

## Mid and East Hertfordshire Network

### AN EVENTFUL END TO THE YEAR!

By Rachel Fowler

It's heading towards the end of 2018, the Crohn's and Colitis UK Christmas cards are out on sale and we are gearing ourselves up for lots of exciting events to come. Before we know it Crohn's and Colitis Awareness Week (1-7<sup>th</sup> December) will be here so make sure you get yourself ready to raise awareness that week and shout about everything IBD! Wear purple, tell your story and educate others all about Inflammatory Bowel Disease.

Since the last newsletter came out we have had another 3 new volunteers join our team, Leanne who works for the charity and Cherrie and Annie. You may recognize Cherrie and Annie as local community champions through the continued amazing fundraising they do for the charity. Cherrie and Annie have lots of exciting events in the pipeline which the Mid and East Herts Group will be helping at. You can find these events in our 'events for your diary section' along with events that we are running.

We are very lucky to have these 3 people on our team and hopefully you will get to meet them at our events!



Annie



Cherrie



Leanne

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#### OTHER NEWS

Have you got your flu vaccine? Make sure you get your flu vaccine before winter sets in and all the bugs start going round! It is important that those with compromised immune systems especially get the flu jab. Ask your GP about getting a flu vaccine.

Other exciting news - Humira news - you can now get biosimilars in the NHS

After its patent expires on 16 October 2018, new medications with similar active properties - or "biosimilar" versions - will be available. This may mean that patients currently being treated by adalimumab will be invited by their IBD team to 'switch' to (be prescribed) one of the alternative new biosimilars.

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

#### JOIN THE DISCUSSION



Crohn's and Colitis UK Mid and East Hertfordshire



@CrohnsColitisMH

#### OR CONTACT US AT



[meh@networks.crohnsandcolitis.org.uk](mailto:meh@networks.crohnsandcolitis.org.uk)



[www.crohnsandcolitis.org.uk/meh](http://www.crohnsandcolitis.org.uk/meh)



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# TRAVEL AND IBD MEDICAL MEETING

## - 2<sup>ND</sup> JUNE 2018

We had a very successful medical meeting, with our neighbouring group Hemel and Watford. Our special guest was Kay Greveson, who talked about travel and IBD. As the medical meeting was so informative to those that attended we thought it would be a good idea to share some key points for those who couldn't make it.

Kay built the IBD Passport website in 2014 and it has gone from strength to strength with more members and medical professionals joining the site, building up the knowledge base across the world.

The website has an interactive world map which contains country specific vaccination advice and details of the health care system for each country and how to access it.

There is also information on IBD centres across the globe. This is useful if patients on biologics wish to travel and receive treatment abroad. Kay vets these IBD centres and any healthcare professionals that load their information onto the to ensure the information is correct.

As well as the map, there is a page for everything to do with travelling with IBD. Each of the sections in the image below has lots of fantastic information and advice on different topics.

**Go to: [www.ibdpassport.com](http://www.ibdpassport.com) for further information.**



### KEY POINTS

- Increased risk of travel related illness with IBD, especially for those people who are immunosuppressed
- Try and travel when you are in remission as you are more likely to stay well on holiday
- Make sure vaccines up to date
- Take anti-malarials if you are in a high risk area. Anti-malarials though can upset the GI tract and make you more sensitive to the sun
- Make sure you have insurance and have declared your IBD otherwise it won't cover any IBD related illness (also remember your EHIC card if you are in Europe)
- Take your 'Can't wait card'. You can also get these in multiple languages
- If you have any dietary alert cards you can get them in multiple languages to take with you ([www.dietarycard.com](http://www.dietarycard.com))
- Get a medical letter and take a copy of your prescriptions in case you need to get more out there. This also means you can take meds easily through security at airports
- Have an emergency kit bag that has anti bacterial gel, loperamide, rehydration salts and paracetamol
- Beware of DVT on airplanes and the fact that going on aeroplanes can increase gases in your gut
- Being at high altitude, above 2000 metres, can put you at increased risk of a flare.

