

South Manchester Network

WELCOME TO OUR AUTUMN 2022 NEWSLETTER

By Jenny Cooper

Thank you for taking the time to read our newsletter.

In the last year since we shared an update we have started to return to face to face events, and welcomed new volunteers to the Network.

Now we are starting to look ahead to the next 12 months and are planning more social, fundraising and awareness events. We look forward to

sharing our plans with you soon!

With Crohn's and Colitis Awareness Week on the horizon in December, now is the time we're starting to raid the wardrobe ahead of Purple Friday, and thinking about how we can raise awareness and funds to support even more people living with IBD.

For now we wish you all health and happiness for the rest of 2022.

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WAY TO GO JOE!

Comedian Joe Lycett invited Crohn's & Colitis UK to raise funds through collections on his recent tour, including at the Palace Theatre in Manchester in September.

Our volunteers were lucky enough to meet Joe ahead of his gig, and explain a bit about what their roles and experience with Crohn's and Colitis.

More than £600 was raised on the night, so a massive thank you to everyone who donated!

If you want to donate it isn't too late!
Visit: crohnsandcolitis.org.uk/joe

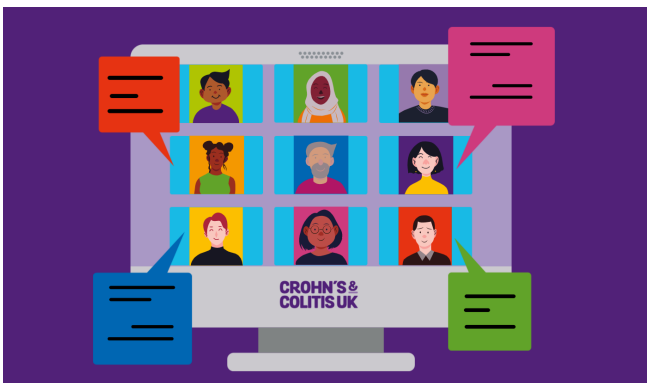
SOCIAL MEET UPS

One of the biggest changes in the last 12 months is that we have returned to face to face social meet ups. We know how important it is to be able to meet with others who are living with Crohn's and Colitis who understand what we are going through, so are really pleased these have been able to resume.

Our last few events at Café Sq in Stockport have been a great success with around 20 people attending each meet up. Our next social meet ups takes place on Saturday 19th November and 28th January – full details on the Dates For Your Diary on page 6.



VIRTUAL SOCIAL EVENTS



For anyone who cannot make our in person social meet ups, the Virtual Socials over Zoom that were so popular during the pandemic are continuing!

Emma, Jenny, Dave and new South Manchester volunteer Muzher are amongst the hosts for these events, where we discuss a range of topics from medication to fatigue.

The events are organised by region, but you can attend any of the Virtual Socials - whether or not you live in that area. You can find out more and register for your free place here:

crohnsandcolitis.org.uk/vse

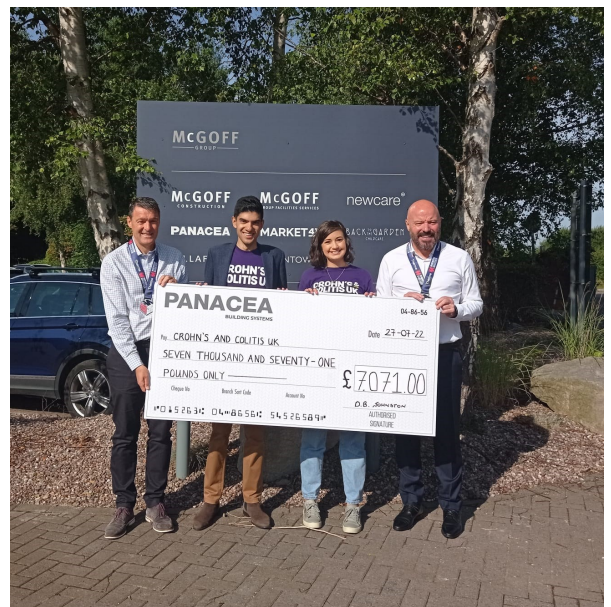
PANACEA BUSINESS SYSTEMS

Our volunteers Helen and Muzher collected a cheque on behalf of Crohn's & Colitis UK from Panacea Business Systems in Altrincham.

The firm's directors, Dean Johnston and Mike Partington, raised a fantastic £7,071 by completing the Manchester Marathon.

Helen and Muzher were able to share their own experience of living with IBD when they visited the firm's offices this summer, and explain how Crohn's & Colitis UK offers help to people like them.

There is more information on fundraising in the work place here: crohnsandcolitis.org.uk/get-involved/fundraise



NEW RECRUITS

In recent months we've welcomed new volunteers to the South Manchester Network, including Muzher:

"I was diagnosed with Crohn's when I was seven, so it really came to be a part of who I am. Whilst my teenage years were quite difficult, I'm fortunate to now enjoy pretty good health.

"My day job is in the area of HIV research, which I find very rewarding, but I only began to volunteer with Crohn's & Colitis UK recently. The South Manchester network are a great bunch who've welcomed me warmly. I've also been keen to get involved in a few research studies the charity is supporting.

"I'm extra passionate about supporting young people with IBD. School years are tough enough without having to deal with an unexpected flare!"



