

## 2017 IN THE HEREFORDSHIRE GROUP... OUR 5<sup>TH</sup> YEAR...

Catch up with what the team has been up to... and what is planned for this year!

### BIG SHOES TO FILL

Many of you over the years will be aware of the amazing work that Elaine Horne and Helen Griffiths have done for inflammatory bowel disease in Hereford and nationwide. Elaine has now retired from Wye Valley Trust, whilst Helen still works part time for the Trust in the Endoscopy Department. This has left a big hole in the Gastroenterology department.

You may have already met Karen Steane, now Clinical Nurse Specialist for Inflammatory Bowel Disease and Gastroenterology, and you may be aware of Izzie Rizzardini, Biologics Nurse for Gastroenterology. They will now be the voices behind the IBD advice line, and will no doubt be seeing you in clinic.

Should you have flares or concerns relating to IBD please leave a brief message on the answer machine stating your name, hospital number and contact phone number. It is a non-emergency advice line and they will aim to get back to you within 48 hours week days.



Pictured left Izzie, Karen right



The dog with the smallest legs; Walk It Bristol

In March we had our annual Education Evening with a really practical series of talks. It was kicked off with the gastro nurse talking about the "IBD Passport" and other tips for travelling safely and with confidence, followed by some lively sharing of personal experiences.

This was followed by short talks on the latest developments in faecal transplants for people with IBD, surgical procedures and stomas. The latter covered both technical and practical aspects of living with a stoma. We had a short talk about Crohn's & Colitis UK - the latest strategies and developments, particularly in the area of research, which we, as the Herefordshire Group, are most keen to support with our fundraising. And finally, a summary of the county's Expert Patient Programme that is provided by the NHS to give people with long-term conditions techniques and confidence in self-management of all aspects of living with these conditions. Herefordshire has an annual programme of courses running around the county, to which anyone can sign up.

## Herefordshire Group



### CALLING NEW VOLUNTEERS!!

We are always looking for new organising team members, or even someone who could help out at one of our events.

Even a few times a year; Please get in touch with us at the Herefordshire group and we will welcome you with open arms 😊



### Further fundraising News!

We also received a donation from Waitrose of £318 to be used locally to support people with IBD. We have decided to donate another £1,000 to research at the end of the 2017 financial year this is totaling over £10,000 we have fundraised as a group and donations made to us from other events. We thank everyone for their support over the last 5 years - Here's to the next 5 Years!

For more information, visit:  
[www.crohnsandcolitis.org.uk](http://www.crohnsandcolitis.org.uk)

## WALK IT BRISTOL

Marion and Jan - plus a couple of family members roped in - went down to Bristol to help with the "Walk It" for Crohn's & Colitis UK. It was a lovely day, and the walk base was in a gorgeous grassy square in the Clifton area, filled with stalls, information tents, foodie vans and even an inflatable bowel... The two ladies helped with the start and finish, providing the initial welcome to walkers arriving, through to handing out medals and bottles of water to the weary walkers at the end. The others went off on the route to act as marshals down in the Docks area, cheering people on and providing directions when required.

There were two routes, one 5k and one 10k. Both took in a wide variety of Bristol's central area, going down to the shopping centres, parks, docklands and back up the hill to Clifton.

In July 2017 this year **Mordiford Community Choir** held a concert in Woolhope Village Hall to raise money for Crohn's and Colitis Herefordshire Group. It was so well attended that they raised just over £650 from tickets and a raffle. A big thank you to Tom Hughes for organising it.

If you are interested please just go along to see what it is like. Have a look at their facebook page. Singing helps people calm down physically. The body produces endorphins - the happy hormone that affects every cell in the body - which lift the spirits and boosts the immune system.

In addition Jan's daughter went along with a group of school friends. They had got sponsorship before the event - and in the end decided to run the 10k, so they would have time to go to a trendy restaurant afterwards! They were the fastest people round the longer course and raised over £1,100.

