

West Midlands Network

WE'VE BEEN BUSY RAISING AWARENESS

We've had a busy couple of months since our last newsletter.

We've been out and about around the West Midlands generating awareness of Crohn's Disease and Ulcerative Colitis as well as raising vital funds for Crohn's & Colitis UK. We've also assisted local projects and events related to the conditions and the Charity alongside being very busy planning our own events for local people to attend.

July sees a big month for us as a network team. We will have our own stall for the first time at **Birmingham's Walk It on 6th July** (go to the website to find out how to get involved) and we'll be hosting our next big **Family Event on 13th July** for those with children living with Crohn's Disease and Ulcerative Colitis (please check the website or contact ypf@crohnsandcolitis.org.uk for ticket information).

There are more great events in the pipeline that we can hopefully shed some light on in coming months.

Please be sure to follow us on our social media pages and website to stay up to date with all our events.

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CROHN'S & COLITIS UK

YOUNG PEOPLE & FAMILIES

FIGHTING
INFLAMMATORY
BOWEL DISEASE
TOGETHER

BIRMINGHAM FAMILY DAY
ST MATTHEWS COMMUNITY HALL

Contact ypf@crohnsandcolitis.org.uk for ticket information

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 group valuable funds which can be used to benefit all those affected by Inflammatory Bowel Disease.

AMY REDHEAD FOUNDATION FUNDRAISER

The Crohns & Colitis UK West Midlands Network was kindly invited to the Amy Redhead Foundation's fundraiser and anniversary event in on Friday 15 February.

Amy Redheads's sister Emily has previously written an article for the Newsletter. Amy had Ulcerative Colitis and developed stage 4 bowel and liver cancer, that she sadly passed away from at the age of 28.

It was a sad occasion as it was the anniversary of Amy's death, but it was a great opportunity to celebrate Amy's life and there was a good amount of people that attended to support the foundation.

Dr Kevin Barrett, who has Crohn's himself, gave a short speech on Crohn's and Colitis and used the infamous line, "lets talk about poo"! He informed those in attendance that there is an increased risk of bowel cancer once a person with Crohn's or Colitis has had the disease for 8 years. The risk rises to 14% after having the disease for 30 years and so it is important to have cancer screening/colonoscopies after 8 years.

The foundation kindly raised £23.00 for Crohns & Colitis UK.

By Davina - Lead Volunteer



Dr Kevin Barrett & Emily Redhead

Get in Touch!

Are you doing some fundraising you'd like us to attend?
Do you have an article you'd like to see featured in a future newsletter?
Are there events you'd like to see us put on?

Please contact us and let us know.
Contact details can be found on the last page of the newsletter.

PRIME MINISTERS QUESTIONS

Did you know Crohn's Disease was mentioned in the House of Commons on 3rd April?

Martin Whitfield (East Lothian) (Lab)

"Grace Warnock is a young East Lothian constituent of mine who has Crohn's Disease. Using accessible toilets, she has faced negative comments and abuse from adults. This has inspired her to create 'Grace's sign' to remind everyone that there are people with invisible disabilities who have every right to use accessible toilet facilities, and that society should have a heart. Will the Prime Minister join me in endorsing Grace's campaign to standardise toilet signage to ensure that anyone, anybody, with a disability feels able to use accessible toilets without abuse?"

Theresa May (PM) (Con)

"I commend Grace for the work that she has been doing on this issue. Sadly, coming out of her own personal experience. I think the Hon. Gentleman has raised a very important issue. We want to make sure that people with invisible disabilities are able to access public toilets and can do so in a way that does not lead to the abuse that, sadly, Grace suffered. I fully recognise the campaign that she is fighting and I think it is an excellent campaign."

Crohn's & Colitis UK launched the 'Not Every Disability is Visible' campaign in 2016, inspired by Grace's work

Thursday 28th February saw our first social event at The Station Pub in Sutton Coldfield. It was a great success, with numbers reaching up to 21 at one point. A range of people attended; from children to newly diagnosed. Everyone was a bit apprehensive to start but by mixing and talking with others,

people opened up and realised "I'm not alone!" Thank you for all those who attended, chatted and shared stories. Please come back again to our next event (See last page for details)

By Leah Simons - Network Volunteer



Attendees to the social

FANTASTIC FUNDRAISING AND AWARENESS

We've been busy the last few months spreading awareness and raising vital funds in public spaces.

On Sunday 14th April, we were present at the Swan Shopping Centre in Yardley. We had many people stop by to talk about family members and loved ones who live with either condition. We raised £40.35.

