

## NETWORK NEWS

Hello everyone! Wishing you all a Happy New Year & healthy 2018 on behalf of myself & our amazing Organising Team.

After a great 2017, Team Mersey is looking forward to the year ahead & building on our success with lots of exciting things planned & playing our part with support as well as awareness & fundraising whilst helping with spreading the word & promoting Crohn's & Colitis UK's new 5 year strategy (see page 3 for more on that).

We look forward to as many of you as possible joining us & we hope you will be a part of what is something very special. We hope to reach & help support more of you than ever before.

Please keep an eye on our social media for all our latest news & upcoming events as we haven't quite been able to confirm all our plans & exact dates in time for them to be included here, Also your email inbox (if you don't already receive our latest updates please update us with your details to receive future ones).

We are stronger together as one & getting the right help & support can be the first & most important step towards a more positive & brighter future we hope together we can make a difference for as many as possible.

-Helen



## WE NEED YOU!!

Are you interested in joining the organising team and becoming a Crohn's and 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 Network

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## GET IN TOUCH

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

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



Crohn's and Colitis UK Mersey Group



CrohnsColitisMY

## TEAM NEWS

It was a busy end to 2017 for the Mersey Network. After a great time at the Knowsley Flower Show over the summer (see the Fundraising Update on page 5 for details), we finished off the year with several coffee mornings, which gave us a chance to meet some like-minded folks for a brew and a natter. A big thanks to Costa Coffee for hosting us and being extremely welcoming and helpful!

After the fun and games of Purple Friday (see page 4), we got into the Christmas Spirit during IBD Awareness Week with a get together at Cafe Tabac. We had Christmas decorations, festive drinks and cakes and a showing of Home Alone on the big screen. It doesn't get much more Christmassy than that!

Finally, we'd also like to welcome our newest member, Cora, who joined us last summer. She's already made a big impact on the team with her positive attitude and keeps us endlessly entertained with her funny stories!

We'll be continuing these get-togethers throughout 2018, with regular social events starting with our next coffee morning at Lovelocks Coffee Shop in Liverpool City Centre on Saturday 10<sup>th</sup> February (see page 7 for details). We hope to see some of you there!

**Cora**



I wanted to volunteer so I could learn from others who live with similar conditions, how they deal with different things and what they find helps. It's been important for me to also contribute to a wider understanding of our conditions in local community. In my spare time I crochet, and in direct juxtaposition to that I play roller derby on the Wirral.



# CROHN'S AND COLITIS UK - THE NEXT 5 YEARS

Crohn's and Colitis UK recently outlined its strategy for the coming 5 years. We want...

## 1. EVERYONE TO UNDERSTAND CROHN'S & COLITIS

If there is only one thing we could do to benefit all patients (other than finding a cure), it is to create much greater awareness and understanding of Crohn's Disease and Ulcerative Colitis among the public.

To achieve this, we aim to mobilise the community across the UK in order to create an environment where it is easier to talk about these conditions.

## 2. TO DRIVE WORLD-CLASS RESEARCH

Funding research is fundamental to achieving a world free from Crohn's and Colitis, and it is why many support Crohn's and Colitis UK. We have a rich history of funding research and in 2017 we were proud to publish a [new report on the impact of the research we have funded over the last 10 years.](#)

Over the next five years we intend to invest £7.8m. We will find and fund the very best research projects and support the development of future IBD experts, ensuring that the progress we are making today will be built on and accelerated in future years.

## 3. TO SUPPORT AND EMPOWER PEOPLE

Over the next five years we will invest in areas that will help to empower and support people affected by Crohn's and Colitis, ensuring better services and outcomes for all.

## 4. HIGH-QUALITY, SUSTAINABLE CLINICAL CARE

We want to ensure that every patient – wherever they live, whatever their age – receives world-class treatment and care.



We will build productive partnerships that make a difference and we will give a powerful voice to patients across the UK.

## 5. EARLY & ACCURATE DIAGNOSIS FOR ALL

Our work will focus on helping patients and doctors spot signs early in order to swiftly get the treatment and care needed.

Our work with the Royal College of General Practitioners is a vital part of this. We cannot achieve this alone – more than ever we will need to come together to expand the work of the charity and help raise the vital funds required to deliver on our promises.

Through all of this work we will be guided by our new values every day: we are ambitious, we are compassionate and we are stronger together.

## GO PURPLE! IBD WEEK 2017

Purple Friday (1st December) saw the nation Going Purple for Crohn's and Colitis UK. Supporters up and down the country dressed in purple – head to toe if they dared – as part of Crohn's and Colitis Awareness Week to help make Crohn's and Colitis visible!

At the Mersey Network we had a lot of fun taking part and enjoyed seeing the brilliant pictures and videos of our supporters on social media.

We hope you enjoyed taking part and don't worry if you missed out, there'll be another chance to join in this December!



**PURPLE IS THE NEW BLACK**

**#PurpleFriday**

Text PURPLE to 70700 to donate £5

Crohn's and Colitis UK will receive 100% of your donation. Texts cost your donation plus one message at your standard network rate. Always get the bill payers permission.

