

East London Network

TOP YEAR FOR EAST LONDON

2018 was a hugely successful year for our network, and we're hoping to top that in 2019!

2018 was a fantastic year for the East London network. Our team continues to grow (but we're always on the lookout for new volunteers!) and we held a range of awareness, fundraising and social events.

The year started with an Open Day at Royal London Hospital, followed by an awareness stand at Westfield Stratford City for World IBD Day. To end the year, we raised a total of £683.91 during Crohn's and Colitis awareness week (1-7 December) through a bucket collection at Moorgate tube station, a joint awareness stand with the IBD patient panel at Royal London Hospital, and Purple Friday events. We kept things active with a cheer squad at the London Marathon in April,

volunteering at Hackney Marshes Park Run, and many of us either took part or volunteered in the charity's Walk It and Run the Night events. Read more about these events in this issue.

2019 SO FAR

It's been a great start to 2019 with our free yoga sessions, a bucket collection at a Leyton Orient Football Club game, and we have plans for another bucket collection and awareness stand for World IBD day in May. We're always looking for new and fun event ideas and would love to hear from our local members. If you have any suggestions, please get in touch via email or social media.

IN THIS ISSUE

Yoga classes	2
Volunteer Awards	2
Fundraising through Fitness	3
TfL Bucket collection	3
RLH IBD Patient panel	3
Dates for your diary	4

VICTORY FOR THE O'S

The East London Network was invited by Leyton Orient Football Club to carry out a bucket collection during their 3-0 win against Maidstone United on 26th January. In addition to the collections which took place before the match and at half time, members of the Network acted as pre-match flag bearers and took part in a half-time penalty shoot-out against the Leyton Orient mascot, Theo.

Approximately 15 Network members and their children attended on the day and raised £415.15 which will be used to fund items or projects across the East London area. Our volunteers were made very welcome on the day and would like to thank the Leyton Orient staff and supporters for the opportunity and their generosity.

<https://www.leytonorient.com/news/2019/march/local-charity/>



YOGA CLASSES

Over three Saturday mornings in January, the East London network ran a series of very successful free yoga sessions for adults with Crohn's and Colitis. With a new year comes new resolutions, and all three classes quickly became fully booked with a waiting list!

The sessions were led by registered yoga instructor [Eithne Staunton](#) (who also has ulcerative colitis). The sessions aimed to help people living with long-term conditions feel comfortable in their own skin and enjoy gentle exercise to relieve stress and maintain fitness in the face of ill-health.

One participant commented,

"I started practising yoga a long time before I was even diagnosed with Crohn's disease and I've always felt the benefit of a regular practice. For me personally, not only has yoga helped with my fitness and flexibility, it's also helped me focus internally to be more in tune and aware of my body, relax and de-stress, and cope better with anxiety. Even during bad flares, I kept up private yoga lessons in the comfort of my own home, with lots of restorative poses and breathing techniques. Since my ostomy surgery, I've kept up a regular routine and find it helps me in so many aspects of life!"

Thank you to everyone who braved the cold and early mornings to join us at the yoga sessions, and also to [King's Sport London Bridge Gym](#) for allowing us to use their studio and equipment. Especially a huge thank you to Eithne! Feedback was great and there are plans to run more in the future, so keep an eye out!



INAUGURAL VOLUNTEER AWARDS - TOGETHER, WE MAKE A DIFFERENCE

Crohn's & Colitis UK hosted their first ever Volunteer Awards at Head Office on 24th January 2019 to recognise the hard work of all the amazing volunteers and their fantastic achievements. It was an honour and a privilege for one of the East London network volunteers, Laura, to receive one of the seven awards that fall under the categories of the charity's values - stronger together, ambitious and compassionate.

"It was such a fun day, and amazing to meet the other volunteer recipients. We were all welcomed so warmly into head office to see, hear and talk about all the incredible things happening with the charity, and meet lots of the amazing team. We were able to give our input into publications, hear about what the other networks are doing, learn about other volunteer roles (like office volunteers), tour the offices and generally talk all things Crohn's, Colitis and volunteering related!!"

Laura wishes to express a huge thank you to April, Mark, Lucy, Tom and all the amazing staff at Crohn's & Colitis UK, and of course to all the other volunteers!!! A special thank you especially to ALL the volunteers who make the East London network what it is!! This award is for all of us. [#strongertogether](#)

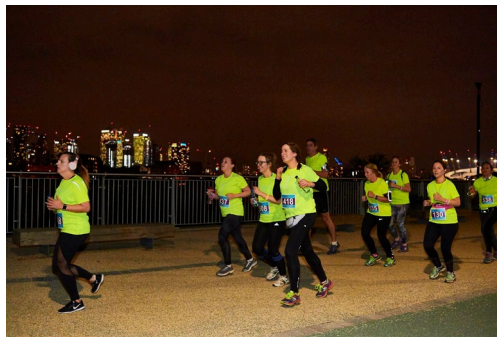
This was the first of what is set to be an annual volunteer awards programme, and nominations will be open again towards the end of this year. Find out more about this year's winners [here](#).



