

## Local Network Social Media pages

Below is a list of the social media pages of our Local Networks to help you follow, support and learn from each other.

Cells that are blank mean the network is not active on that platform. If we're missing a page or have an old link please let us know at [networks@crohnsandcolitis.org.uk](mailto:networks@crohnsandcolitis.org.uk).

NETWORK	URL	FACEBOOK	TWITTER	INSTAGRAM
Aberdeen & Shire	<a href="http://www.crohnsandcolitis.org.uk/aberdeen">www.crohnsandcolitis.org.uk/aberdeen</a>	<a href="#">Aberdeen &amp; Shire</a>		
Ayrshire & Arran	<a href="http://www.crohnsandcolitis.org.uk/ayrshire">www.crohnsandcolitis.org.uk/ayrshire</a>	<a href="#">Ayrshire &amp; Arran</a>	<a href="#">@CrohnsColitisAY</a>	
Berkshire	<a href="http://www.crohnsandcolitis.org.uk/berkshire">www.crohnsandcolitis.org.uk/berkshire</a>	<a href="#">Berkshire</a>	<a href="#">@CrohnsColitisBK</a>	<a href="#">Berkshire</a>
Brighton & West Sussex	<a href="http://www.crohnsandcolitis.org.uk/bws">www.crohnsandcolitis.org.uk/bws</a>	<a href="#">Brighton &amp; West Sussex</a>	<a href="#">@CrohnsColitisBR</a>	
Bristol, Bath & North Somerset	<a href="http://www.crohnsandcolitis.org.uk/bristol">www.crohnsandcolitis.org.uk/bristol</a>	<a href="#">Bristol, Bath &amp; North Somerset</a>	<a href="#">@CrohnsColitisBS</a>	
Cambridgeshire & West Suffolk	<a href="http://www.crohnsandcolitis.org.uk/cws">www.crohnsandcolitis.org.uk/cws</a>	<a href="#">Cambridgeshire &amp; West Suffolk</a>	<a href="#">@CrohnsColitisC</a>	
Chiltern	<a href="http://www.crohnsandcolitis.org.uk/Chiltern">www.crohnsandcolitis.org.uk/Chiltern</a>			
Clyde	<a href="http://www.crohnsandcolitis.org.uk/clyde">www.crohnsandcolitis.org.uk/clyde</a>	<a href="#">Clyde</a>	<a href="#">@CrohnsColitisCL</a>	
Dorset & West Hampshire	<a href="http://www.crohnsandcolitis.org.uk/dorset">www.crohnsandcolitis.org.uk/dorset</a>	<a href="#">Dorset &amp; West Hampshire</a>	<a href="#">@CrohnsColitisDO</a>	
Durham & Wearside	<a href="http://www.crohnsandcolitis.org.uk/DW">www.crohnsandcolitis.org.uk/DW</a>	<a href="#">Durham &amp; Wearside</a>	<a href="#">@CrohnsColitisDW</a>	
East Cornwall & West Devon	<a href="http://www.crohnsandcolitis.org.uk/ecwd">www.crohnsandcolitis.org.uk/ecwd</a>	<a href="#">East Cornwall &amp; West Devon</a>	<a href="#">@CrohnsColitisCD</a>	<a href="#">East Cornwall &amp; West Devon</a>
East London	<a href="http://www.crohnsandcolitis.org.uk/el">www.crohnsandcolitis.org.uk/el</a>	<a href="#">East London</a>	<a href="#">@CrohnsColitisEL</a>	<a href="#">East London</a>
Edinburgh	<a href="http://www.crohnsandcolitis.org.uk/edinburgh">www.crohnsandcolitis.org.uk/edinburgh</a>	<a href="#">Edinburgh</a>	<a href="#">@CrohnsColitisED</a>	
Exeter & District	<a href="http://www.crohnsandcolitis.org.uk/exeter">www.crohnsandcolitis.org.uk/exeter</a>	<a href="#">Exeter &amp; District</a>	<a href="#">@CrohnsColitisEx</a>	
Gloucestershire	<a href="http://www.crohnsandcolitis.org.uk/gloucestershire">www.crohnsandcolitis.org.uk/gloucestershire</a>	<a href="#">Gloucestershire</a>		
Hadrian	<a href="http://www.crohnsandcolitis.org.uk/hadrian">www.crohnsandcolitis.org.uk/hadrian</a>	<a href="#">Hadrian</a>	<a href="#">@HadrianCCUK</a>	
Herefordshire	<a href="http://www.crohnsandcolitis.org.uk/herefordshire">www.crohnsandcolitis.org.uk/herefordshire</a>	<a href="#">Herefordshire</a>	<a href="#">@CCUKHereford</a>	
Hemel Hempstead & Watford	<a href="http://www.crohnsandcolitis.org.uk/hhw">www.crohnsandcolitis.org.uk/hhw</a>	<a href="#">Hemel Hempstead &amp; Watford</a>	<a href="#">@CrohnsColitisHW</a>	
Highlands & Islands	<a href="http://www.crohnsandcolitis.org.uk/hi">www.crohnsandcolitis.org.uk/hi</a>	<a href="#">Highlands &amp; Islands</a>		
Hull & East Yorkshire	<a href="http://www.crohnsandcolitis.org.uk/hull">www.crohnsandcolitis.org.uk/hull</a>	<a href="#">Hull &amp; East Yorkshire</a>		
Kent	<a href="http://www.crohnsandcolitis.org.uk/kent">www.crohnsandcolitis.org.uk/kent</a>	<a href="#">Kent</a>	<a href="#">@CrohnsColitisKE</a>	
Leeds	<a href="http://www.crohnsandcolitis.org.uk/leeds">www.crohnsandcolitis.org.uk/leeds</a>	<a href="#">Leeds</a>	<a href="#">@CrohnsColitisLE</a>	<a href="#">Leeds</a>

