

East Cornwall & West Devon Network

PIGS ON THE RUN!

Before you ask - no, there are no pigs on a rampage through Plymouth, digging up gardens and causing havoc in Hoe Park (*phew*). Instead, it was our much anticipated and beloved **Pig Racing 2024** fundraising event held at The Full Time Clubhouse, home of Plymouth Parkway Football Club.

As with all our previous Pig Racing events, it was an incredible evening filled with laughter, joy and (perhaps) a few too many pig puns! For those unfamiliar with this event, the action centres around battery-powered toy pigs competing in sprints - think of it like the Olympics, but cuter! Spectators bet on the winning pigs, then cheer on like it's the grand national!



Funds were raised by participants buying pigs for the races and giving them some very piggy names - "Porky Chops", "Truffles", "Peppa Pig", just to name a few. Spectators would place bets on which pigs they thought would win, with 12 races held throughout the night. The winnings were then shared between the lucky bettors and the Crohn's & Colitis UK charity.

Alongside the races, we held a raffle with fantastic prizes, adding to the excitement and our fundraising total!

In total, we managed to **raise £925 from the evening**, which is a fantastic achievement! All proceeds help to support the great work the charity does, spreading awareness and supporting those affected by Crohn's and Colitis.

(Continued on Page 2)

- ALSO 2 Pigs on the Run (continued)
- IN 3 Thank you to our Pig Racing sponsors
- THIS 4 Our Last Dickensian Evening?
- ISSUE 5 Wonderful Wendy
- 5 Another Donation from Zone Fitness
- 6 Christmas Cuties
- 7 Thank You to a Very Special Lady
- 8 Lego's Sara with a Stoma



There are many people we must thank who helped support this event! Firstly, we want to thank our Pig Racing sponsors, without whom this evening wouldn't have happened (see below and Page 3 for details on our sponsors).

A special thanks to Paul Jones and his Pig Racing Team, who kindly ran the show free of charge! This was very generous and allowed more of the donations to go directly to the charity! And, of course, a big thank you to The Full Time Clubhouse for hosting us and our drove of piggies.

To everyone who attended, cheered and placed bets - thank you for making the evening one to remember! And finally, a massive thanks to all volunteers - you helped make the event a success! ❤️



C&D ELECTRICAL PLUS



Chris and David provide commercial, industrial and domestic electrical solutions in Devon and the surrounding area

-  **01752 424538**
-  **enquiries@cdelectricalplus.com**
-  **<https://www.cdelectricalplus.com/>**
-  **<https://www.facebook.com/canddelectricalplus/>**



An extra special THANK YOU must go to C&D Electrical Plus who not only sponsored one of our races but also added an extra £74 to round our takings on the evening up to £900. Thank you so much Chris Kingwell ❤️

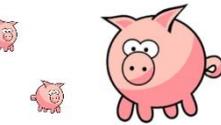
MASSIVE THANKS TO ALL OUR OTHER AMAZING PIG RACING SPONSORS

CANINE CONNECTIONS

Lindsay is an experienced dog trainer who aims to help you form a special bond with your pet. Contact her for one-to-one training or puppy classes



07711 989461
 CanineConnections
 Info@connections.dog



THANK YOU

for your sponsorship

James Holdgate & family



GRAHAM WESTHALL INDEPENDENT FINANCIAL ADVISER



Graham offers a comprehensive range of independent financial advice and takes an holistic approach to managing his clients' financial affairs



07971 620221
 grahamwesthall@tfagroup.co.uk

<https://www.facebook.com/GrahamWesthallCharteredFinancialPlanner>
<https://tfagroup.co.uk/our-people/graham-westhall/>

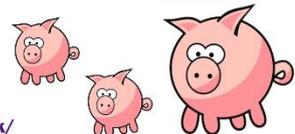
TFA Trusted Financial Advice is a trading style of Tom French & Associates Limited. Authorised and regulated by the Financial Conduct Authority.

THE MORTGAGE GUY

A mortgage and remortgage broker, offering advice on rates for all types of mortgages and remortgages from over 50 UK lenders



01752 346604
 info@tmgtld.co.uk
<https://tmgtld.co.uk/>



BURGESS ELECTRICAL

Burgess Electrical is a Plymouth based Electrical Contractor dealing in all areas of electrical systems.

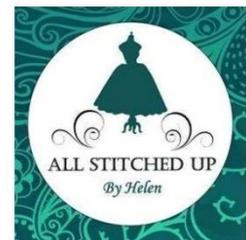


07545 098103
 info@burgesselectrical.co.uk
<https://www.facebook.com/BurgessElectricalSolutionsLtd>



ALL STITCHED UP WITH HELEN BIRD

All Stitched Up is a small local Plymouth business based in Ford. Helen alters clothes, curtains and anything in between and also does Prom dresses, Wedding dresses and suits, etc.



07921 820487
 tweet.tweet7879@gmail.com
<https://www.facebook.com/allstitchedupbyhelen>
https://www.instagram.com/all_stitched_up_by_helen



OUR LAST DICKENSIAN EVENING?

