

East Cornwall & West Devon Network

ENDOSCOPY ATHLETES



Also in this issue

Staddy Quiz Success	2
Phil's Epic Fundraising Journey	3
My WALK IT - Meg & Donna	4
More My WALK IT	5
Strawberry Fields Forever	6
A Fun Day at Plympton's May Fair	7
Goodbye and Thank You Judy	7
Beautiful Baby	8

This fabulous team, appropriately calling themselves *'Gone with the Wind'*, ran the *Plymouth Half Marathon on 14th May* to raise funds for Crohn's & Colitis UK. These healthcare professionals, consisting of *nurses, admin support, endoscopists and consultants, all work in Endoscopy* and regularly care for people who are newly diagnosed with IBD or have an existing IBD condition. They raised a fantastic amount for the charity - **almost £2,800!**

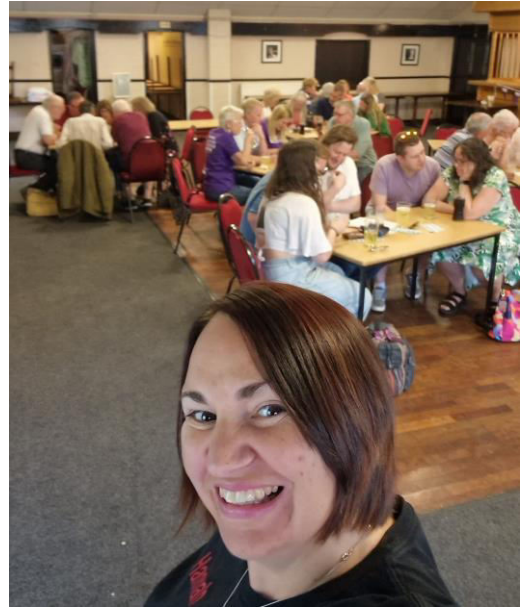
Well done one and all!

STADDY QUIZ SUCCESS

We were really grateful to *Hannah Daragon (of Hannah's Games)* for being a fantastic quizmaster (or should that be mistress?!) at our *quiz at The Staddy at the end of May*. Hannah posed some tricky questions in rounds which included the *traditional Picture round as well as Sport, Movies, Art & Literature, Geography, the Royals and Music*. Each team had a Joker to use on their chosen round to double their points and Hannah also introduced a novel idea where *each team wrote out their best joke and the winners (decided by Hannah) were awarded extra points!* At least one team was a little peeved that their joke didn't win but they took it in good part.

The eventual deserved winners were Lesley's

Buds, pictured bottom left, who were rewarded with wine and chocolates. Everyone thoroughly enjoyed themselves (even *the losers, Green Army* who are pictured bottom right) and we were very happy to have *made £205 for Crohn's & Colitis UK*. Thank you to everyone who came along and helped make the evening such a success.



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](#)

PHIL'S EPIC FUNDRAISING JOURNEY

We're sure you'll remember *Phil Hearnden* who we featured in our last newsletter before he set off on *his epic motorbike journey around the coast of the UK*. Living with Crohn's Disease since age 11, Phil was determined to raise funds and awareness for Crohn's & Colitis UK and he's certainly achieved that!

Phil started and finished his coastal tour of the UK at *Haverfordwest Hospital in West Wales*, a place with special meaning to him as it's where he underwent a life-changing emergency operation in 2014. Pictured right is Phil with his *girlfriend and "biker buddy" Sharon, who accompanied him for part of his expedition, along with his trusty Honda CB500X*, outside the hospital.

Aside from the obvious John O'Groats and Land's End, among the fascinating places Phil saw were Battle Abbey in Hastings, Inverary Jail in Scotland, Dover Castle, and that station in Wales with the longest name! And the scenery was awe-inspiring!



We were lucky enough to meet up with *Phil at Cap'n Jaspers* when he passed through Plymouth on June 2nd, accompanied by long-time friend, Andrew (see photo left). After a long chat over a coffee, Phil headed off towards the Lizard and the last few days of his trip.

Phil completed his amazing journey after *17 days and 3850 miles and just one rear tyre change!* Fittingly, a large crowd of family and

friends turned out to welcome him back (pictured right).

In total, Phil has raised an impressive £1,310 for Crohn's & Colitis UK and his JustGiving page is still open at <https://www.justgiving.com/page/phil-hearnden-1678904138705> if you'd like to add to it.

To find out more about Phil's trip in his own words and with lots more photos, check out [#Trucker-To-Biker on Instagram](#).



MY WALK IT – MEG & DONNA



Meet *Donna and Meg, mother and daughter* (pictured left), who both have Inflammatory Bowel Disease (IBD) and who are very keen to raise awareness. Donna has lived with Crohn's Disease since she was 17 years old and says *"it was always my worst nightmare that my children would get it"*. Unfortunately, Donna's nightmare has come true for her daughter, Meg.

Having suffered in silence for 6 months, Meg finally acknowledged that her symptoms weren't going to go away by themselves and she was admitted to hospital last month (see picture below). *Tests confirmed that Meg has Ulcerative Colitis* and her life currently revolves around lots of medication, blood tests, hospital calls, and appointments. Despite this, *she signed up for My WALK IT and has already been out putting in the kilometres, raising an amazing £598 so far!*

Luckily, *Meg has a fantastic network of support around her*, including those pictured below right who have helped keep her going despite the fatigue she's experiencing. Donna describes Meg as *"the girl that never stops smiling even when things are the toughest!"* and the pictures certainly show that's true!

