

LINCOLNSHIRE CENTRAL NETWORK

GRANTHAM CARNIVAL

We started the summer season at Grantham Carnival on 15th & 16th June! Our team of Volunteers took our gazebo, tombola and information station to raise awareness towards the south of our county. Thank you to everyone that stopped by, even in the heavy rain showers. Thanks to your generosity we raised £235! We are looking forward to attending next year and hoping for some better weather!



QUIZ MASTERS!

Thank you to Ruskington Methodist Church for inviting us to their annual Quiz & Cuisine night on the 19th June. Everyone really enjoyed this event and our team even came joint first place but just missed out on the tie breaker question! Who knew that Queen Elizabeth I owned 2700 dresses when she died in 1603! Thanks to everyone's generosity, we raised £272.53! Thank you to Rebecca & Judith and the team for organising a great night!

HOLDING AN EVENT?

Do you know of any local events that we could attend? Maybe you have a fayre or show that you go to or even organise and hold events yourself. We cover the whole of Lincolnshire & would like to visit events all over our area.

BRIC-A-BRAC & COFFEE

Valerie & John Picker have been busy with our Volunteer Carol, holding a Coffee Morning with cake stall and Bric-A-Brac on 24th August at Woodhall Spa Methodist Church. With a great turn out and sunny weather, they raised a fantastic £326.47 for the Lincolnshire Central Network! Thank you for all your donations. We have some local projects we're hoping to fund this year. We'll keep you posted!



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Congratulations

GOLDEN WEDDING

Congratulations to Valerie & John Picker who celebrated their Golden Wedding Anniversary on the 5th July! Valerie & John asked for donations to celebrate their huge milestone and have very kindly shared their total between Crohn's & Colitis UK and LIVES. Special thank you Valerie & John for your £150 donation to the Lincolnshire Central Network.



OUR BIG GIG - LINCOLN



On Sunday 14th July we took our awareness stand and information station to Our Big Gig in Lincoln! This is an annual event held on The Aboretum off Monks Road. We had a fantastic day, the sun was shining, live music all day and lots of happy, smiley people enjoying the weekend. We held our Tombolas and Hook A Duck, both were really popular and we raised £287! We're looking forward to next year's event held by ActionLN2! But, just a fortnight later...



HECKINGTON SHOW

...27th & 28th July we went to the 152nd Heckington Show! This was a first for us and was set to be a huge event, but due to torrential rain it was a washout! The area where we had our stall was closed

as it wasn't safe due to the mud! Thank you to everyone that did stop by for all your donations! We raised £80! Such a shame but you can see how bad it was from our photos!



FUNDS FOR FREE!!!

Shop online? If you do, you can get FREE FUNDS for us! All you need to do is go to your shopping website via the easyfundraising website or app. It is that simple!

There are only 20 people registered so far. Just 8 of them have raised £165 so far, just for shopping online. This costs you nothing. The retailer makes a donation once your sale is complete.

View this short [video](#) to find out how it works. Find your shop in their huge list (over 3,000!), see how much your sale will earn and click 'shop now' to be directed to your shop and carry on as usual. It's as easy as that!

easyfundraising
feel good shopping

Raise free funds for us every time you shop online

[Find out more](#)

amazon.co.uk John Lewis ebay M&S Boden GAP
Argos Booking.com DEBENHAMS next SCREWFIX
Sainsbury's ASOS viking moonpig JUST EAT

THANK YOU! To all of our Network Volunteers that have helped organise or have come along to our events so far this year. We couldn't do this without you - fingers crossed the worst of the weather has passed!

YOUR LOCAL NETWORK

We are a team of volunteers that raise awareness in our local communities by hosting educational, information, social and fundraising events. We want to reach more people affected by Crohn's and Colitis as well as help the general public to better understand the conditions. Each area network has three main volunteer roles: Lead Volunteer, Finance Volunteer and Awareness Volunteers as well as Local Network Event volunteers who support events on an 'ad hoc' basis if you have less time to offer.

If you are interested in volunteering with us, please get in touch via the link below or via our social media pages with any questions about how you can help. You don't need a lot of time at all and it will make such a difference to those affected by Crohn's and Colitis.

**CLICK HERE to
complete the
Volunteer Enquiry
Form to find out
more!**

SOCIAL MEET UPS

WHAT IS A SOCIAL MEET UP?

Have you seen our adverts for these events but wondered what it's all about?

