

Exeter & District Network

IPAD'S DONATED TO RD&E HOSPITAL

3 iPad'S donated to the IBD Gastroenterology Team at the Royal Devon and Exeter Hospital

By Lorraine Murray

The Exeter & District Network have donated 3 iPad'S to the IBD team at the RD&E Hospital at the March meeting held in medical outpatients. These had been suggested by the gastro team as a way to enhance patient experience within the service.

This has been made possible through local fundraising.

The iPads will be available for patients to use whilst undergoing treatment in the infusion room, for demonstrations and research

Many Thanks to John Lewis Exeter for offering a discount on the cases



RESEARCH

The April meeting of the Exeter and District network involved a talk by Suzie from the Research Team at the RD&E.

A very interesting discussion around all the different clinical trials available within the RD&E in the treatment of Crohn's and Colitis.



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TALKING HEALTH

The March meeting of the Exeter and District network involved a talk by Isla and Grace from the Talking Health Service provided by Devon Partnership Trust.

The Talking Health team are an "experienced team of qualified practitioners and therapists, who work across Devon, helping people to manage the emotional difficulties that often go hand in hand with living with a long term health condition".

Referral can be made as a self-referral, or by a practitioner involved in your care.

Further information can be obtained from

www.talkworks.dpt.nhs.uk



For more information, visit:
www.crohnsandcolitis.org.uk

RAISING AWARENESS

In May Lisa, Fiona and Kim attended the Colyton Vintage Tractor Run.

They were there with an awareness stand and collection buckets with proceeds from the event going towards Crohn's and Colitis UK.

Thank you to Colyton Vintage Tractor Run for supporting a great cause.

An awareness stand is in the main foyer of the Royal Devon and Exeter Hospital on the last Thursday of every month.

In February we were invited by Devon & Cornwall Police to attend their First Men's Health Conference. Lisa and Fiona represented the Exeter Network. There was Fantastic talk by @colitis cop aka a serving Police Officer talking about his Ulcerative Colitis & ileostomy.



IT TAKES GUTS

#ItTakesGuts to talk about Crohn's and Colitis, but no one can see it until we say it. It's time to speak up and break down the stigma... one conversation at a time.

Pain isn't always visible. Neither is fear or exhaustion.

Because Crohn's and Colitis are often invisible and widely misunderstood, can feel difficult to talk about and misunderstood, thousands of people across the UK are facing these devastating, lifelong conditions alone. We want everyone to talk about and understand Crohn's and Colitis. In schools, homes, cafes and offices, the #ItTakesGuts movement will help people find the right words and tools to start the conversations that really matter,

We will help society understand and tackle this unspoken and growing health crisis. **It takes guts** to talk about Crohn's and Colitis. But by starting conversations in every town across the UK, we can – and will – change lives. No more stigma. No more isolation. Better understanding and more support, up and down the country. As we work towards tomorrow's cure, we can improve the quality of so many lives today. Together, we just need to take that first step. Because no one can see it, until we say it.



**5 or 10
km**

**Fun-filled
event
village**

Central Park . July 13th

**Let's WALK IT together and raise vital
funds to make a difference to those
living with Crohn's and Colitis!**

**CROHN'S &
COLITIS UK**



#walkit

REGISTER NOW

crohnsandcolitis.org.uk/walkit walkit@crohnsandcolitis.org.uk

Registered charity in England and Wales Number 117748, Scotland Number SC038632.

DATES FOR YOUR DIARY

PATIENT/FAMILY MEETING

25th July & 29th August 2019
Medical Outpatients, RD&E
6pm - 8pm
Drop in for a coffee and a chat

ENDOSCOPY TOUR

26th September 2019
Medical Outpatients, RD&E
6pm
Tour of the Endoscopy unit at RD&E,
opportunity to ask questions

VOLUNTEERING

Volunteer with us!

We are always keen for new people to join our team. If you are interested in raising awareness and putting on events in the Exeter & District area

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 Exeter and District 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

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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.*