Both Meg and Donna believe it's important to spread the word - *"We really want to raise awareness of this awful disease and let people know it's ok to talk about Bums and Poo"*. We couldn't agree more!



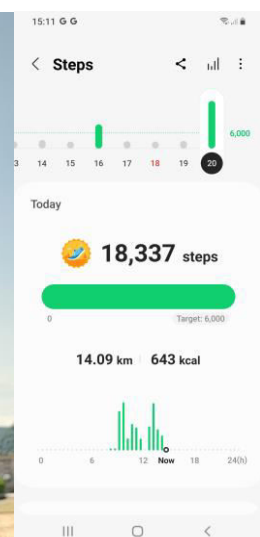
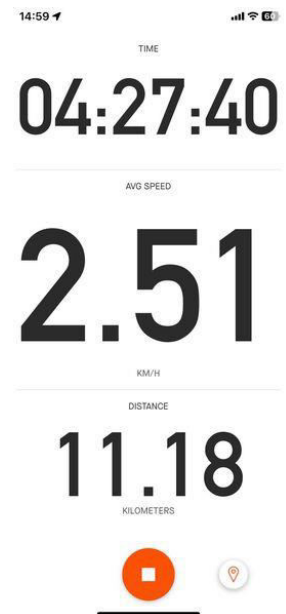
MORE MY WALK IT

Jane and Shas, both volunteers for the local network (East Cornwall & West Devon), decided to take on My WALK IT this year with a little help from family and friends.

*Jane, pictured right, has lived with Ulcerative Colitis (UC) since she was 3 (without giving away her age that was over 50 years ago!) but she hasn't let it stop her getting on with life. Last year, she and her daughter, Gemma, walked 10km and raised £140. This year, **accompanied by hubby, Steve, (below right), Jane completed over 11kms and raised a creditable £90.***

Shas also has UC (over 20 years since diagnosed) and has been involved in both WALK IT and My WALK IT since 2017. *Shas called on long-time friend Christina (pictured bottom of page) to join her for this year's trek which included Central Park, Victoria Park, the Hoe and the Barbican, and **they completed just over 14kms, raising £305.***

Overall, *walkers have raised over £150,000 so far this year*, a fantastic amount. However, there's quite a bit of money to come in as many fundraising pages haven't closed yet so we expect that figure to increase even further. To keep up-to-date with the latest total you can go to <https://my-walk-it-2023.justgiving-sites.com/leaderboard>.



STRAWBERRY FIELDS FOREVER!

At the request of Gwennie Froment who featured on the cover of our last newsletter, and also because we'd heard great things about the place, *we're holding our next Coffee Morning at Strawberry Fields in Lifton.*

One of our volunteer team has been out to check it over and enjoyed the largest and most delicious Chelsea bun she's ever had! And a certain IBD Nurse we all know recommends the Belgian buns. Can you afford to miss this?!

COFFEE MORNING

SATURDAY 22nd JULY



10.30 till NOON

**Strawberry Fields Farm Shop
Lifton PL16 0DH**

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[crohnscolitisuk.ecwd](https://www.crohnscolitisuk.ecwd)

[crohnscolitiscd](https://www.crohnscolitiscd)

A FUN DAY AT PLYMPTON'S MAY FAIR



We had a great day on *Saturday 13th May at the May Fair!* The weather at Harewood House was lovely and we even had this year's *Plympton Stannator, Andy Cooper, help us put our gazebo up!* What a lovely, down-to-earth gentleman he is!

Amongst other things we were selling our *popular hand-knitted animals and other characters* (Spiderman and Pilgrim Pete sold out early on!) and some *unique and beautifully decorated hand-painted eggs*.

On the day we chatted to several people who weren't aware of the charity and *we raised over £120*. A huge thank you to everyone who came and supported us.

DERRIFORD IBD NURSE CONTACTS

PHONE: 01752 439224

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

GOODBYE AND THANK YOU JUDY

At the end of April, *Judy Sercombe, Specialist IBD Nurse at Derriford Hospital, retired after 45 years nursing in the NHS*. You may be surprised to learn that Judy had a background in research as well as an interest in paediatrics, and *she worked in a number of centres in the UK, including London and Oxford*, before joining the IBD team at our local hospital.

Many of you will have met with Judy for a hospital appointment over the past 9 years, or at least talked with her on the phone. *She has always been a dedicated professional with a great work ethic and a thorough approach to the job*, and we're reliably informed she has a great sense of humour!

Enjoy your well-deserved retirement Judy!



CONTACT US

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CONTACT FOR LOCAL IBD NURSES

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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.

BEAUTIFUL BABY

Many congratulations to Dani and Chris on the birth of their gorgeous baby daughter, Thea. As many of you know, Dani has been involved with the local volunteer team since she was very small - her Mum helped start this local network. We're looking forward to meeting this little cutie very soon!



Some immunosuppressive drug treatments may make your skin more sensitive to potential damage from the sun. Use a sunscreen with a skin protection factor of SPF 30 or above, that protects against both UVA and UVB. Try to keep out of the sun during the hottest part of the day (11am to 3pm) and wear a wide-brimmed hat to keep your face shaded.

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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