

Crohn's and Colitis UK: Ayrshire and Arran Group

There are currently 3 voluntary members of the group who have numerous roles that keep the group going. We've been here since May 2012

Hello, thanks for reading our newsletter. It will be filled with our recent events, upcoming events, fundraising that's been done for or by our group and any other important information.

The Ayrshire and Arran group is run by a few people all affected by IBD in one way or another. We just want to help others affected by IBD.

We are; Kirsty Gibson, Lauryn Morgan and Brian Barrie. We are looking for anyone who is a member of CCUK to join our group, [please contact us.](#)

Kirsty Gibson and her friend Siobhan completed a 10K marathon in 2014 and managed to get a fantastic total of £501.00 for Crohn's and Colitis UK! It was a great achievement for Kirsty and Siobhan. Here is a picture of them on the day:



FUNDRAISING...

Dave Jackson, fundraising for CCUK at London Marathon:



Our group also raised an amazing £220 from our Coffee Morning at a lovely church in Prestwick and everyone came together and made lots of cakes for it, we had a great turn out!

Portland Voices donated £220 after their fundraiser too.

Norma Taylor held a Fundraising night in her Salon in Beith called Harmony and raised a fantastic £250 for our group!

Dave Jackson also ran the London Marathon at the start of 2014, and the article was in the newspaper. He raised an amazing £5,994!

Crohn's and Colitis UK: Ayrshire and Arran Group

Contact Information

Facebook: CCUKAyrshireArran
Twitter: @AyrshireNACC
Telephone: 0845 434 8522
Email: Ayrshire@crohnsandcolitis.org.uk

OUR NEXT EVENT!!

Afternoon Tea & Tombola Saturday 21st February

We are having a social gathering with Afternoon Tea and Tombola at **The Lauriston Hotel and Restaurant** located at *15 South Crescent Road, Ardrossan, KA22 8EA.*

There will be free tea, coffee, juice with snacks & sandwiches (gluten free too!) You can also win prizes if you join in on the Tombola! We are also hoping to have 1 or 2 special guests. It starts at 2pm and will end at 5pm

(Everyone is more than welcome to go to the bar after 5pm for a little social gathering and maybe have a few drinks and a chat!)

The Lauriston Hotel & Restaurant



Useful Contacts

Crohn's and Colitis Support - Confidential support from trained Crohn's and Colitis UK volunteers who have personal experience of living with UC or Crohn's Disease.

0845 130 3344, Monday-Friday, 1pm-3.30pm & 6.30pm-9pm

Information Service - Trained Crohn's and Colitis UK Information Officers answer questions on IBD

0845 130 2233 (or 01727 844 296) Monday-Friday, 10am-1pm - Answer phone service outside these hours

Disability Benefits - Call the Information Service on 0845 130 2233 to arrange a telephone appointment with a trained volunteer for help with Disability Living Allowance or Attendance Allowance

Parent to Parent – Call the Information Service on 0845 130 2233 to arrange a telephone appointment to talk to a trained volunteer who has a child with IBD.

Crohn's and Colitis UK, 4 Beaumont House, Sutton Road, St Albans, AL1 5HH Tel. 01727 830038

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