NETWORK NEWS

By Alex Gillespie

Hello everyone! 2018 is well underway, and the organizing team are looking to build on last year’s success and make this year great. As ever, keep an eye on our social media streams to keep up to date with news and information on what’s going on in your local area. Depending on where you are in Mid and East Hertfordshire, we’d also encourage you to keep up to date with our neighbouring networks. Our plans for this year include a medical meeting, pub quiz, coffee mornings, a historical walk and awareness raising. We are also developing links with local medical services in the area to best understand how we can use the money we have raised over the past few years.

HAVE YOUR SAY

As your local network organizers we are always looking for ways to better engage with sufferers in our area. With that in mind, we have set up a 9 question online survey to gather opinions and suggestions for future events.

https://www.surveymonkey.co.uk/r/H73SZLJ

It will take 1 minute to fill out. Thank you in anticipation of your suggestions, and we hope to be able to incorporate them in our next organizing cycle!

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WALK IT 2018

2018 dates of the annual Walk It fundraising event have been announced for various cities across the UK. The nearest host city to the Mid and East Hertfordshire area is, London on Saturday the 9th June. Other host cities include Plymouth, Bristol, Swansea, Manchester, Edinburgh, Newcastle and Birmingham. The London route starts and finishes from a Crohn’s and Colitis UK event village, to be set up in Brunswick Square near Kings Cross and Euston stations. Last year saw 1,500 people take part in London, raising over £225,000 for the charity. Take up the challenge, invite family and friends, and raise money for the fight against inflammatory bowel disease.

For more information, visit: www.crohnsandcolitis.org.uk
SPOTLIGHT ON: THE IBD TOOLKIT FOR GPs

Last year we invited patients from the area to contribute their thoughts and experiences of primary GP care and IBD to help further work on the IBD toolkit. The IBD toolkit has resulted from the IBD spotlight project between the charity and the Royal College of GPs to help better patient’s experiences in primary care.

The event took place at the charity’s offices in St Albans in September, and drew people from not just the Mid and East Herts area. The IBD spotlight project was introduced by Dr Kevin Barrett, the clinical lead, and Rachel Fowler the patient representative. The floor was then opened up to discussion on questions addressing identifying IBD, managing flares and Living with IBD.

Since then Kevin and Rachel hit the road feeding back these key points to the GP community at the four RCGP regional conferences. The IBD toolkit was then officially launched, supported by further awareness raising including a podcast (available online), a live twitter chat event and a facebook live chat event. Most recently the IBD spotlight project was promoted at a session of the all party parliamentary group at the Houses of Parliament. The result of this has been an official note posed to the Health Secretary Jeremy Hunt suggesting all GPs are issued with a copy of the IBD toolkit to improve awareness, early diagnosis and treatment plans for IBD.

On behalf of those working on the IBD spotlight project, a big thank you to those who were able to contribute to these discussions. We are delighted to say that this project will continue through 2018 due to continued interest and funding.

Access the IBD toolkit at: http://www.RCGP.org.uk/IBD

Below. Discussions at the charity offices in support of the IBD spotlight project.

JOIN THE DISCUSSION

Crohn’s and Colitis UK Mid and East Hertfordshire
@CrohnsColitisMH

OR CONTACT US AT

meh@networks.crohnsandcolitis.org.uk
www.crohnsandcolitis.org.uk/meh
0300 222 5700
EVENT ROUND-UP

Hoddesden pub trip
In August the network organised a pub trip to the Fish and Eels pub in Hoddesden. This was a great opportunity to head to what was a new area for our events. It was excellent to meet sufferers and families from a new area to help provide a form of mutual support.

Charity Pub Quiz
Once again the Lower Red Lion in St Albans hosted our charity pub quiz, and also arranged some excellent prizes for the event. Despite the snow at the time, the event was well attended and raised £250 for the local network. As with our previous pub quizzes we took the opportunity not just to have fun, but to raise awareness of IBD amongst others by treading IBD related questions into rounds. The pub have been kind enough to welcome us back when the weather is better! Read on for more info.

Barnet pub trip
In February the network team met with sufferers and families in the Arkley pub, Barnet. Again it was great to be able to provide a mutual support network for people in that area.

DATES FOR YOUR DIARY

Coffee Afternoons
Starting this April, we will be organising a regular coffee afternoon on the third Sunday of every other month at the Beech House in St Albans (poster to the right). We hope this will provide an informal space where you can talk about anything and everything with others who can relate to you.

Medical Meeting
2nd June 2018
Taking inspiration from our neighbours, the Hemel and Watford network, we will be jointly organising a medical meeting in June. Our speaker is Kay Greveson, an IBD nurse at the Royal Free Hospital and creator of the IBD passport, an award winning website providing reliable information on all aspects of travelling with IBD. The medical meeting will be talking about travel and IBD.

Special thanks
A special thanks to Affinity Water who raised over £1000 for the charity during IBD awareness week just before Christmas.

Right. Charity stall at Affinity Water HQ in Hatfield

Medical Meeting
Date: 2nd June
Time: 2 - 4pm
At Crohn’s and Colitis UK, 45 Grosvenor Road, St Albans, AL1 3AW
Limited on-street parking is free along Grovesnor Road for 3 hours. The office is a short walk from St Albans City station

Guest Speaker: Kay Greveson
Historical walk
Sunday 24th June
Time 1:00 PM
Meeting at the Old Town Hall, the historical walk will be led by Mario Violentano, official St Albans tour guide and Mid and East Herts Network Volunteer. The walk will take in historical sights of St Albans through the ages, before ending at the Beech House in where our coffee afternoon conveniently starts at 3PM if you’d also like to join! Please reserve your space on this event here: https://www.eventbrite.co.uk/e/charity-historical-walk-tickets-45492665788

Pub Quiz
Date, TBC
Lower Red Lion, St Albans
Once again the Lower Red Lion have agreed to accommodate us in what seems to be becoming an annual pub quiz. Please bring along family and friends and your brains. Keep an eye on social media and your email inbox for confirmation of date and time.