

Our latest edition of the Mid-Essex newsletter, read on to find out what we have planned for you this year!

February 2024

HELLO THERE!

By Samantha Merrett

In this newsletter you will find out about fundraising and local events your Mid Essex Crohn's & Colitis UK Network have planned for 2024. These vary from fundraising events, medical meetings, and social events.

We have an article about our recent medical meeting at Broomfield Hospital back in November and our upcoming events in the calendar.

We would love to hear from our readers and members alike; if you have a story to share, celebrations to announce or if you have any fundraising you would love to tell us about, please do let us know.

Happy reading everyone!

PATIENT GROUPS SOUTHEND

On the third Wednesday of every month, a meeting takes place in the endoscopy department on the Mezzanine floor in Southend Hospital.

The sessions are aimed at both newly diagnosed and experienced patients under the care of Southend IBD team.

The sessions are an opportunity to share knowledge with each other and provide help and guidance based on past experiences.

If you have a question, query or would just like to meet like-minded people then come along to your next session on Wednesday 21st February and 20th March. Friends and family are welcome to attend.

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VOLUNTEER WITH US!

We are always keen for new people to join our team to help us host more events in new locations across our big area.

We especially need support around the Broomfield area.

If you are interested in raising awareness and putting on events in the Mid Essex area, please get in touch via the website:

www.crohnsandcolitis.org.uk/enquiry-form or via the contact details on the back page.



LITTLE THINGS CAN MEAN A LOT



REFLECTING ON OUR RECENT BROOMFIELD MEDICAL MEETING

Back in November 2023, the Mid Essex Network organised a medical meeting at Broomfield Hospital with the local IBD team.

Our medical meetings are informal and relaxed events that give those who attend the opportunity to meet others affected by Crohn's and Colitis and discuss any concerns or questions directly with the medical team.

The event was well-attended, and it was great to have the IBD team present in the room to answer any questions that patients had.

We enjoyed plenty of tasty treats and chatted with each other before heading to a meeting room to listen to a presentation delivered by the IBD team.

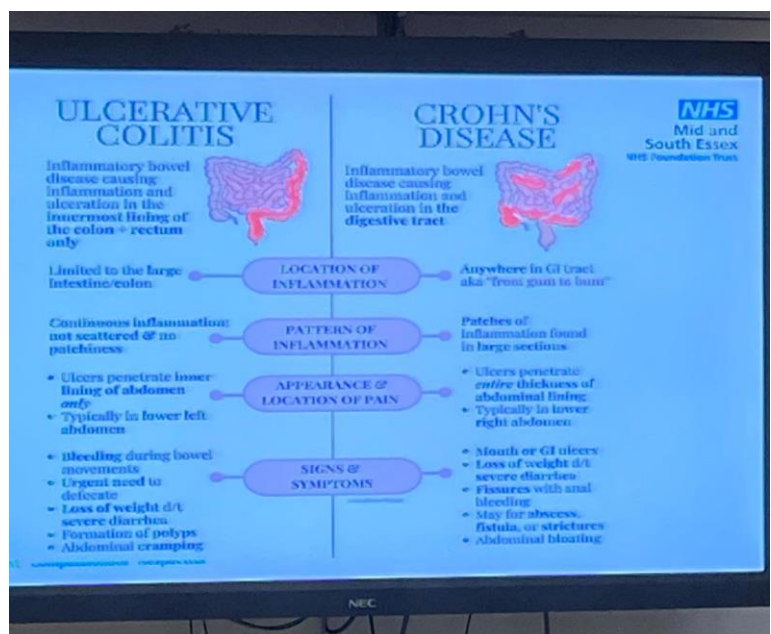
The team spoke about the patient journey, including symptoms to look out for, when and how to reach out for help and what the possible treatments might be.

Everyone in the room found the presentation incredibly useful and there were lots of follow up questions for the team.

This was then followed by more chatting and a raffle draw which saw everyone take home a prize!

We would like to thank the Broomfield IBD team for coming along and giving up their time to speak at the event.

If you couldn't make it this time, we look forward to seeing you at our next meeting on Sunday 3rd March 2024 at 2pm.



DATES FOR YOUR DIARY

Our medical meetings are informal and relaxed events. We have guest speakers on a range of topics relevant to IBD patients. It is a great opportunity to meet others affected by Crohn's and Colitis and the local volunteers. Family and friends are very welcome to attend.

BROOMFIELD MEDICAL MEETING

Sunday 3rd March 2pm to 4pm
Saturday 16th November 2pm to 4pm at Education Centre, Broomfield Hospital, Chelmsford, CM1 7ET

SOUTHEND MEDICAL MEETING

Saturday 8th June 2024 2pm to 4pm at Southend University Hospital, Westcliff-on-sea SS0 0RY

WORLD IBD DAY CAKE SALE

Friday 17th May between 9:30am to 2pm in the Atrium at Broomfield Hospital.

QUIZ NIGHT

We are planning a quiz night in September, follow us on Facebook for more information.

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.

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

CONTACT US

**CROHN'S &
COLITIS UK**

MID ESSEX NETWORK

Lead Volunteer: Sally Newman-Russell
Email: me@networks.crohnsandcolitis.org.uk
Website: www.crohnsandcolitis.org.uk/me

www.facebook.com/MECCUK @CrohnsColitisME

GENERAL ENQUIRIES

Crohn's & Colitis UK
1 Bishops Square, Hatfield Business Park, AL10 9NE
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

Live Chat: 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.

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