

## South West Midlands & Wolverhampton Network

### COFFEE MORNINGS

It's been great to see some new faces as well as the regulars at the coffee mornings. It's very casual with a relaxed atmosphere and great service from the coffee shop. There is free parking at the venue with toilets in the main reception area. Why not pop along and join us.



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Volunteers Week takes place 1-7 June every year. It's a chance to recognise the fantastic contribution volunteers make to our communities and say thank you. Every year hundreds of events, both online and in-person, take place to celebrate Volunteers' Week and the huge range of ways in which volunteers give their time.

As well as helping others, volunteering has been shown to improve volunteers' wellbeing too. Volunteering can also help you gain valuable new skills and experiences, and boost your confidence.

### SADLY MISSED BUT NEVER FORGOTTEN

#### Fred Eccleston

Fred was a long standing member of the group with a wicked sense of humour, he made friends easily and was great company. We will miss you dearly, but cherish the laughs and good times.



#### Karen Johnson

Karen had not long moved to the area before joining us for a few coffee mornings. Although we had only met a few times she had involved herself & made good friends.



For more information, visit: [www.crohnsandcolitis.org.uk/volunteers-week-2023](http://www.crohnsandcolitis.org.uk/volunteers-week-2023)

## DATES FOR YOUR DIARY

### SOCIAL MEET UP

10<sup>th</sup> June, 11am - 12.30pm

The Red House Glass Cone, Glass Cone Cafe, High Street, Wordsley, Stourbridge DY8 4AZ

### SUMMER PICNIC

8<sup>th</sup> July, 11am - 1pm

Baggeridge Country Park, Gospel End, Sedgley, Dudley, DY3 4HB

We'll aim to be in the Bandstand on the car Park or on the benches nearby so keep an eye out for our purple bunting!

### SOCIAL MEET UP

12<sup>th</sup> August, 11am - 12.30pm

The Red House Glass Cone, Glass Cone Cafe, High Street, Wordsley, Stourbridge DY8 4AZ

### 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 South West Midlands & Wolverhampton area, please enquire via the website:

[www.crohnsandcolitis.org.uk/volunteer](http://www.crohnsandcolitis.org.uk/volunteer) or contact us for more 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](mailto: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.*

## CONTACT US

**CROHN'S & COLITIS UK**

SOUTH WEST MIDLANDS & WOLVERHAMPTON NETWORK

Email: [networks@networks.crohnsandcolitis.org.uk](mailto:networks@networks.crohnsandcolitis.org.uk)  
Website: [www.crohnsandcolitis.org.uk/swmw](http://www.crohnsandcolitis.org.uk/swmw)



crohnscolitissouthwestmidlands



CrohnsColitisMW

### GENERAL ENQUIRIES

Crohn's & Colitis UK

1 Bishops Square, Hatfield Business Park, AL10 9NE  
[www.crohnsandcolitis.org.uk/contact](http://www.crohnsandcolitis.org.uk/contact)

Volunteer Enquires: 01727 734 475

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 for anyone affected by Crohn's or Colitis.

Our team can:

- help you understand more about Crohn's or Colitis, diagnosis and treatment options
- provide information to help you to live well with your condition
- help you understand and access disability benefits
- Help to find support from others living with the condition.

We also signpost people to sources of expert advice on disability benefits and options for specialist emotional support.

### CONTACT US BY:

Telephone: 0300 222 5700\*

Monday to Friday - 9am to 5pm

Email: [helpline@crohnsandcolitis.org.uk](mailto:helpline@crohnsandcolitis.org.uk)

Live Chat: [www.crohnsandcolitis.org.uk/livechat](http://www.crohnsandcolitis.org.uk/livechat)

\*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

*The South West Midlands & Wolverhampton 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.*