FUNDRAISING THROUGH FITNESS

The annual Walk It events took place around the country last summer. Walkers of all ages and abilities took part in either 5km or 10km routes around their cities, raising awareness along the way. The event villages were buzzing with excitement, featuring food stalls, live music and face painting to get everyone ready for the day. If you'd like to be part of the wave of purple t-shirts spreading awareness in your city this year, registration for Walk It 2019 is open now. We hope to see you there!

October saw Crohn's and Colitis UK's first ever Run the Night take place around Greenwich and the Isle of Dogs. 364 runners took up the challenge of a 10km run starting at dusk and ending under the cover of darkness, coloured along the way by our light installations and cheered on by our enthusiastic volunteers. Over £50,000 was raised and we're hoping for an even more successful follow up event later in 2019.



RLH IBD PATIENT PANEL STALL



During Crohn's and Colitis awareness week 2018, we set up a stall at the Royal London Hospital (RLH), Whitechapel. We joined forces with the RLH IBD patient panel to share information and create awareness. Pam says: *"I am privileged to be a member of both voluntary groups after my emergency ileostomy in 2015. The panel was set up the year after my operation, a place for the patient voice, shared experiences and most importantly making changes to the service we receive as IBD patients in Barts Trust"*.

We handed out information and chatted to people whose relatives had been recently diagnosed or were due to have surgery. *"I really understand the importance of not feeling that alone and knowing that help and encouragement is out there be it as a patient or carer. I felt the relief of these people that someone had just listened to them for 5 minutes. Some were surprised and I hope encouraged that they had been talking to an ostomate and things will eventually change and get better. I'm thankful I'm part of two great local groups"*.

For more information on the RLH IBD patient panel please email: ibdpatientpanel.rlh@outlook.com

BUCKET COLLECTION FOR AWARENESS WEEK

During Crohn's & Colitis awareness week on 5th December, the East London network raised awareness for those with IBD and had a bucket collection at Moorgate station in the City of London.

Laura, Stephen, Leanne and Emma got the campaign off to an amazing start during the morning rush from 7-10am thanks to the generous support of the commuters passing through the station.

The support and response continued to flow from the evening commuters between 4-7pm with Charlotte, Pamela and Laura collecting, sporting the purple t-shirts of the charity and waving flags to draw their attention.

The team raised £573.34 on the day for the East London network, some of which will be used towards local grants for some of the East London hospitals.

It was an amazing day and many thanks go to the Transport for London staff at Moorgate station without whom the day would not have been a success.



DATES FOR YOUR DIARY

NETWORK MEETING & EVENING SOCIAL

Dates: Thursday 9th May & Tuesday 4th June
Time: 18:30 - 21:00 (social from 19:30)
Venue: Goldengrove Wetherspoons, 146-148 The Grove, Stratford, E15 1NS

COFFEE MORNINGS

First Saturday of every month
(4 May, 1 June, 6 July, 3 Aug, 7 Sept, 5 Oct, 2 Nov, 7 Dec 2019)
Time: 10:30 - 12:30
Venue: Marks & Spencer's Tasting Café (2nd floor), Westfield Stratford City, Montifichet Road, Stratford, E20 1EJ

BUCKET COLLECTION

Sunday 19th May
Euston tube station

Volunteers from the London networks will be collecting for World IBD Day

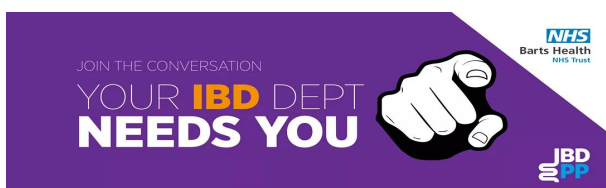
AWARENESS STAND

Date: Thursday 23rd May
Time: 09:00 - 13:00
Venue: Royal London Hospital, Clinic 3, Ground Floor Main Building, Luckes Entrance, Stepney Way, Whitechapel, E1 1BB

We will be joining the RLH IBD patient panel hosting an awareness and information stand at the Thursday morning IBD Outpatient clinic

For more information about these events, please visit www.crohnsandcolitis.org.uk/el

The East London Network volunteers are heavily involved in patient engagement in your area. To find out more about what they do and how you can get involved contact ibdpatientpanel.rlh@outlook.com



CONTACT US



EAST LONDON NETWORK
Helpline: 0300 222 5700*
Website: www.crohnsandcolitis.org.uk/el
Email: el@networks.crohnsandcolitis.org.uk



[Facebook](#)



[CrohnsColitisEL](#)



[crohnsandcolitisukeastlondon](#)

Crohn's & Colitis UK
1 Bishops Square, Hatfield Business Park, AL10 9NE

enquiries@crohnsandcolitis.org.uk
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

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.*

The East London 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 & Colitis UK and no reference in this newsletter to any product or service is intended as a recommendation.