

## Newsletter Ideas

### Updates – what has happened locally?

- Write-ups of any Local Network events (how many attended, how it all went). Include 'Dates for Your Diary' too with details about future events.
- Include detailed reports on speakers from educational events, so that anyone who was unable to attend does not miss out on any valuable information.
- Any changes in the team (new members, leavers) and any vacancies.
- Fundraising efforts from members or supporters, plus photos of cheque collections if available! If they are happy to give an interview this can be featured too.

### Local Medical Services

- Any news about facilities and services (e.g. a new unit opening at a hospital, or changes in existing services).
- New staff members in community medical services (such as new IBD Nurses).
- Events like hospital open days or patient forums in the local area.

### Relevant 'Hot Topics'

- Any news and media updates e.g. new publications or research.
- National initiatives (e.g. World IBD Day or Awareness Week) or any relevant campaigns (e.g. 'Not Every Disability is Visible').
- Relevant news from local councils (e.g. public toilet provision).
- Relevant national news (e.g. new government or NHS policies).

### Activity Ideas

- Encourage feedback and ideas for future Network events/activities, and detail how they can share this.
- Detail how members can get their employers involved in fundraising support, or suggest ways to mark Awareness Week or World IBD Day (e.g. Purple Friday).
- Carry out a Member Survey, to understand the needs of Network Members .
- Mention any local events which members/others could participate in for sponsorship (such as the Great North Run or London Marathon).

### Personal Stories

- Include mini-biographies of OT members, detailing their experiences with Crohn's and Colitis and why they volunteer.
- Include stories from news/social media (e.g. inspirational patients, experiences of treatment).

### Crohn's and Colitis UK services

- Include links to support, such as Crohn's and Colitis companion or other guides/publications.
- Signposts to information on fundraising (and who to contact with any questions).
- Provide links to the Disability Benefit Service.

### Other Applicable Websites and Services

- Can't Wait Cards and IBD Passport website
- Toiletmap website