

## Dorset and West Hampshire Local Network SPONSORED WALK 2024



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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.

For more information, visit:

[www.crohnsandcolitis.org.uk/VSE](http://www.crohnsandcolitis.org.uk/VSE)



Are you free on Saturday 21<sup>st</sup> September 2024? We are repeating the 9K sponsored walk for Crohn's & Colitis UK Dorset and West Hampshire Local Network.

As you can see from the pictures from last year's walk, we had a beautiful day for it, wandering along the coast from Highcliffe to Mudeford then back again.

It's a great challenge and at the same time raising money for this fabulous cause.

The link to register is below, its free.

Hope to see you there!

Register online:  
<https://ccuk-highcliffe-24.eventbrite.co.uk>



Do you take vitamin D?

Did you know you can buy vitamin D in a spray instead of tablet form. Available from most retail outlets. Always read the label before taking any new supplement.



## INAUGURAL QUEEN ALEXANDRA HOSPITAL SOCIAL EVENT



On 15<sup>th</sup> June 2024 Crohn's & Colitis UK Dorset and West Hampshire Network, held the inaugural coffee morning at QA hospital in the Costa Coffee.

This was held in collaboration with the IBD team at QA.

As you can see there was a good turn out and the people who came found it useful.

Crohn's & Colitis UK Dorset and West Hampshire Network, kindly donated the funds for the refreshments.

### MEDICINE TOOL

Have you seen Crohn's & Colitis UK's new medicine tool?

This interactive tool is designed to;

Understand the differences between types of medicines

Explore different treatment options based on your personal preferences.

Feel empowered to discuss medicine options with your IBD team.

Check it out by visiting:

<https://crohnsandcolitis.org.uk/news-stories/news-items/medicine-tool>



## GET INVOLVED - PATIENT PANEL AT UNIVERSITY HOSPITAL SOUTHAMPTON PATIENT PANEL

A patient panel is a forum for patients who use the local services to provide the hospital team with feedback and suggestions for improvements. IBD patient panels normally meet regularly every few months to discuss topics of care within the local area.

Patient panels give the IBD service an opportunity to listen, understand and respond to the needs of the patients and carers, their perceptions and also their expectations. This allows for continuous improvement and transformation within the service. The key to these improvements is communication and understanding by:

- Suggesting developments and service improvements.
- Helping to support the case for new resources.
- Helping to shape ideas for redesigning services, new developments and research.
- Informing and empowering patients, families, carers and young people.
- Giving the IBD Team feedback on what works in the service and what could be improved.

Want to be involved and make a difference in University Hospital Southampton Patient Panel?  
Contact: [IBD@uhs.nhs.uk](mailto:IBD@uhs.nhs.uk)

## COFFEE MORNINGS



Our recent coffee mornings at John Lewis had a great turn out with some returning and new faces. Future dates will be published on our website. If you are a Crohn's & Colitis UK member, and they have your email address, you will receive an email reminder.

**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 Crohn's and Colitis, and how donated funds are used.

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

### Benefits to joining Crohn's & Colitis UK:

- Can't wait card
- Radar key
- Connect magazine
- Join a community
- Supporting research
- Updates about virtual social events
- Updates about Dorset and West Hampshire events

## COFFEE MORNINGS

Venue: John Lewis, 23 Harbour Parade,  
Westquay shopping centre,  
Southampton, SO15 1QA.  
Meet in The Place to Eat.

Venue: Haskins Garden Centre,  
Ferndown, Dorset, BH22 9DG  
Meet in the Cedar Room.

We alternate between these venues.

Please check our website for the latest dates.

### 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](mailto: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

### DORSET AND WEST HAMPSHIRE NETWORK

Lead Volunteer: Peter Bond

Email: [dwh@networks.crohnsandcolitis.org.uk](mailto:dwh@networks.crohnsandcolitis.org.uk)

Website: [www.crohnsandcolitis.org.uk/dorset](http://www.crohnsandcolitis.org.uk/dorset)



Crohn's & Colitis UK Dorset & West Hampshire Network



CrohnsColitisDO

### GENERAL ENQUIRIES

#### Crohn's & Colitis UK

1 Bishops Square, Hatfield Business Park, AL10 9NE

[www.crohnsandcolitis.org.uk/contact](http://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](mailto:helpline@crohnsandcolitis.org.uk)

**Live Chat:** [www.crohnsandcolitis.org.uk/livechat](http://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.*