Could this be our last Dickensian Evening? *Will there ever be anyone else as generous as Karen Kestell who has hosted us at Karen's for so many years?* We fear not! So you'd better come along to our stall this year if you don't want to miss out on that *scrumptious mulled wine!*

We should explain that Karen is taking well-deserved retirement and her fully-licensed restaurant is currently up for sale. If you're interested, you can find details here - [RESTAURANT DEVON - Buy or Sell a UK Business with Daltons Business](#). And if you *do* buy the business, please consider inviting us for next year's Dickensian Evening 😊



**FRIDAY
6th DECEMBER
FROM 5PM**

**Karen's
42 Brook St
Tavistock
PL19 0HE**



Licensed Restaurant & Takeaway

FOLLOW US ON SOCIAL MEDIA



[crohnscolitisuk.ecwd](https://www.facebook.com/crohnscolitisuk.ecwd)



[crohnsandcolitis_ecwd](https://www.instagram.com/crohnsandcolitis_ecwd)



[CrohnsColitisECWD](https://twitter.com/CrohnsColitisECWD)

It was lovely to hear from Marie Baker that *her 80-year-old Mum, Wendy Cole, was donating £135 to the charity.*

Wendy is Chairperson of the Trewoon Over 50s group and is also a keen singer. Accompanied by her pianist friend, David, she occasionally performs for the group and, rather than taking any payment, *she collects donations for charity.* This time we were the lucky recipients.

This isn't the first time the family have raised funds for the charity - earlier this year, *Marie's husband, Nick, arranged for a donation of £1,000* from St Bartholomew's Masonic Lodge 6378.

Thank you to Wendy and everyone in the Trewoon Over 50s group.

WONDERFUL WENDY



If you're raising money locally for Crohn's & Colitis UK please get in touch with us so we can promote and support your event at

ecwd@networks.crohnsandcolitis.org.uk

or message us on our [Facebook page](#)



ANOTHER DONATION FROM ZONE FITNESS

We were delighted to receive *yet another donation from Zone Fitness* in October, the second this year! This time they had run a raffle at £1 a ticket and they split the proceeds between us and another charity.

The lovely Gemma and Susan handed over £135.50 in cash to Shas. They also hinted that they may be doing some more fundraising before Christmas so watch this space!

Thank you to everyone at [Zone Fitness!](#)

CHRISTMAS CUTIES



Can you resist these Christmas cuties? All these *unique, hand-knitted characters* are made by volunteers using our own patterns so everyone is slightly different. *At a mere £5 they're a great stocking filler* ... and not just for the kids!

We also have a *range of characters* that your favourite grandchild/niece/nephew will love. Some are shown below but you can see the full range on our Facebook page at <https://www.facebook.com/craftycrohnies>.

To order any of our characters just message us on our Crafty Crohnies page (above) or our local Crohn's & Colitis UK charity page - <https://www.facebook.com/CrohnsandColitisUkECWDNetwork/>. P&P is £3 for up to 3 characters.



THANK YOU TO A VERY SPECIAL LADY

Back in August we held a *Coffee Morning at Karen's in Tavistock*. We were pleased to present a *surprise plaque to Karen Kestell, thanking her for her many years of fundraising for Crohn's & Colitis UK.*

We didn't realise how appropriate our timing was! It was while we were there that *Karen dropped the bombshell about her retirement.* We will miss her and her delicious cakes!



Photo left to right: Gwennie Froment, volunteer team member Shas, Karen, Linda Bond (seated), and volunteer team member Margaret.



IBD NURSE CONTACTS

AT DERRIFORD

TEL: 01752 439224

EMAIL: plh-tr.ibd-advice@nhs.net



CONTACT US

EAST CORNWALL & WEST DEVON NETWORK

Leads: Shas Chilcott and Dani Brown

☎ 0300 222 5700 (via Helpline Service)

✉ ecwd@networks.crohnsandcolitis.org.uk

🌐 www.crohnsandcolitis.org.uk/ecwd

📘 [crohnscolitisuk.ecwd](https://www.facebook.com/crohnscolitisuk.ecwd)

📷 [crohnsandcolitis_ecwd](https://www.instagram.com/crohnsandcolitis_ecwd)

✂ [CrohnsColitisECWD](https://twitter.com/CrohnsColitisECWD)

CONTACT FOR LOCAL IBD NURSES

Derriford Hospital, Plymouth

☎ 01752 439224 ✉ plh-tr.ibd-advice@nhs.net

HEAD OFFICE CONTACTS

1 Bishop Square, Hatfield, AL10 9NE

✉ helpline@crohnsandcolitis.org.uk

Website: www.crohnsandcolitis.org.uk

HELPLINES ☎ 0300 222 5700

Mon-Fri & 9am-5pm (except English bank holidays).

Answer phone service outside these hours.

Charity registered in England Number 1117148

Charity registered in Scotland Number SC038632

A company limited by guarantee in England: 5973370

If you have received this newsletter by post and would be happy to receive future editions by email please send 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 or Colitis.

LEGO'S SARA WITH A STOMA

It was great to see that *Lego® have introduced a new character called Sara who has a stoma*. Although this was only *widely publicised in September, thanks to Louise Thompson, former Made In Chelsea star*, Sara actually made her debut back in June this year.

As Colostomy UK said at the time, *“It's fab to see big organisations featuring people living with stomas”*.

And we hear that *Coronation Street* is going to feature a storyline where *a major character (Bethany Platt, played by Lucy Fallon) has stoma surgery*. 2024 is certainly turning out to be a great year for stoma awareness!



The East Cornwall & West Devon 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.