Leicestershire & Rutland	<a href="http://www.crohnsandcolitis.org.uk/lr">www.crohnsandcolitis.org.uk/lr</a>	<a href="#">Leicestershire &amp; Rutland</a>	<a href="#">@CrohnsColitisLR</a>	
Lincolnshire Central	<a href="http://www.crohnsandcolitis.org.uk/lc">www.crohnsandcolitis.org.uk/lc</a>	<a href="#">Lincolnshire Central</a>	<a href="#">@CrohnsColitisLI</a>	<a href="#">Lincolnshire Central</a>
Mersey	<a href="http://www.crohnsandcolitis.org.uk/mersey">www.crohnsandcolitis.org.uk/mersey</a>	<a href="#">Mersey</a>	<a href="#">@CrohnsColitisMY</a>	<a href="#">Mersey</a>
Mid & East Hertfordshire	<a href="http://www.crohnsandcolitis.org.uk/meh">www.crohnsandcolitis.org.uk/meh</a>	<a href="#">Mid &amp; East Hertfordshire</a>	<a href="#">@CrohnsColitisMH</a>	
Mid Essex	<a href="http://www.crohnsandcolitis.org.uk/me">www.crohnsandcolitis.org.uk/me</a>	<a href="#">Mid Essex</a>	<a href="#">@CrohnsColitisME</a>	
Mid & West Cornwall	<a href="http://www.crohnsandcolitis.org.uk/mwc">www.crohnsandcolitis.org.uk/mwc</a>	<a href="#">Mid &amp; West Cornwall</a>	<a href="#">@CrohnsColitisMC</a>	
Milton Keynes & Bedford	<a href="http://www.crohnsandcolitis.org.uk/mkb">www.crohnsandcolitis.org.uk/mkb</a>	<a href="#">Milton Keynes &amp; Bedford</a>	<a href="#">@crohnscolitismk</a>	
North Essex	<a href="http://www.crohnsandcolitis.org.uk/ne">www.crohnsandcolitis.org.uk/ne</a>	<a href="#">North Essex</a>	<a href="#">@CrohnsColitisNE</a>	
Northamptonshire	<a href="http://www.crohnsandcolitis.org.uk/northamptonshire">www.crohnsandcolitis.org.uk/northamptonshire</a>	<a href="#">Northamptonshire</a>	<a href="#">@CrohnsColitisNH</a>	
North London	<a href="http://www.crohnsandcolitis.org.uk/nl">www.crohnsandcolitis.org.uk/nl</a>	<a href="#">North London</a>		
North Midlands	<a href="http://www.crohnsandcolitis.org.uk/nm">www.crohnsandcolitis.org.uk/nm</a>	<a href="#">North Midlands</a>	<a href="#">@CrohnsColitisNM</a>	<a href="#">North Midlands</a>
North West London	<a href="http://www.crohnsandcolitis.org.uk/nwl">www.crohnsandcolitis.org.uk/nwl</a>	<a href="#">North West London</a>	<a href="#">@CrohnsColitisWL</a>	<a href="#">North West London</a>
North West Wales	<a href="http://www.crohnsandcolitis.org.uk/nwwales">www.crohnsandcolitis.org.uk/nwwales</a>	<a href="#">North West Wales</a>	<a href="#">@CrohnsColitisNW</a>	
Northern Ireland	<a href="http://www.crohnsandcolitis.org.uk/ni">www.crohnsandcolitis.org.uk/ni</a>	<a href="#">Northern Ireland</a>	<a href="#">@CrohnsColitisNI</a>	<a href="#">Northern Ireland</a>
