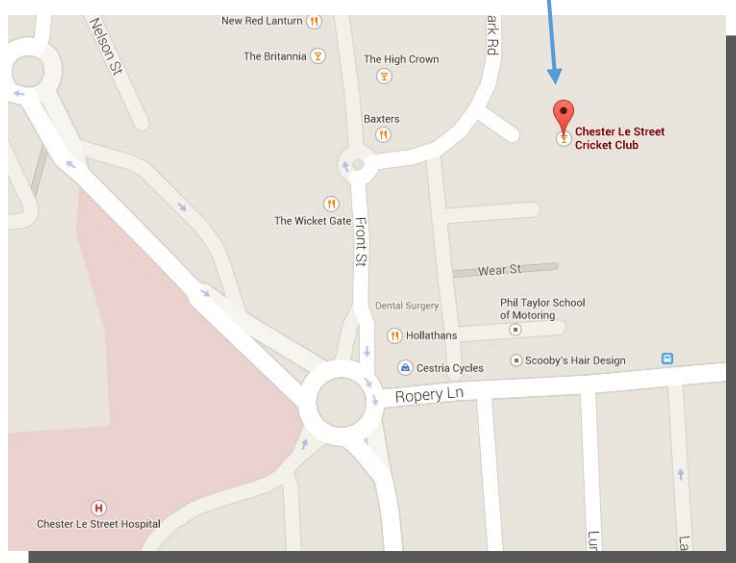


Durham and Wearside Network

Next Meeting - *Durham and Wearside*;
Saturday 23rd November 2019
At; **Chester le Street Cricket Club,**
Ropery Lane, DH3 3PF.

2pm till 4pm



Christmas Social Meeting

All are welcome to join us at our upcoming meeting where we will be having some festive fun

Our incredibly difficult Christmas Quiz

Festive Raffle

Small Festive Buffet

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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@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

SPOTLIGHT ON THE ORGANISING TEAM

So where do I start? My name is John Rodgerson and I'm the Lead Volunteer for the Durham & Wearside Network.

I thought it would be a good idea to give a little background into the members of the Organising Team and what made us become involved with the charity and why. And also, what we get involved in with supporting the Local Network.

I was diagnosed with Crohn's disease when I was a teenager and like many didn't really know anything about the condition and how it would affect me; so many things came as a huge surprise, as I wasn't aware of the various points of information available or of Crohn's & Colitis UK or NACC as it was known then.

I've also had 2 small bowel resections. A little gory I know but I asked my surgeon to take pictures of what they removed as I wanted to show people what Crohn's and Colitis look like on the inside with it being such an invisible illness, so if you're ever at any of our meetings, and would like to see just ask, randomly I'm actually quite proud of my pictures and very proud of my "battle wounds". Initially I raised funds for the Local Network and started attending the meetings to find out more about what I could expect. From that point on I wanted to help support people and raise awareness of Inflammatory Bowel Disease; unfortunately I still believe that

the condition isn't well known and would love to change that within our area. I've been the Lead Volunteer for the Network for over 2 years, and I help coordinate the other volunteers to ensure that we can bring you the education meetings we regularly hold - and hopefully in the New Year some social events! I also look after our Social Media Channels, Facebook and Twitter, manage the emails that are received by the Network and also produce this amazing newsletter ☺

I've also been the Lead Volunteer for Newcastle WALK IT for the last few years, and I'm extremely proud of what we have achieved from scratch. It really is an inspiring sight seeing over 250-300 people walk through the centre of Newcastle, wearing their t-shirts and raising awareness and funds for Crohn's & Colitis UK.



Future Meetings

We are always open to suggestions as to how we can reach out to all our members across the Network, whether this be arranging social gatherings or providing information to new members.

If you have any suggestions on how we can improve what we do as a Network, please drop us an email at