On Monday 6th May, we were at Blakesley Hall's Bank Holiday Car Boot. We had a stall selling goods kindly donated by all our volunteers and their family & friends as well as setting out some of our information booklets. We raised £40.80 by selling from the stall and we had £7.50 kindly donated.

Sunday 19th May was World IBD Day, and we were out in New Street Station for the afternoon. We had so many people stop to talk and take booklets. We also had some amazing donations, we raised a whopping £74.36!

By Dean - Network Volunteer



Our car boot setup



Our World IBD Day stall

GET INVOLVED THIS SUMMER!

WALK IT!

Birmingham

Saturday 6 July 2019



CHARITABLE DONATION

On Monday 4th March 2019 I was invited to attend the West Midlands Camping and Caravan Club Annual General Meeting. The meeting was held at Tipton Sports and Social Club in the West Midlands. At the meeting I was presented with a cheque for £2300 being a charitable donation on behalf of the club for Crohn's

& Colitis UK. The cheque represented a generous donation from the club being raised over the last two years. The principal organisers of the appeal were Paul Edwards and his wife Carol. I thanked the club for their generosity on behalf of Crohn's & Colitis UK.
By Robert Sargeant - Network Volunteer



VASILENA DIMITROVA

POSITION: AWARENESS AND ACTIVITIES VOLUNTEER

I moved to the UK after graduating with a bachelor degree in Bulgaria. I am currently a criminology master student in Birmingham and I want to work towards a better future for people living with Inflammatory Bowel Disease. I have worked in various clinical settings offering psychological help to vulnerable people and patients with rare diseases.

WHY DID YOU DECIDE TO VOLUNTEER FOR CROHN'S AND COLITIS UK?

My psychology degree inspired me to look for a charity that aims to help people live their lives to the fullest and improve their well-being. Although I am not associated with any of the conditions, I was really impressed by the mission and core values of Crohn's and Colitis UK. I felt like I could offer my knowledge and skills to help others.

WHAT ARE YOU HOPING TO ACHIEVE AS A VOLUNTEER?

I am ready to walk that extra mile to ensure the success of all future events we are currently planning. I am really excited to work with the amazing volunteering team and every one of our meetings has been very valuable to me. I am hoping we can all work together to make big changes happen in the community.

WHAT DID YOU LEARN ABOUT CROHN'S DISEASE AND ULCERATIVE COLITIS?

I learned how challenging life can be for people with Crohn's disease or Ulcerative Colitis and how we can all contribute to make a difference for someone in need. Meeting people affected by these conditions has helped me understand how volunteering could improve lives and how important charity work is in supporting people in difficult times.



Would you be interested in volunteering just like Vasilena?

We are looking for people to help out at our events.

Get in touch with volunteering@crohnsandcolitis.org.uk stating Local Networks.

DATES FOR YOUR DIARY

NETWORK SOCIAL MEET UP

Thursday 6th June
6 - 8pm
The Craven Arms, Birmingham

LONGBRIDGE CARAVAN & CAMPING CLUB

Saturday 15th June
11am - 6pm
Yew Tree Farm Caravan Park,
Kidderminster
Crohn's & Colitis UK have been chosen as the charity of the year and we have been invited to be part of the 50th Birthday celebrations

CHARITY FUNDRAISER

Saturday 29th June
6pm - 12am
The Blue Piano, Harbourne
We have been invited to a fundraiser for Crohn's & Colitis UK. There will be live music and food. This is a ticketed event.

WALK IT!

Saturday 6th July
9am - 3pm
City Centre Gardens
www.crohnsandcolitis.org.uk/walk-it

FAMILY DAY

Saturday 13th July
1 - 4pm
St Matthews Church, Community Hall,
Birmingham, B7 4JH
Please contact ypf@crohnsandcolitis.org.uk for details on how to get tickets for this event

NETWORK SOCIAL GATHERING

Thursday 18th July
6:30 - 8:30pm
The Station Pub, Sutton Coldfield

CONTACT US

CROHN'S & COLITIS UK

WEST MIDLANDS NETWORK

Lead Volunteer: Davina McKenzie
Helpline: 0300 222 5700
Website: www.crohnsandcolitis.org.uk/wm
Email: westmidlands@networks.crohnsandcolitis.org.uk
Facebook: Crohns and Colitis UK West Midlands Network
Twitter: @CrohnsColitisWM
Instagram: [crohnscolitisuk_westmidlands](https://www.instagram.com/crohnscolitisuk_westmidlands)

Crohn's & Colitis UK

1 Bishops Square, Hatfield, AL10 9NE

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

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 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*

Monday, Tuesday, Wednesday and Friday - 9 am to 5 pm
Thursday - 9 am to 1 pm

Email: info@crohnsandcolitis.org.uk

Web Chat (Live Online): see our website 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.*