Nottinghamshire	<a href="http://www.crohnsandcolitis.org.uk/nottinghamshire">www.crohnsandcolitis.org.uk/nottinghamshire</a>	<a href="#">Nottinghamshire</a>	<a href="#">@NottsCCUK</a>	
Oxfordshire	<a href="http://www.crohnsandcolitis.org.uk/oxfordshire">www.crohnsandcolitis.org.uk/oxfordshire</a>	<a href="#">Oxfordshire</a>		
Shropshire & Mid Wales	<a href="http://www.crohnsandcolitis.org.uk/smw">www.crohnsandcolitis.org.uk/smw</a>	<a href="#">Shropshire &amp; Mid Wales</a>	<a href="#">@CrohnsColitisSH</a>	
South Essex	<a href="http://www.crohnsandcolitis.org.uk/se">www.crohnsandcolitis.org.uk/se</a>	<a href="#">South Essex</a>	<a href="#">@CrohnsColitisSE</a>	
South Manchester	<a href="http://www.crohnsandcolitis.org.uk/sm">www.crohnsandcolitis.org.uk/sm</a>	<a href="#">South Manchester</a>	<a href="#">@CrohnsColitisSM</a>	
South Wales	<a href="http://www.crohnsandcolitis.org.uk/sw">www.crohnsandcolitis.org.uk/sw</a>	<a href="#">South Wales</a>	<a href="#">@CCUKSouthWales</a>	
South West London & Croydon	<a href="http://www.crohnsandcolitis.org.uk/swlc">www.crohnsandcolitis.org.uk/swlc</a>	<a href="#">South West London &amp; Croydon</a>	<a href="#">@CrohnsColitisSL</a>	
South West Midlands & Wolverhampton	<a href="http://www.crohnsandcolitis.org.uk/swmw">www.crohnsandcolitis.org.uk/swmw</a>	<a href="#">South West Midlands &amp; Wolverhampton</a>	<a href="#">@CrohnsColitisMW</a>	
South Yorkshire	<a href="http://www.crohnsandcolitis.org.uk/sy">www.crohnsandcolitis.org.uk/sy</a>	<a href="#">South Yorkshire</a>	<a href="#">@CCUKSouthYorks</a>	
Staffordshire South	<a href="http://www.crohnsandcolitis.org.uk/staffssouth">www.crohnsandcolitis.org.uk/staffssouth</a>	<a href="#">Staffordshire South</a>	<a href="#">@CrohnsColitisST</a>	
Tees	<a href="http://www.crohnsandcolitis.org.uk/tees">www.crohnsandcolitis.org.uk/tees</a>	<a href="#">Tees</a>	<a href="#">@CCUK_Tees</a>	
Torbay	<a href="http://www.crohnsandcolitis.org.uk/torbay">www.crohnsandcolitis.org.uk/torbay</a>	<a href="#">Torbay</a>	<a href="#">@CrohnsColitisTO</a>	
Warwickshire	<a href="http://www.crohnsandcolitis.org.uk/warwickshire">www.crohnsandcolitis.org.uk/warwickshire</a>	<a href="#">Warwickshire</a>	<a href="#">@CrohnsColitisWA</a>	
West Midlands	<a href="http://www.crohnsandcolitis.org.uk/wm">www.crohnsandcolitis.org.uk/wm</a>	<a href="#">West Midlands</a>	<a href="#">@CrohnsColitisWM</a>	