**IBD Passport**  
One-stop travel advice for Inflammatory bowel disease

Home IBD Network **Travelling with IBD** Healthcare Professional Area About Contact

### Travelling with IBD

Below you will find practical information containing advice on travelling with IBD.

- Travel and IBD
- Vaccinations
- Travelling with Medication
- Diet
- Travel after Surgery
- Managing Travellers Diarrhoea
- Travel Insurance
- Useful Websites
- Air Travel and High Altitude
- Health Care Abroad

## CROHN'S AND COLITIS HISTORIC WALK - 24<sup>TH</sup> JUNE 2018

On a lovely sunny afternoon, what better way to pass the time than to join a guided tour around historic St Albans run by a qualified tour guide and C&C Volunteer? Well apparently quite a few people had other ideas (which may not have been unrelated to England playing Panama in the world cup at the same time.) nevertheless, four intrepid souls who preferred local history to football joined our volunteer Mario (who is also a St Albans tour guide) who, during a walk around the town and Cathedral, gave a potted history of St Albans introducing many points of interest. While enjoying the wonderful weather they learned (amongst other things) where to find a succubus (and what a succubus is), why French Row is so named, and which of the gargoyles on the Cathedral is wearing glasses. After an hour and a half enjoyable strolling we then arrived at the Beech House for a well earned sit down and a cooling drink. We all enjoyed the afternoon greatly, even if England did win 6-1!

If you missed this walk, but think you would have enjoyed it, Mario will be leading a ghost walk around the St Albans one evening in January. It might be a bit colder and darker, but hopefully equally as fascinating, and there's always the lure of the pub afterwards.



## DATES FOR YOUR DIARY

**SATURDAY 17<sup>TH</sup> NOVEMBER 10-1PM REDBOURN CHARITY FAIR, REDBOURN VILLAGE HALL, AL3 7LW.**

We will have a stall at the fair selling Christmas cards and lots of goodies.

**Date/time**

**WEDNESDAY 21<sup>ST</sup> NOVEMBER 8PM - PUB QUIZ AT THE LOWER RED LION PUB, AL3 4RX.**

Our pub quiz is back by popular demand! Come by yourself and join a team or bring your own team.

**TUESDAY 11<sup>TH</sup> DECEMBER 7:30-9:30PM, IAN SWANSTON CAROL CONCERT, ST SAVIOURS CHURCH, AL1 4DF.**

Hosted by Annie Swanston in aid of Crohn's and Colitis UK. Come along and experience a night to remember complete with mulled wine, mince pies and lots of carols. **To buy tickets go to: <https://www.tickettailor.com/events/crohnscolitisuk1/200342>**

**TUESDAY 15<sup>TH</sup> JANUARY AT 7PM - GHOST WALK STARTING AT THE CLOCK TOWER, AL3 4EL.**

This was so popular last year! Come and learn all about the hauntings of St Albans. Friends and family welcome! We will be heading to The Beech House at 8:30pm (on the high street, AL1 3EG) if you would like to join afterwards.

**SATURDAY 23<sup>RD</sup> FEBRUARY 2-4PM - MEDICAL MEETING AT HEMEL HEMPSTEAD HOSPITAL MEDICAL EDUCATION CENTRE, HP2 4AD.**

Dr Lindsay Hughes from Kings College London will be coming to speak about psychological and mental health aspects of IBD.

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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@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 Inflammatory Bowel Disease.

The Mid and East Hertfordshire 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 and Colitis UK and no reference in this newsletter to any product or service is intended as a recommendation.

## CONTACT US **CROHN'S & COLITIS UK**

**Crohn's and Colitis UK**  
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[enquiries@crohnsandcolitis.org.uk](mailto:enquiries@crohnsandcolitis.org.uk)  
[www.crohnsandcolitis.org.uk](http://www.crohnsandcolitis.org.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](mailto: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.*