIGHT - ALDGATE

Date: Wednesday 29th January 2020

Time: Quiz starts 19:30 sharp

Venue: Dog & Truck, 72 Back Church Lane, E1 1LX. Nearest Tube: Aldgate East

Special question round on Inflammatory Bowel Disease and Crohn's & Colitis UK.

Raffle with prizes from local businesses including vouchers for Emilia's Crafted Pasta and Vegan Burgers by Mooshies.

All money raised on the night will go towards our local network and future events in East London. Please do come along and bring your friends!

We recommend you book your table here:
<https://www.dogandtruckaldgate.co.uk/book-with-us/>

COFFEE MORNINGS

First Saturday of every month

(01 Feb, 07 March, 04 April, 02 May, 06 June, 04 July, 01 Aug, 05 Sept, 03 Oct, 07 Nov, 05 Dec 2020).

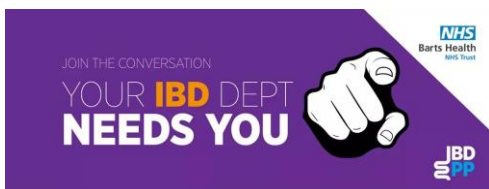
Time: 10:30 - 12:30

Venue: Marks & Spencer's Tasting Café (2nd floor), Westfield Stratford City, Montifichet Road, Stratford, E20 1EJ

MARTIAL ARTS CLASSES

Watch this space!!!!

For more information about these events, please visit www.crohnsandcolitis.org.uk/el



The East London Network volunteers are heavily involved in patient engagement in your area. To find out more about what they do and how you can get involved contact ibdpatientpanel.rlh@outlook.com

The East London 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.

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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 Crohn's & Colitis, 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 Crohn's or Colitis.

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

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.*