**CROHN'S & COLITIS UK**  
FIGHTING INFLAMMATORY BOWEL DISEASE TOGETHER  
[crohnsandcolitis.org.uk](http://crohnsandcolitis.org.uk)

**CROHN'S AND COLITIS AWARENESS WEEK 1-7 DEC**



## FUNDRAISING & AWARENESS UPDATE

Last summer, the team had the privilege of attending the Knowsley Flower Show for the second year in a row, where we set up an awareness stall. The show itself was fantastic, with not only flowers on display but a dog show and plenty of fun and games for the kids! In total, we raised a brilliant £102.47 through the donations and the tombola (although certain unnamed team members were disappointed to see Peter Andre's autobiography go to one lucky winner!). In all, we had a great time and enjoyed meeting some friendly new faces. We'll be back later this summer (see page 7 for event details) to join in the fun once again!

In 2018, we hope to continue raising money and awareness in as many different ways as possible, including:

- A week's fundraising booked in for the Liverpool Empire's production of Hairspray in April. If you'll be attending, we'll see you there!
- Bag packing at Asda's Smithdown Road store on 2<sup>nd</sup> June.
- Attending the WALK IT! 2018 walks to raise money and awareness for Crohn's and Colitis UK. We had a great time last year and can't wait to join in again!
- Our annual IBD Awareness Day at Anfield Football Stadium, featuring lots of interesting talks and plenty to keep the kids entertained!

*(See page 7 for full details of confirmed events)*



## LJMU CHORAL SOCIETY XMAS CONCERT



The LJMU Choral Society once again outdid themselves with their Christmas Concert last December. Since the society first started in September 2015, they decided they would fundraise for us, Crohn's and Colitis UK Mersey Group, and have continued to support us since then. This year was no different, as they kindly donated the proceeds from the concert

The concert itself was a cracker! (Excuse the pun) Featuring a mix of contemporary and classic songs, covering artists such as Pharrell Williams, Robyn, Lana Del Rey, Marvin Gaye, it's fair to say there was something for everyone ('Game of Thrones' fans were even treated to a rendition of the theme tune at one point). Throw in a few mash-ups and some stunning group performances; it all added up to a hugely enjoyable evening!

From everyone at Crohn's and Colitis UK Mersey Network we would like to once again thank everyone in Liverpool John Moores Choral and Music Society for their continued support.



## THE BEWILDERED BOWEL: WORDSEARCH

E Z W F L R N U I D N V I S I B L E  
 R I I O O R O R S V W X A L J P O C  
 E U F F M C F R I D A Y H A S I J I  
 I C J V R C S J R T T S G C Y H K O  
 S Z F M G G U A B N W E S I S S X V  
 K E U R O S P J S E D Q X N X R G H  
 A L N I M G P H Y M F S Z I B E A C  
 J P D E Y N O V D T I L Y L P N I R  
 L R R V G I R G U S B M T C V T M A  
 C U A F E D T I T E Z N I E H R O E  
 H P I V T N O O N V S O N G V A E S  
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 V W I R R T E E M I S R M D F M Y R  
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 W A T U U E E P E O G S C I X X R N  
 X N A F P D R M R K A U M U Z A L O  
 M N N Z G N A E T Q I N R R H M V R  
 N W Z C H U R T X G D F I V E M E T  
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Five  
 Year  
 Strategy  
 Future  
 Understanding  
 Community  
 Research  
 Support  
 Empower  
 Voice  
 Clinical  
 Care  
 Diagnosis  
 Treatment  
 Fundraising  
 Partnership  
 Investment  
 Stronger  
 Together  
 Visible  
 Purple  
 Friday

## THE FUNNY SIDE OF THINGS



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## DATES FOR YOUR DIARY

### COFFEE MORNING AT LOVELOCKS

**Date:** Saturday 10<sup>th</sup> February

**Time:** 10:30am

**Venue:** Lovelocks Coffee Shop, Unit 6,  
Old Haymarket, Liverpool L1 6ER

All are welcome for some great coffee and treats at a new venue for 2018!

### IBD DAY EVENT

**Date:** Saturday 12<sup>th</sup> May (Time TBC)

**Venue:** Anfield Football Stadium

We're excited to once again host our IBD Day event at Anfield! Featuring lots of interesting talks and plenty to keep the kids entertained. Please email us if you'd be interested in attending!

### BOWLING AFTERNOON

**Date:** Saturday 7<sup>th</sup> July

**Time:** 2pm

**Venue:** Riverside Bowl, Marine  
Promenade, New Brighton CH45 2JS

Come and join us for an afternoon of bowling fun in New Brighton!

### KNOWSLEY FLOWER SHOW

**Date:** Sunday 5<sup>th</sup> August

**Time:** 11am

**Venue:** Court Hey Park, Roby Road,  
Huyton, Liverpool L16 3NA

The team will once again be attending the show this year, helping to raise awareness by offering support and information to anybody affected by or interested in learning more about IBD conditions.

*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 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 and 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 NETWORK

Group Coordinator: 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 and  
Colitis UK  
Mersey Group



CrohnsColitisMY

### Crohn's and Colitis UK

45 Grosvenor Road, St Albans AL1 3AW

[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*