

## Bristol, Bath & North Somerset Network

Welcome to our second newsletter of 2019. The last six months has seen our Network as busy as ever, fundraising and raising awareness for Crohn's & Colitis UK. We held very successful medical education evenings: one at Southmead hospital in April and the other at the Bristol Royal Infirmary in June. We also helped with the running of the charity's third fantastic Bristol WALK IT event in May. Social events have been enjoyed by members of the Network—connecting people with Crohn's and Colitis so that they can share their experiences in informal and enjoyable settings. Thank you again to everyone in our Network for helping achieve our aims.

### VOLUNTEER WITH US

Anyone interested in becoming a regular volunteer with our Network can find out more about this role at [crohnsandcolitis.org.uk/get-involved/volunteering/local-network](http://crohnsandcolitis.org.uk/get-involved/volunteering/local-network)

In addition to welcoming new ad hoc volunteers as always, we currently have two vacancies on our committee.

Firstly, some of you may already know that our **lead volunteer**, Tony Walmsley, has stood down after more than four very energetic and successful years in order to devote more time to his other interests, including learning to fly! So we are now looking for another volunteer to take on this interesting and valuable role for the Network. If you would like to find out more about what it involves please contact us or go to the address above.

Secondly, we are looking for a **fundraising volunteer** to help us raise essential funds to help improve the lives of people with Crohn's and Colitis.

To enquire further or express an interest in either of these roles, please contact Lucy Carey at Head Office by phone on 01727 734475 or email at [volunteering@crohnsandcolitis.org.uk](mailto:volunteering@crohnsandcolitis.org.uk)

Many thanks to all the Bristol WALK IT volunteers!



### FUTURE BRISTOL MEDICAL EDUCATION EVENTS

Medical events about Crohn's and Colitis in the Bristol, Bath and North Somerset Network area are now organised by Crohn's & Colitis UK's Head Office in conjunction with Aileen Fraser—who is an IBD Nurse Specialist at Bristol Royal Infirmary (BRI). Aileen has drafted a provisional plan for these meetings for 2019/20, with each evening covering two topics:

#### THURSDAY 19 SEPTEMBER 2019

- Surgery for IBD
- Diet and IBD

#### THURSDAY 7 NOVEMBER 2019

- What investigation and why?
- Cancer risk-should I be concerned?

#### THURSDAY 23 JANUARY 2020

- What is IBD?
- Who is in your IBD team?

#### THURSDAY 23 APRIL 2020

- Medication for IBD
- Complimentary Therapy

All medical education events will take place at the **BRI's Education and Research Centre** across the road from the main BRI building on Upper Maudlin Street **18:00-20:00**.

To register for the first free event please visit the Crohn's & Colitis UK website and enter your postcode to show the event or follow the link [bristol\\_education\\_programme\\_september.eventbrite.co.uk](http://bristol_education_programme_september.eventbrite.co.uk)

For any questions please e-mail: [education@crohnsandcolitis.org.uk](mailto:education@crohnsandcolitis.org.uk)

### SOCIAL EVENTS UPDATE

From Tuesday 19 November regular social meetings will generally be held from 7pm on the third Tuesday of the month at the Prince Street Social, except in months where there is a medical event (see back page for diary dates).

There will also be an opportunity for a social drink after the medical events above.





## TONY'S LANDS END TO JOHN O'GROATS ADVENTURE!

Tony Walmsley, former Lead Volunteer, has decided to take on his biggest challenge ever in September by cycling from Land's End to John O'Groats whilst raising awareness of Inflammatory Bowel Disease and the charity Crohn's & Colitis UK.

This challenge will involve Tony's bottom being in the saddle for 900 miles!

Tony, who has lived with Ulcerative Colitis for over ten years, said *"I am undertaking the challenge unsupported i.e. without a support vehicle, both as a personal challenge and in order to inspire others to see that an Crohn's and Colitis diagnosis doesn't need to hold you back from leading a full and normal life"*.

If you would like to sponsor Tony's ride in aid of Crohn's & Colitis UK, please follow this link:

[uk.virginmoneygiving.com/TonyWalmsley3](http://uk.virginmoneygiving.com/TonyWalmsley3)



## BRISTOL WALK IT 2019

This very popular fund-raising event was another huge success for Crohn's & Colitis UK. Walkers chose either the 5k or the 10k route around the beautiful city of Bristol and raised vital awareness and funds for those affected by Crohn's and Colitis.

Once again, WALK IT Bristol had the great honour of being opened by Olympic silver medallist Siobhan-Marie O'Connor, who herself has colitis.

The event village was, once again, on College Green. Unlike last year, this time we were not serenaded by Bristol Cathedral's fine bell-ringers—which was, frankly, a relief! Walkers of all ages completed their routes past the sights of Bristol and its river Avon before returning to the event village for a great afternoon of fun, food and entertainment.

478 walkers took part in this event—considerably up from 320 walkers last year—and the total amount raised was an incredible £28,000!

Bristol Suzuki dealership Roadworthy sponsored the Crohn's & Colitis UK Bristol WALK IT event this year. They very kindly donated £500 to the charity and also raised an additional £160 in sponsorship when MD Steve and his wife Ali took part in the 5k walk.





