

Dorset and West Hampshire Local Network

Sponsored walk



On 23th September 26 people completed the 9K sponsored walk for Crohn's & Colitis UK Dorset and West Hampshire.

As you can see from the picture, we had a beautiful day for it, wandering along the coast from Highcliffe to Mudeford then back again.

We raised over £2683 from this event alone.

Many thanks for all who took part and to everyone who donated to our cause.

Special thanks to The Cliffhanger Restaurant for supplying refreshments after the walk and allowing us to have our stand in the car park. We even got a mention in the Lymington Times!



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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



On a rare sunny and dry Sunday at the end of July, active members of the team, Nigel & Veronica, hosted a buffet lunch in their garden in aid of Crohn's & Colitis UK. They generously provided all the food for over 50 family, friends and neighbors and which resulted in the fantastic sum of £1150 as donations from those present. A lot of hard work on their part but with a wonderful outcome and for which we thank them wholeheartedly.



IBD INFORMATION DAYS

In May we had an information stand at Bournemouth IBD education day, which was fairly well attended. Peter and Cupcake gave a short presentation which was well received.

In October University Hospital Southampton held their annual IBD education day. This was really well attended with over 135 participants present.

As with previous years, Crohn's & Colitis UK Dorset and West Hampshire funded the refreshments and manned the information stand.

Talks on the day included a dietician, a stoma nurse, a surgeon, and an IBD patient talking about their journey with this disease.

Next IBD day at UHS is planned for Spring 2025.



WE WANT

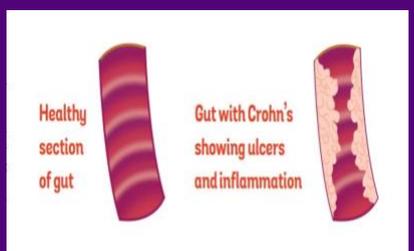
-  Everybody to understand Crohn's and Colitis
-  To drive world-class research
-  To support and empower people
-  High quality, sustainable clinical care
-  Early and accurate diagnosis

WHAT IS CROHN'S?

Crohn's is an inflammatory bowel disease, (IBD) the immune system doesn't work properly and the body starts attacking itself causing painful ulcers and inflammation. Any part of the gut can be affected, from your mouth to anus.

Crohn's 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 Crohn's, but there are many effective treatments to help you gain good control over symptoms and prevent long term problems.



Get involved - Patient panel at University Hospital Southampton

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.

- Suggest developments and service improvements.
- Help to support the case for new resources.
- Help to shape ideas for redesigning services, new developments and research.
- Inform and empower patients, families, carers and young people.
- Give 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

Coffee morning



Our recent coffee morning had a great attendance with returning faces and some new faces. Cupcake earned her keep by collecting some money in the lift before the meeting.

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:

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

Please check our website for 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.*

*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 & WEST HAMPSHIRE NETWORK

Lead Volunteer: Peter Bond

Email: dorset@networks.crohnsandcolitis.org.uk

Website: 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

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.*