It's simply an informal get together where you can meet other people in similar shoes. Whether that's someone with Crohn's or Colitis, or their friends/family who are also affected in some way. We hold discreet meet ups where you can come along and comfortably do this.

Meeting someone else that knows what you are going through may not seem like much, but it makes such a difference. To know that you're not alone, there is support and help out there. We don't have a set agenda or spend the whole time talking about Crohn's and Colitis, we just provide the venue and the rest of what we talk about is up to you. We have made a really positive group of friends through this and we'd love you to join us - a problem shared is a problem halved!

You can find our next Social Meet Up dates on the following page. They're held every month alternating between Lincoln and Grantham to cover north and south of the county, always 10am-12 noon! Always advertised on social media and members will also receive an email.



Here are some quotes from people that have been to our Social Meet Ups:

Ben: *"Since being diagnosed with Crohn's, there's only so much the doctors can tell you. Since attending the Social Meet Ups and meeting others with IBD, I don't feel as alone. They have helped me understand more and we've discussed different treatments and experiences. For me, it's no longer a Social Meet Up, it's a meet up with an amazing group of friends."*

Sue: *"I've been going to Social Meet Ups for about 2 years now. It's really good to meet people who have IBD to have a chat and also reassure people who come along and are newly diagnosed."*

Melissa: *"I've met a couple of my closest friends through attending SMUs. The meet ups are friendly, informal and give us the opportunity to chat about our condition - if we so wish - but often we just end up laughing and gossiping like a group of friends just catching up over coffee. The SMUs have helped me realise that I have a strong local support network around me."*

Sharon: *"Having been very private about my IBD for a long time, to finally meet people who understand has made a major change to my life. I feel more positive, more capable and I no longer feel alone. I've made some true friends for life through the Social Meet Ups which are discreet, relaxed and comfortable."*

LOCAL EVENTS COMING UP

• GRANTHAM SOCIAL MEET UP

SUNDAY 13th OCTOBER 2019

Downtown Garden Centre Café, off the A1 Gonerby Junction, Grantham NG32 2AB - 10am - 12 noon.

• LINCOLN SOCIAL MEET UP

SUNDAY 24th NOVEMBER 2019

Starbucks Drive Thru, Flavian Road, Lincoln LN2 4GR - 10am - 12 noon.

NEW! NEWS ON THE PATIENT EDUCATION PROGRAMME COMING SOON!

CONTACT US

CROHN'S & COLITIS UK

LINCOLNSHIRE CENTRAL NETWORK

Temp Lead Volunteer: Sharon Williams

Helpline: 0300 222 5700*

Website: <http://www.crohnsandcolitis.org.uk/lc>

Email: lc@networks.crohnsandcolitis.org.uk



Click for our social media!



Crohn's & Colitis UK

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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 Crohn's and Colitis, 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 Crohn's and Colitis

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](http://www.crohnsandcolitis.org.uk) 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 Lincolnshire 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.

Have your say about your IBD care

The first UK-wide IBD patient survey will help your local NHS service give you the best possible care.

Everyone with Inflammatory Bowel Disease should receive safe, consistent, high-quality, personalised care, whatever their age and wherever they live in the UK.

We need your support to make this happen. Complete the IBD patient survey today.

Survey closes on
23rd September 2019



Scan the QR code
or visit IBDUK.ORG



If you require a paper copy, a different language or have any questions, please contact info@ibduk.org / 0300 222 5700

আপনার যদি কোনো প্রশ্ন থাকে, ভিন্ন ভাষায় জানতে চান বা প্রিন্ট আউট চান, তাহলে info@ibduk.org / 0300 222 5700 এ যোগাযোগ করুন।

Jeśli potrzebują Państwo informacji w wersji drukowanej, w innym języku lub mają jakiegokolwiek pytania, prosimy o kontakt z info@ibduk.org / 0300 222 5700.

ਜੇ ਤੁਹਾਨੂੰ ਕੋਈ ਸਵਾਲ, ਵੱਖਰੇ ਭਾਸ਼ਾ ਵਿੱਚ ਜਾਣਕਾਰੀ ਜਾਂ ਪ੍ਰਿੰਟ ਆਊਟ ਦੀ ਜ਼ਰੂਰਤ ਹੈ, ਤਾਂ info@ibduk.org / 0300 222 5700 'ਤੇ ਸੰਪਰਕ ਕਰੋ।

معلوماتی یا سہولت کی ضرورت ہو تو یا کسی اور زبان میں معلومات چاہیں تو info@ibduk.org / 0300 222 5700 پر رابطہ کریں۔