



# CROHN'S & COLITIS UK

FIGHTING  
INFLAMMATORY  
BOWEL DISEASE  
TOGETHER

## Local Network Webinar

February 2018

Planning events & activities



# Local Network Activity



**OUR PRIORITIES FOR THE FUTURE**  
2018 - 2022

**CROHN'S & COLITIS UK**

We want everybody to **Understand** Crohn's Disease and Ulcerative Colitis

We want to drive world-class **Research** into the disease

We want to **Support & Empower** people to actively manage their conditions

We want high quality **Sustainable** clinical care across the UK

We want **Early & Accurate** diagnosis for all

Improved lives today, a world free from Crohn's & Colitis tomorrow.

**WE ARE AMBITIOUS**

**WE ARE COMPASSIONATE**

**WE ARE STRONGER TOGETHER**

[crohnsandcolitis.org.uk](http://crohnsandcolitis.org.uk)



# Activity Calendar

Date	Activity	Location
6 Feb	Networking Webinar 7PM to 8PM	Online
20- 26 February	Student Volunteer Week	Nationwide
Feb	Connect- Spring Edition	N/A
6 March	Networking Webinar 7PM to 8PM	Online
W/C 1 April	Network quarterly reporting due	N/A
3 April	Networking Webinar 7PM to 8PM	Online
15 April	Brighton Marathon	Brighton
22 April	London Marathon	London
5 May	Plymouth WALK IT	Plymouth
12 May	International Nurses Day	Worldwide
12 May	Bristol WALK IT	Bristol
19 May	World IBD day	Worldwide
27- 28 May	Edinburgh Marathon Festival	Edinburgh
1-7 June	Volunteers Week	Nationwide
2 June	Swansea WALK IT	Swansea
9 June	London WALK IT	London
16 June	Manchester WAK IT	Manchester
30 June	Newcastle WALK IT	Newcastle
24 June	Edinburgh WALK IT	Edinburgh
June	Connect - Summer Edition	N/A
W/C 1 July	Network quarterly reporting due	N/A
7 July	Birmingham WALK IT	Birmingham
15 July	Bristol Walk It	Bristol
8 September	National AGM	St Albans
9 September	Great North Run	Newcastle
W/C 1 October	Network quarterly reporting due	N/A
October	Connect - Autumn Edition	N/A
5 December	International Volunteering Day	Worldwide
1 -7 December	Crohn's and Colitis Awareness Week	Worldwide
11 December	End of year networking Webinar - 7PM to 8PM	Online

# Example Plan

CROHN'S & COLITIS UK		Leeds & District Event Schedule 2017			
FIGHTING INFLAMMATORY BOWEL DISEASE TOGETHER					
Date of event	Event	Type of event	Event organiser	Attendance (No for survey)	Actions/Comments
22 March 2017	Spring Newsletter	Info & Support	Josh/Tony	N/A	Latest publishing date
13 April 2017	Network Meeting	Team meeting	Tony/Rachel	7	HEART Headingley
22 April 2017	Information Forum	Educational/Medical	Francesca/Rachel	75	LGI Conference room - Childrens' IBD specialists, Travel Insurance & New Leeds "Launch"
Friday, April 28, 2017	Barclays, Millshaw Court	Fundraising	Tony	500	Liaise with Ravinder Manik - chosen charity for week
05 May 2017	FD Arena Collection - Bruno Mars	Fundraising	Bev	13000	Bucket Collection at First Direct Arena
11 May 2017	Network Meeting	Team meeting	Tony/Rachel	8	HEART Headingley
16 May 2017	Official Opening of Lisa Warren Suite	Info & Support	Tony	11	
16 May 2017	Leeds IBD Clinic Event	Info & Support	Tony	50	Info stand at Lincoln Wing IBC Clinic
19 May 2017	World IBD Day - Leeds IBD Clinic event	Info & Support	Tony/Rachel	500	Presence with Stand & Leaflets in Bexley Wing Atrium, St James
19 May 2017	World IBD Day Social Event	Social	Rachel	60	Race Night - Farmoss Sports Ground Alwoodley LS17 7NT

## TOP PLANNING TIPS

- Setting aims for the year  
e.g. fundraising target, create links with IBD teams
- Planning in advance (helps with your own commitments)
  - Utilise activity calendar for national activities
  - Resources/Support from Central Office & VDO
  - Identifying number of volunteers (add to plan)
  - More time for promotion = more engagement
  - Risk assessments / safeguarding
- Reviewing events (feedback, any learning/reflections)
- Regular team meetings & communication
- Utilising local links and resources
- Linking up with other Networks

**CROHN'S & COLITIS UK**  
MID & EAST HERTS

FIGHTING INFLAMMATORY BOWEL DISEASE TOGETHER

### SOCIAL MEET-UP IN EAST HERTFORDSHIRE

Join us for our next informal social event to chat with others from across the local area.

