

Gloucestershire Network

Welcome and I hope that you have enjoyed the summer. Since our last meeting, both Anne and Jo from the Organising Team have been fund raising. Anne organised a table top sale in the village of Huntley and raised a fantastic £150.00 for the Local Group. Jo, like some of you, entered Walk It in Bristol and raised £190.00 for the Charity. Those of you that took part, congratulations and hope you enjoyed the walk.

If any of you are fundraising for either the Network or the Charity itself, we can advertise your event on our Facebook page and website.

This Medical Meeting we are hoping that a Dietician will be available to discuss not just the food that we eat (or should be eating!) but also the role that gut bacteria plays. We all hope to see you at the meeting on 12th October.

Lindsey Summers
Chairperson

Jo Takes Part in 'WALK IT' Bristol

On the 18th May myself, Andy and our dog Dylan joined hundreds of others to complete the WALK IT Bristol challenge. We completed the 10K walk around the city and raised £190 for Crohn's & Colitis UK.

It was a lovely day and when we arrived at the event village the atmosphere was amazing, people having their faces painted, photo's being taken and lots of people looking at all the information provided about the disease. The walk was opened by Olympic Silver medallist Siobhan-Marie O'Connor, who herself suffers from Ulcerative Colitis, and hundreds of purple t-shirts started to fill the streets of Bristol.

It was an experience I was so proud to be part of, raising awareness of Crohn's & Colitis and meeting fellow supporters, sharing our stories as we walked. The sun shone (a little) and the walk took us through the city, along the river before a rather uphill section which found us all encouraging each other in true Crohn's and Colitis spirit! We were delighted to make it back to the event village and receive our medals – such an achievement!

This was our first WALK IT event but will definitely not be our last – raising awareness made me feel very proud of all those around me and especially as I know I wasn't alone in completing it whilst in a flare up! A massive well done to all those of have taken part in any of the WALK IT events this year – to be involved in such a day and be able to raise money to help Crohn's and Colitis UK is amazing! Thank you also to all those who kindly sponsored us, it is very much appreciated!

Jo, Andy and Dylan

DATE FOR YOUR DIARY

MEDICAL MEETING

Saturday 12th October 2019

10.30am–12.30pm (Doors open 10am)

St Andrews Church Hall
Station Road
Churchdown
GL3 2JT

If you would like to contribute in any way towards the next newsletter then please get in touch via our email or Facebook page.

Also, if you are interested in volunteering and joining our Gloucestershire Network team then contact us or just come and say hello at the meeting.

Table Top Sale

A big ‘thank you’ to everyone who supported us on 13th July at our Table Top Sale in Huntley. Special thanks for the donations of raffle prizes, items to sell and for Joan and Jan for supplying and serving the refreshments and cakes. We raised a grand total of £150.34 which is going to Crohn’s & Colitis UK.

Anne & Pam



For those that like to plan ahead, we can confirm that the date for our next will be:

7 March 2020
14 November 2020

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. This will save the network valuable funds which can be used to benefit all those affected by Crohn’s and Colitis.

The Gloucestershire 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.

CONTACT US



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Crohns-Colitis-UK-Gloucestershire-Group

Crohn’s and 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.*