dw@networks.crohnsandcolitis.org.uk

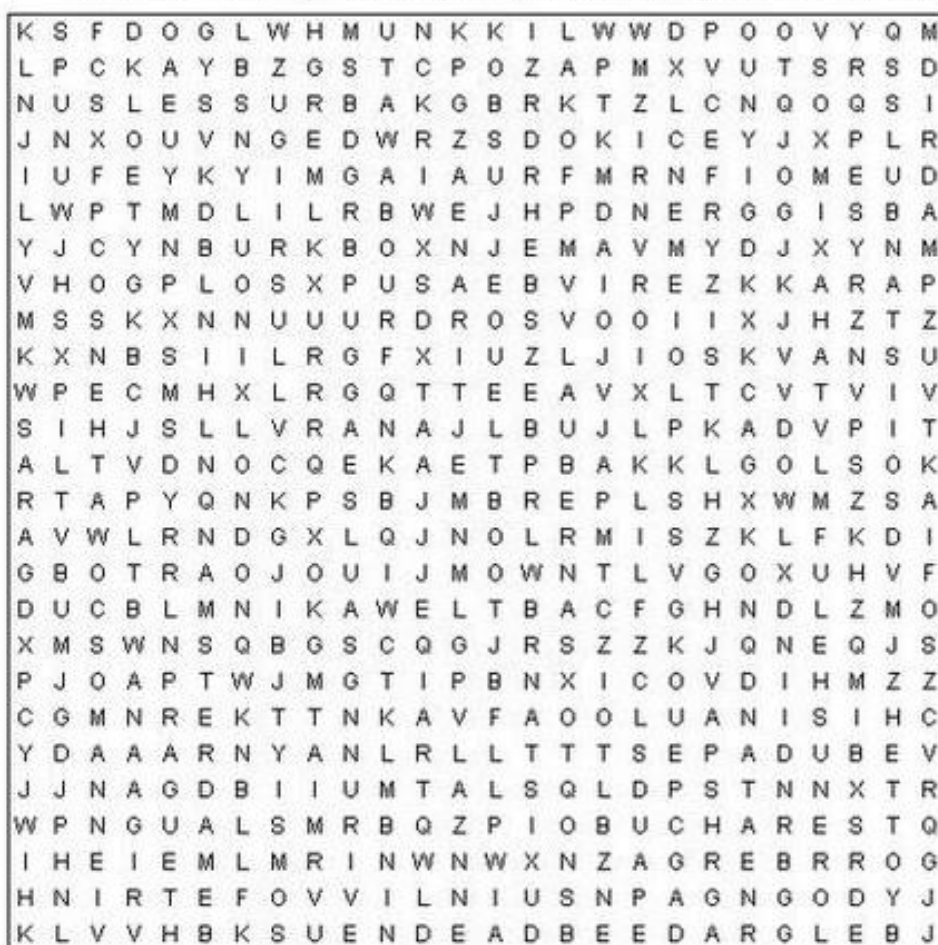
Future Speakers

If there is a specific topic that you would like to see addressed in our Educational Meetings, please let us know and we will do our best to arrange a specialist in that area to come along and chat to us.

QUIZ CORNER

Word Search Match

Write the matching clue number by each word, then find the words in the puzzle.



- Amsterdam
- Athens
- Belgrade
- Berlin
- Bern
- Bratislava
- Brussels
- Bucharest
- Budapest
- Chisinau
- Dublin
- Helsinki
- Istanbul
- Kiev
- Lisbon
- Ljubljana
- London
- Luxembourg
- Madrid
- Minsk
- Moscow
- Oslo
- Paris
- Prague
- Reykjavik
- Riga
- Rome
- Sarajevo
- Sofia
- Stockholm
- Tallinn
- Tirane
- Vienna
- Vilnius
- Warsaw
- Zagreb

1. Capital of Finland.
2. Capital of Sweden.
3. Capital of Belgium.
4. Capital of Albania.
5. Capital of Lithuania.
6. Capital of Bulgaria.
7. Capital of Ukraine.
8. Capital of Belarus.
9. Capital of Moldova.
10. Capital of Slovenia.
11. Capital of Portugal.
12. Capital of Bosnia.
13. Capital of Greece.
14. Capital of Hungary.
15. Capital of Croatia.
16. Capital of Spain.
17. Capital of Iceland.
18. Capital of Luxembourg.
19. Capital of Latvia.
20. Capital of Estonia.
21. Capital of Russia.
22. Capital of France.
23. Capital of Turkey.
24. Capital of Austria.
25. Capital of Serbia.
26. Capital of the United Kingdom.
27. Capital of Poland.
28. Capital of Ireland.
29. Capital of Romania.
30. Capital of Norway.
31. Capital of Slovakia.
32. Capital of Italy.
33. Capital of Netherlands.
34. Capital of Czech Republic.
35. Capital of Switzerland.
36. Capital of Germany.

DATES FOR YOUR DIARY

NETWORK MEETING IV

Please note that the date of our final meeting of the year is 23rd November; 2pm - 4pm
Christmas Social Meeting

2020 MEETINGS

NETWORK MEETING I

Please note that the date of our first meeting in the New Year will be 29th February 2020; 2pm - 4pm & we will be joined by Dr John Painter, Consultant Gastroenterologist. If you would like Dr Painter to cover a specific topic, please get in touch

NETWORK MEETING II

Please note that the date of our second meeting will be 16th May 2020; 2pm - 4pm

NETWORK MEETING III

Please note that the date of our third meeting will be 26th September 2020; 2pm - 4pm

NETWORK MEETING IV

Please note that the date of our last meeting of the Year will be 5th December 2020; 2pm - 4pm

CONTACT US

**CROHN'S &
COLITIS UK**

Durham and Wearside Network
Lead Volunteer: John Rodgerson
Helpline: 0300 222 5700*
Website: www.crohnsandcolitis.org.uk/dw
Email: dw@networks.crohnsandcolitis.org.uk



Crohns and
Colitis UK
Durham and
Wearside



CrohnsColitisDW

Durham & Wearside Network
Crohn's and Colitis UK
1 Bishops Square, Hatfield Business Park, AL10 9NE

enquiries@crohnsandcolitis.org.uk
www.crohnsandcolitis.org.uk

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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 IBD, 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 IBD

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.*

Durham and Wearside 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.