## FUNDRAISING

### BRISTOL BANSHEES GET A DUNKING FOR CHARITY

The Bristol Banshees, a motorcycle club for women, has very kindly raised over £900 for Crohn's & Colitis UK. The charity's fun day this year was held on 27th April at Barton Hill Rugby Club and all the proceeds were donated to our charity.

The fun day included a medieval fighting competition, a table top display by Crohn's & Colitis UK and, despite the cold weather, a fully operational dunking stool. Several of the Banshees braved the inclement weather and risked hypothermia when accurate throwing in the competition sent them plunging into the icy waters of the dunk tank.

A BIG thank you to the Banshees and also to all the supporters of the event.



### CRIBBS CAUSEWAY MALL COLLECTION

Network members spent a day in the Mall at Cribbs Causeway with an information stand and also collecting funds for the charity. £127.95 was raised and the high numbers of people visiting the Mall on a Saturday meant that awareness of our charity was raised. We also had a number of good conversations with people who approached the stand to talk about their own or their family members' experience of Crohn's and Colitis.

## RECENT EVENTS

### CHARITY BARN DANCE

Our Barn Dance this April took place at Hutton Village Hall. About 80 people enjoyed a scrumptious buffet and a fabulous evening of music and dancing by the Highly Strung Band. There was much laughter and dancing and we raised £430 for Crohn's & Colitis UK with the same amount raised for the Labrador Trust.



### BATH RUH MEDICAL EDUCATION EVENT

This meeting—one of two each year—was run by the Royal United Hospitals Bath NHS Foundation Trust. Tony Walmsley, former Lead Volunteer, spoke briefly about the work of Crohn's & Colitis UK and the charity also had a display board and literature at the event.

### SOUTHMEAD MEDICAL EDUCATION EVENT

This popular event was attended by 60 people. The four presenters from North Bristol NHS Trust gave interesting and informative talks on Living with IBD, Cancer and IBD, and Surgery and IBD. The presenters also hosted a general IBD question and answer session which was much appreciated by the audience. Cynthia De Gelder, one of our Organising Team volunteers, gave a presentation about Crohn's and Colitis support and the activities of our local Network.



## DATES FOR YOUR DIARY

We've got another full line up of social events for the rest of this year and next. We look forward to welcoming you along, and are always interested to hear your feedback on what you'd like from us.

### SOCIAL MEETING

Saturday 14 September 14:00-16:00  
Coffee#1, 51 Welsh Back, Bristol BS1 4AN Bristol

### BRISTOL MEDICAL EDUCATION EVENT

Thursday 19 September 18:00-20:00  
BRI's Education and Research Centre  
[bristol\\_education\\_programme\\_september.](https://www.eventbrite.co.uk/bristol_education_programme_september)  
[eventbrite.co.uk](https://www.eventbrite.co.uk)

### SOCIAL ACTIVITY

Thursday 24 October 18:00  
Bowling at the Lanes, Bristol City Centre

### BRISTOL MEDICAL EDUCATION EVENT

Thursday 7 November 18:00-20:00  
BRI's Education and Research Centre  
[bbns-edu-event-nov19.eventbrite.co.uk](https://www.eventbrite.co.uk/bbns-edu-event-nov19)

### SOCIAL MEETING

Tuesday 19 November 18:00  
Drinks at Prince Street Social, Bristol

### WORLD IBD WEEK AWARENESS STANDS

Look out for us—volunteers welcome, get in touch!  
Thursday 28 November Southmead Hospital  
Wednesday 4 December Bristol Royal Infirmary

### BRISTOL MEDICAL EDUCATION EVENT

Thursday 23 January 18:00-20:00  
BRI's Education and Research Centre  
[bbns-edu-event-jan20.eventbrite.co.uk](https://www.eventbrite.co.uk/bbns-edu-event-jan20)

### SOCIAL MEETING

Tuesday 18 February 18:00  
Drinks at Prince Street Social, Bristol

### SOCIAL MEETING

Tuesday 17 March 18:00  
Drinks at Prince Street Social, Bristol

### BRISTOL MEDICAL EDUCATION EVENT

Thursday 23 April 18:00-20:00  
BRI's Education and Research Centre  
[bbns-edu-event-apr20.eventbrite.co.uk](https://www.eventbrite.co.uk/bbns-edu-event-apr20)

### SOCIAL MEETING

Tuesday 19 May 18:00  
Drinks at Prince Street Social, Bristol

## CONTACT US

**CROHN'S &  
COLITIS UK**

Bristol, Bath & North Somerset Network

Lead Volunteer: Position Vacant

Helpline: 0300 222 5700\*

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

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



@crohnsandcolitisukbristol



@CrohnsColitisBS

### Crohn's & Colitis UK

1 Bishops Square, Hatfield Business Park, 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](http://www.crohnsandcolitis.org.uk) 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.*

You'll find our volunteers at all of the events below in bright purple T-Shirts!

For more information on please contact:  
[bristol@networks.crohnsandcolitis.org.uk](mailto:bristol@networks.crohnsandcolitis.org.uk)

If you have received this newsletter by post and would be happy to receive future issues 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 Inflammatory Bowel Disease.