Everyone had an incredible time: great fun and very sociable. In particular, meeting some really inspirational people doing the walk and showing a real zest for life, despite quite debilitating disabilities; people doing lots of different things to help Crohn's & Colitis UK around Bristol and further afield; and people who were just coping with their illnesses but still getting out to do their bit.

Well done to Crohn's & Colitis UK and the Bristol Network for putting on such a well organised and inspiring event.



L - R. Marion Stevenson - Jan Stevenson

## DONATIONS

In February 2017 Herefordshire Amateur Pantomime Society (HAPS) raised a total of £1500 for Crohn's and Colitis Herefordshire Group. Each year they donate money from the Pantomime to a local charity and this year they chose Crohn's and Colitis UK as one of the members mother has Crohn's. Bernadette and Jason had an invite to attend the last night of the show which was thoroughly enjoyed. They received the cheque of £1000 but received another £500 later making the total of £1500. We give a big thanks to HAPS for this donation.



**Mordiford Community Choir  
led by Tom Hughes meets  
every Tuesday (during term  
time) at Hampton Bishop  
Village Hall from 8 pm until  
9.30 pm.**



Bernadette and Jason receiving the cheque from HAPS at The Courtyard - Hereford



## 2018 DATES FOR YOUR DIARY

**SATURDAY 3<sup>RD</sup> MARCH** 10.30am - 12.30  
**INFORMAL CHAT & CUPPA** : Coffee#1 - Bye Street, Ledbury, HR8 2AA. Come & meet us or others from your neighbourhood..

**SATURDAY 9<sup>TH</sup> JUNE** -Find us at the **Ledbury Community Day**. Lots going on for everyone across the town...

**EXPLORERS WALK – A fun guided tour of Ledbury happened in May 2017 raising £90 for CCUK – we hope to do another in Ross – on – Wye in 2018...Watch this space!!!**



**CROHN'S & COLITIS UK**  
HEREFORDSHIRE

FIGHTING INFLAMMATORY BOWEL DISEASE TOGETHER

Save the Date...& come along

“Funday Sunday”

9<sup>th</sup> September 2018 : 11-4pm

Bartestree Village Hall, HR1 4BY – on A438 bus route

**All welcome to our Crohn's & Colitis Awareness “Funday”**

- Find out more about living with IBD, diet & medication
- Meet others with IBD & the Herefordshire team
- Children's playground & activities
- Fun for all the family - quizzes & games
- Food, teas and cakes & live music

Do please try to come along... We'd love to see you, your friends & family - We'd love to strengthen the Herefordshire C&C network & the local support for all affected by IBD

For more information:  
[www. Crohnsandcolitis.org.uk/get-involved/events](http://www.Crohnsandcolitis.org.uk/get-involved/events)  
 To volunteer help email:  
[herefordshire@networks.crohnsandcolitis.org.uk](mailto:herefordshire@networks.crohnsandcolitis.org.uk)

## CONTACT US

**CROHN'S & COLITIS UK**

### HEREFORDSHIRE NETWORK

Chairperson: Jan Stevenson  
 Network telephone: 0300 222 5700  
 Website: [www.crohnsandcolitis.org.uk/herefordshire](http://www.crohnsandcolitis.org.uk/herefordshire)  
 Email: [herefordshire@networks.crohnsandcolitis.org.uk](mailto:herefordshire@networks.crohnsandcolitis.org.uk)



[Crohns and Colitis UK Hereford Group](https://www.facebook.com/CrohnsandColitisUKHerefordGroup)



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

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\*

Monday, Tuesday, Wednesday and Friday - 9am to 5pm  
 Thursday - 9 am to 1 pm

**Email:** [info@crohnsandcolitis.org.uk](mailto:info@crohnsandcolitis.org.uk)

**Web Chat (Live Online):** see our [website](#) 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.*

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).

This will save the group valuable funds which can be used to benefit all those affected by Inflammatory Bowel Disease.

The Herefordshire Group 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.