

East Cornwall & West Devon Network

MY WALK IT BACK FOR 6th YEAR

We're delighted to report that *My WALK IT is back this June* for the sixth year and it's **FREE** to enter! As before, you can take on **5km, 10km, Half Marathon or a Marathon walk** and you can complete your chosen distance all in one go or spread it throughout the month. If you don't fancy doing it on your own, why not team up with family or friends?

And here are some incentives to register:

- **Raise £10 to earn a branded T-shirt - new design!**
- **Raise £100 to earn a branded medal - for your collection!**
- **Raise £500 to earn a Crohn's & Colitis UK Hoodie**

To register you must be 16 or over but participants are encouraged to involve the whole family. So feel free to dress the under 16's in their very best purple gear and take them along with you!

All the information you need and a link to the registration form are available on the Crohn's & Colitis UK website - www.crohnsandcolitis.org.uk/challenges/my-walk-it-2025.

Jane & Gemma (below) and Megan with her young son (right) doing 10km in 2022



Dani (right) having fun during her 10km walk in 2021



Shas & Christina (right) halfway through their 2024 10km walk



Dom with family & friends (below) doing a marathon distance in 2021



ALSO IN THIS ISSUE

- 2 Join us at the Plympton May Fair
- 3 Stay Safe in the Sun
- 3 Managing your Mental Health
- 4 Brain Teaser
- 5 World IBD Day 2025
- 6 Share your IBD Story
- 6 Brain Teaser Result

JOIN US at the PLYMPTON MAY FAIR!

We'd love to see you at this year's *May Fair at Harewood House in Plympton*. It's being held on *Saturday 3rd May from 10am till 3pm* and we plan to have a stall there selling our usual knitted characters as well as other items.

You don't have to buy anything - we're just as happy to have a chat with you so do come along and join us!

Right and below: Photos of our stall at previous May Fairs.



IBD NURSE CONTACTS

AT DERRIFORD

TEL: 01752 439224

EMAIL: plh-tr.ibd-advice@nhs.net



STAY SAFE IN THE SUN

As the weather improves and people are starting to think about holidays or just days out in the sunshine, *remember that some medicines used to treat Crohn's or Colitis can make your skin more sensitive to sun damage or might increase your risk of skin cancer.* Everyone needs to protect themselves from the effects of the sun, but it is especially important if you are taking medicines that lower your immune system.



You can protect your skin from the sun by:

- Covering up with long-sleeved tops, trousers or a long skirt. Wearing sunglasses and a wide-brimmed hat also help.
- Using sunscreen that is factor 30 or more, with a 4- or 5-star UVA rating. For it to work well, you should reapply it at least every 2 hours, and after swimming, exercising or drying yourself with a towel.
- Staying in the shade when you can.
- Trying to stay out of the sun during the hottest part of the day between 11am and 3pm.

There is plenty more guidance on travelling with IBD on the Crohn's & Colitis UK website at www.crohnsandcolitis.org.uk/info-support/information-about-crohns-and-colitis/all-information-about-crohns-and-colitis/living-with-crohns-or-colitis/travelling-with-crohns-or-colitis, and on the IBD Passport website at www.ibdpassport.com, both of which are excellent sources of information.

MANAGING YOUR MENTAL HEALTH



When you have a chronic disease like Crohn's or Colitis it can sometimes be easy to concentrate on your physical health and to forget about your mental health. *Research suggests that people living with Crohn's or Colitis may be twice as likely to experience mental health problems as the general population.*

But you're not alone. Crohn's & Colitis UK is here to support you with a wealth of information to help you to:

- Look after your mental wellbeing
- Understand the link between Crohn's and Colitis and mental health
- Recognise when you are experiencing poor mental health
- Find out how to get the help you need

For more information check out the website at

www.crohnsandcolitis.org.uk/info-support/information-about-crohns-and-colitis/all-information-about-crohns-and-colitis/living-with-crohns-or-colitis/mental-health-and-wellbeing

BRAIN TEASER

Here's a little fun brain teaser to test if you've taken in what you've read! *You can find all the answers in this newsletter.*

Complete the answers to each question and then use the letters in each of the yellow squares to discover an important day coming soon.

Good luck!

Solution on back page.

1														
2														
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4														
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9														
10														
11														

1. What is back for the 6th year? (2,4,2)
2. How often (at least) should you reapply sunscreen? (5,1,5)
3. Apart from 5km, 10km, and Half Marathon, what other distance can you register to do for My WALK IT? (8)
4. In which area of Plymouth is the May Fair being held? (8)
5. Apart from East Cornwall, what other area does this volunteer network cover? (4,5)
6. What is this quiz called? (5,6)
7. What social media platform does a blue 'f' in a white circle represent? (8)
8. For which hospital do we give IBD Nurse contact details? (9)
9. On what should you follow us? (6,5)
10. Aside from physical health, what other health should you look after? (6)
11. What should you do in the sun? (4,3)

FOLLOW US ON SOCIAL MEDIA



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[crohnsandcolitis_ecwd](https://www.instagram.com/crohnsandcolitis_ecwd)



Once again, we're supporting World IBD Day on May 19th 2025. *The theme this year is 'courage'* so we're asking you to share a 'courage pledge' to show how you're being courageous - however big or small! We'd love you to post your own 'courage pledge' on social media.

You can find the template pledge here - [courage-pledge-graphic.png \(1080x1080\)](#) - and there's more information about other ways to support World IBD Day on the Crohn's & Colitis UK website here - <https://crohnsandcolitis.org.uk/get-involved/world-ibd-day/world-ibd-day-online-toolkit>.

If you're raising money locally for Crohn's & Colitis UK please get in touch with us so we can promote and support your event at ecwd@networks.crohnsandcolitis.org.uk or message us on our [Facebook page](#)

CONTACT US

EAST CORNWALL & WEST DEVON NETWORK

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www.crohnsandcolitis.org.uk/ecwd



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HELPLINES ☎ 0300 222 5700

Mon-Fri & 9am-5pm (except English bank holidays).

Answer phone service outside these hours.

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If you have received this newsletter by post and would be happy to receive future editions by email please send 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 or Colitis.

SHARE YOUR IBD JOURNEY

In past newsletters we have occasionally shared *stories of people who live with Crohn's or Colitis*. For example, in our last newsletter we featured Connor who told his story in his own words. *We'd love to hear from more of you.*

We know that not everyone is comfortable with putting their IBD journey down on paper, while others are happy to share but lack the confidence to create a written article. If you fall into the latter group, *we'd be happy to put your story together from the information you provide*. Obviously, you'll have the final say on what is published.

If you'd like to tell your story yourself or via us, please get in touch.

BRAIN TEASER RESULT: WORLD IBD DAY

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3	M	A	R	A	T	H	O	N					
4	P	L	Y	M	P	T	O	N					
5	W	E	S	T		D	E	V	O	N			
6	B	R	A	I	N		T	E	A	S	E	R	
7	F	A	C	E	B	O	O	K					
8	D	E	R	R	I	F	O	R	D				
9	S	O	C	I	A	L		M	E	D	I	A	
10	M	E	N	T	A	L							
11	S	T	A	Y		S	A	F	E				

The East Cornwall & West Devon Network has made every reasonable effort to ensure the content of this newsletter is accurate but accepts no responsibility for any errors or omission.

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