

Dorset and West Hampshire local Network

MEET OUR NEW MASCOT - CUPCAKE

Cupcake was rescued from a lonely loft and thrust straight into fundraising for Crohn's & Colitis UK.

She attends all our events and as you can see, has certainly been earning her keep. She attracts a lot of attention wherever she goes.



SAVE THE DATE!!

University Hospital Southampton are holding their annual IBD study day on 7th October between 10am - 2pm.

As with previous years, Crohn's & Colitis UK Dorset and West Hampshire are having a stand and also funding the refreshments for the day.

It will be a very informative day, the speakers confirmed are; a dietician, a stoma nurse, a surgeon, and an IBD patient talking about their journey with this disease.

It's a great opportunity for learning about different aspects of IBD and meeting others in your area.

DID YOU KNOW...

Crohn's & Colitis UK Dorset and West Hampshire has its own website, for all the latest news, meet up dates and more info, see link below.

<https://crohnsandcolitis.org.uk/info-support/support-for-you/local-networks/south-west-england/dorset-west-hampshire-local-network>

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ONLINE EVENTS

Are you unable to make the face to face meet ups? Or do you not feel ready for this.

Did you know Crohn's & Colitis UK hold regular virtual social events that run throughout the year.

These are a great way to meet and learn from others, all from the comfort of your own home via zoom.

Next up is South West meet up on 1st July between 10.30-12.00.

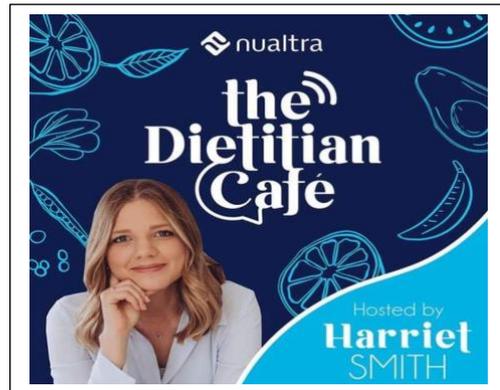
<http://www.crohnsandcolitis.org.uk/VSE>

For more information, visit:
www.crohnsandcolitis.org.uk

Do you love a podcast? Then listen to Nualtra talk about IBD on their recent episode of the Dietitian Cafe podcast. They talk about the importance of early diagnosis, amongst other key topics.

You can listen below [↓](#)

<https://open.spotify.com/episode/21WwAK6lr4gNYnMtXCUUCX>



FUNDRAISING NEWS

In March 2023 Crohn's & Colitis UK Dorset and West Hampshire presented a cheque for £4236.00 to University Hospitals Southampton (UHS) Infusion Unit.

Crohn's & Colitis UK donated these funds to replace one chair and purchase another.

This new chair will enable 780 more patients per year to receive infusions for their IBD treatment.

Cupcake was present and first to sit in the new chair, she had her BP taken and also had a cannula inserted.

There were 20 present including Fraser Cummings - lead IBD consultant, head of HR, Matron, divisional head of nursing, specialist nurses and sisters.

They were very grateful for the donation and made a cake as a thank you.



WHAT IS COLITIS?

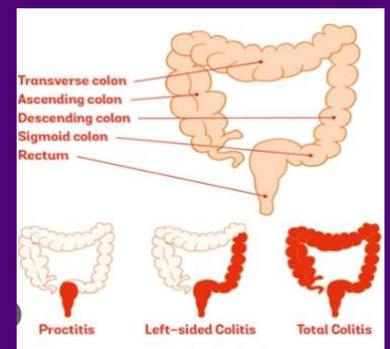
Colitis is a condition that causes inflammation and ulceration of the inner lining of the large bowel.

Inflammation is the body's reaction to irritation, injury or infection, and can cause redness, swelling and pain.

In colitis, ulcers develop on the surface of the bowel lining and these may bleed and cause mucus.

Colitis is sometimes described as a chronic condition. This means that it is ongoing and lifelong, although you may have long periods of good health, as well as flare-ups where your symptoms are more active.

At present, there is no cure for colitis.



COFFEE MORNING

We had a great turn out at our last coffee morning in John Lewis in June, as you can see from the pictures below. 18 people in total, many younger members, seven new faces and loads of interaction.



CROHN'S & COLITIS UK DORSET AND WEST HAMPSHIRE FUNDRAISING EVENT

On 23rd September 2023 at 10am we are undertaking a 9km sponsored walk from;

The Cliffhanger restaurant,
Wharncliffe Road,
Highcliffe,
BH23 5JA.

This is a mainly flat circular walk, starting and ending at the Cliffhanger restaurant. The restaurant is next to a large car Park.

This walk is along the clifftop by the beach, so we should have some fabulous views. Cupcake will be coming along too.

All welcome, details will be on the website soon.

Does your company give regular donations to charity?

If so, would you like Cupcake and Peter to pop along to give a short talk on IBD and how donated funds are used.

This could stimulate interest in supporting Crohn's & Colitis UK and also raise awareness of IBD.

Benefits to joining Crohn's & Colitis UK:

- Cant wait card
- Radar key
- Connect magazine
- Join a community
- Supporting research
- Access to virtual events
- Access to Dorset and West Hampshire events

DATES FOR YOUR DIARY

COFFEE MORNING I

Date/time Saturday 9th September 2023
 Venue John Lewis, 23 Harbour Parade,
 Westquay shopping centre,
 Southampton, SO15 1QA.
 Meet in The place to eat, between
 10.30-12.

COFFEE MORNING II

Date/time Saturday TBC
 Venue Haskins Garden Centre,
 Ferndown, Dorset, BH22 9DG
 Meet in the Cedar Room between 10.30 -
 12.

We alternate between these two venues.
 You will get email reminders, if you are a
 Crohn's & Colitis UK member.

CROHN'S & COLITIS UK DORSET & WEST HAMPSHIRE FUNDRAISING

We need you!!

Are you a keen baker, then hold a coffee morning.

Are you an adrenalin junkie, then perhaps a skydive.

Or are you sporty, then try a sponsored walk or run, or maybe even a marathon!

Do you have any ideas for fundraising in the future? Let us know!

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 Dorset and West Hampshire 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

**CROHN'S &
COLITIS UK**

DORSET AND WEST HAMPSHIRE NETWORK

Lead Volunteer: Peter Bond

Email: networks@crohnsandcolitis.org.uk

Website:

www.crohnsandcolitis.org.uk/DorsetandWestHampshire



Crohn's & Colitis UK Dorset and West Hampshire



@CrohnsColitisDO

GENERAL ENQUIRIES

Crohn's & Colitis UK

1 Bishops Square, Hatfield Business Park, AL10 9NE

www.crohnsandcolitis.org.uk/contact

Volunteer Enquires: 01727 734 475

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 Team can provide information on a range of subjects including:

- Managing symptoms
- Medication
- Diet
- Test and diagnosis
- Wellbeing
- Employment
- Disability benefits
- Help to find support from others living with the condition.

We also signpost people to sources of expert advice on disability benefits and options for specialist emotional support. If you need specific medical advice about your condition, your GP or IBD team will be best placed to Help

CONTACT US BY:

Telephone: 0300 222 5700*

Monday to Friday - 9am to 5pm

Email: helpline@crohnsandcolitis.org.uk

Live Chat: www.crohnsandcolitis.org.uk/livechat

*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.