VOLUNTEER WITH US

We are looking for more volunteers to help us to organise and attend awareness and fundraising events. It is a great opportunity to make a significant difference to the lives of people living with Crohn's and Colitis. It is simple and rewarding to get involved. Whatever interests, experience or skills you have, there are many ways to volunteer whatever time you can spare! Find out more here:

Website: crohnsandcolitis.org.uk/volunteer

Email: networks@crohnsandcolitis.org.uk

Phone: 01727 734 475



STEPPING UP

Supporter Lucy has gone more than the extra mile to raise money for Crohn's & Colitis UK!

"In September 2022 I wanted to raise money for two important charities, one of them being Crohn's & Colitis UK. The goal was to walk 100 miles during the month, however I managed to walk 186.5 miles! Friends often joined me as I walked and this helped raise money but also awareness about the charity and the conditions that need ongoing research and support.

"It was important to do this as I have an amazing sister in law who is loved by me and my family, and we recognise her strength and courage whilst managing a chronic illness. I will aim to do a fundraiser for Crohn's & Colitis UK annually so will have to think what the next one may be!"

FESTIVAL FUNDRAISER

By Emma Greenwood

*What a beautiful day (hey hey)
I'm the king of all time
And nothing is impossible
In my all powerful mind*

.....

During my teenage rebellion years I may have frequented maybe just a few Levellers gigs. For those of you that have been to see them live you will understand what an amazing band that they are and how much hope you can gain from listening to their music when times are tough. They have been with me through all my hard and many more great times. Listening to the Levellers has helped me get through many decades now and made me truly realise "there's only one way of life and that's your own!!!" Full of positivity and fun and such a caring and inspirations band to be privileged to know and grow up with.



Following conversations with a family friend Jeremy, the bass player of the Levellers, over the years he knows only too well my journey with living with severe IBD and the difficult surgeries that I've faced. This year Jeremy contacted me with the news that the Levellers have donated over £3,000 to Crohn's & Colitis UK from VIP donations at their Beautiful Days Festival this year! I am so blown away by their kindness and generosity supporting a charity that helps so many people that live with this testing disease. Life has never been the same since the day I got diagnosed with severe Colitis and I can't change that, but listening to the Levellers music and letting off steam at their gigs and Beautiful Days Festival has certainly saved my life! Thank you Jeremy and all the Levellers band members for your support and very generous donation it will make a massive difference to many peoples lives!

RESEARCH OPPORTUNITIES

The best quality research happens when people with Crohn's and Colitis are involved, and you can make a difference at every stage of research.

There are a lot of different ways to get involved – from taking part in a drug trial to participating in focus groups.

Sign up here to be the first to know about research opportunities: crohnsandcolitis.org.uk/our-work/research-and-evidence/sign-up-to-hear-about-research-opportunities



CROHN'S AND COLITIS AWARENESS WEEK

In December 2021 our volunteers Emma and Dave braved the cold to be part of the Pickmere Driveway Christmas Market, which just happened to fall within Crohn's and Colitis Awareness Week.

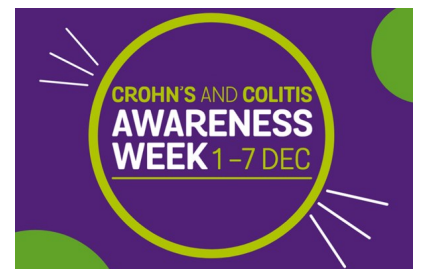
Their stall of delicious baked good and home made crafts raised a fantastic £150 for the South Manchester Network.

There will be another stall at this year's event on Sunday 4th December.



If you want to get involved in Crohn's & Colitis Awareness Week 2022, which takes place 1-7 December, here are some ideas...

- Share your story on social media with the hashtag [#CrohnsAndColitisAwarenessWeek](https://twitter.com/CrohnsAndColitisAwarenessWeek)
- Use the Crohn's & Colitis UK Talking Toolkit to start conversations with friends, family and colleagues about IBD – find out more here: www.ittakesguts.org.uk/talk
- Use your voice to support campaigns here: www.crohnsandcolitis.org.uk/our-work/campaigns
- Host a coffee morning to raise funds and awareness! There are invites and ideas here: www.crohnsandcolitis.org.uk/get-involved/fundraise/fundraising-ideas/cake-and-a-cuppa
- Get crafty! Make and sell crafty creations you have made at home. Tips on getting started here: www.crohnsandcolitis.org.uk/get-involved/fundraise/fundraising-ideas/get-crafting



DATES FOR YOUR DIARY

SOCIAL MEET UP

10am–12pm

Saturday 19th November 2022

Café Square, 59 St Petersgate, Stockport, SK1 1DH

CROHN'S AND COLITIS AWARENESS WEEK 2022

1-7 December 2022

CROHN'S & COLITIS UK CHARITY STALL – PICKMERE DRIVEWAY CHRISTMAS MARKET

Sunday 4th December 2022

Pickmere village, Cheshire

SOCIAL MEET UP

10am–12pm

Saturday 28th January 2023

Café Square, 59 St Petersgate, Stockport, SK1 1DH

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

South Manchester Network

Lead Volunteer: Jenny Cooper

Email: networks@crohnsandcolitis.org.uk

Website: www.crohnsandcolitis.org.uk/sm



[Crohn's & Colitis UK South Manchester Network](https://www.facebook.com/Crohn's&ColitisUKSouthManchesterNetwork)



[@CrohnsColitisSM](https://twitter.com/CrohnsColitisSM)



[@crohnscolitisuksouthmanchester](https://www.instagram.com/crohnscolitisuksouthmanchester)

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 is a confidential service providing information and support for anyone affected by Crohn's or Colitis.

They 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.

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.*