This is the first event we've held in East Hertfordshire for a while so we look forward to seeing you there!

**Monday 18th September**

Join us anytime from 18:00

The Fish & Eels pub  
Dobbs' Weir Road  
Hoddesdon  
EN11 0AY

No need to book a space, you can turn up on the night. Friends & family are very welcome!

Contact us to find out more:

mailto:groups.crohnsandcolitis.org.uk

<http://www.crohnsandcolitis.org.uk/meh>

Crohn's and Colitis UK Mid & East Hertfordshire Group

Crohn'sColitisUK

Crohn's and Colitis UK. Charities registered in England and Wales Number 1127748. Registered Number 2003905. A company limited by guarantee in England. Company Number 2012111. 45 Goswell Road, St Albans, Herts, AL3 2DP. Annual accounts 2017/18 018.



## Your event planning reflections...

- Getting events in the diary so people (both volunteers and supporters) know when things are happening
- Pair up with local supporters for events = extra resource, new ideas
- Reviewing events for next time - improvements, what went well
- Constraint in organising other activities when recurring events booked in advance e.g. Facebook Lives every 2 months - don't want to do too much each month
- Keep things simple so not to put people off- *this may depend on team size, resource and when new volunteers getting involved*
- Longer coffee break at events has helped with engagement & networking
- Planning ahead - especially with local Healthcare Professionals as it helps plan their time as they are very busy -
- Meet regularly and decide agendas for next meeting
- Feedback survey to help review events - Tony (Bristol) shared template

# Event Ideas - Raising Awareness





# Event Ideas - Fundraising



# Event Ideas - Education & Information



## Your event ideas...




- Family day with games (Northamptonshire) [Family events webinar in April](#)
- Information forum where the medical professionals do talks (Leeds)
- Pig racing event - betting on fluffy battery operated pigs (ECWD)
- **Socials** - Instead of a coffee morning we tried a pub evening (Leicestershire & Rutland) Coffee and a chat (Brighton & S. Yorkshire) We asked people when and where they wanted to meet for socials and asked IBD teams to put up posters in clinic (S Manchester) - *Some Networks have low attendance at these events*
- Medical - If your struggling to get drs and nurses, try asking other HCP's such as dieticians, stoma nurses, infusion nurses to give talks on the other aspects of IBD (Northamptonshire) Medical events are well attended but are publicised many months ahead in IBD depts (Bristol, Bath. NS)
- Simplest event we did last year was picnic - told people to turn up and bring picnic (ECWD)
- Event on diet and we're encouraging people to bring their own food samples to share (Clyde)
- Park runs - volunteer to marshal in purple tops and do a small talk at the end, reach around 300 people, on every Saturday across UK (Leeds)
- Great success with putting literature racks into IBD clinics (Bristol, Bath, NS & Leeds)
- Giving business cards to IBD team to pass on, and doing a letter for patient packs (S. Manchester)

## Your event ideas...

- Annual lecture to pharmacy students at a local university (Clyde)
- Gastroenterology student society at the University of Leeds that we're going to try and partner with (Leeds)
- Giving talks to trainee doctors and nurses at universities (East London)
- The University offer a Chronic Illness and Disability placement scheme for first year medics, where first years meet up with patients and listen to their experiences with illness (Leeds)
- Short video of our Education Day to share (S Yorkshire)
- Sent out posters and information to GPs (S Manchester & Aberdeenshire)
- Quiz night most successful fundraiser (East London)
- Annual vintage tea party is well supported and attended (MK & Bedford)
- Christmas craft evening (S Manchester)
- Gin tasting evening (Aberdeenshire)
- Race night (S. Yorkshire)



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