

East Cornwall & West Devon Network



KATHY WEBB



**WINNER OF THE DR KATE GRANGER
CARE AND COMPASSION AWARD 2018**

Wouldn't be where I am now without her!!

Kathy has got me through some very tough times

You are simply the best Kathy x

IBD nurse of the decade for us!!

Thank you for all you have done and continue to do as it means more than you would ever know x

Truly an amazing woman! Thank you for everything you do for me and everyone else!

Congratulations Kathy you really deserve it. Not only are you amazing at your job but you are so lovely with it x

Couldn't be more deserving. Extremely compassionate and a true professional.

We were delighted to hear that Kathy had won the Dr Kate Granger Care and Compassion Award for 2018 ... and so were you! There were so many congratulatory comments on our posts that we couldn't possibly reproduce them all here so this is just a sample. It's an overwhelming expression of love and gratitude for an IBD nurse who goes above and beyond.

THANK YOU KATHY



COMEDY EVENING RAISES ALMOST £9,000!



Meet *Ian Pearson and Charlotte Bethany (left)* who have raised an amazing **£8,886** for Crohn's & Colitis UK! Ian, who is an inveterate fundraiser, approached Charlotte after he saw her post on social media about her own fundraising at Plymouth Walk It. He wanted to create something that would raise money while having fun so came up with the idea for a Comedy Evening.

The event took place on 28th July but it was much more than just a Comedy Evening! *For only £15 attendees got hilarious comedy, a delicious hog roast, and a chance to win some magnificent prizes in auctions and raffles.*

After the food and some *acoustic music from Stephen Sampson*, four comedians entertained throughout the night. *Thom Tuck, Alexander Bennett, Leo Kears and Louis Burgess kept the crowd in fits of laughter* and put everyone in good spirits for the raffle and auctions.

Raffle prizes ranged from a 32" Smart TV to a St Austell Brewery Experience to bottles of alcohol and raised almost £1,000. The auctions fared even better, with bids for a Ford Mustang experience, a luxury Spa Day, Exeter Chiefs tickets, and many other prizes, raising a fantastic £1,830! Ian also raised money on the night through a pamper game and singing, as well as receiving £600 in cash donations - what a star!

The night wouldn't have been possible without the kind donations of so many prizes and also the *excellent hosting by the Green Taverners*. And the generosity of everyone who attended was totally overwhelming. The icing on the cake was the *matched funding from Santander of an additional £2,500!*

But obviously *the biggest thank you must go to the lovely Charlotte and the ever-industrious Ian, of Ian Pearson Vehicle Locksmith (IPVL), for their outstanding fundraising!*



GIVING WITH GOLF

We love putting on events and supporting any of you when you raise funds, but it's wonderful when we get a call from someone who just wants to give us a cheque!

Alan Malton of Yelverton Golf Club did just that. He contacted us to say that as *last year's Captain of the Over 60s group* he had nominated Crohn's & Colitis UK as their *charity of the year*. Alan and the other 100 or so members of the group had put on a number of events during 2017 to raise money for the charity and they had a few hundred pounds to hand over.

Alan and his wife, Carol, kindly invited Shas and Dani to their beautiful home to



pick up the cheque on a lovely sunny day in June. Their daughter, Kerry, was diagnosed with Crohn's Disease while still at university so this charity is close to their hearts.

It was tempting to remain sitting and chatting in the Malton's picturesque garden all morning, but eventually Alan presented us with the cheque, and we are truly grateful to *Yelverton Golf Club's Over 60s group who raised a magnificent £830!* Many thanks to everyone at the club for their generosity, and especially to Alan and Carol.

If you'd like to *give golf a go*, contact Yelverton Golf Club at <https://www.yelvertongolf.co.uk/>

QUIZ NIGHT

Thursday 4th October

£10 per team up to 6 people

8pm Start

The Brook Inn
Plympton
PL7 1NJ

Fancy dinner before? Book directly on 01752 297604

CROHN'S & COLITIS UK
EAST CORNWALL & WEST DEVON

MURDER MYSTERY SOLVED!

For our *Murder Mystery evening in June* we were lucky to secure the *Mount Edgumbe Masonic Lodge* on Citadel Road in Plymouth. The theme this year was "*School Dayz*" so the tables were scattered with various memorabilia that reminded us of our own school days - protractors, elastic bands, colouring pencils, etc - and graffiti was placed around the room and in the toilets!

Then the "detectives" arrived in their School Dayz fancy dress. We had dinner "ladies", school "girls" and "boys", and even a crossing patrol lady (see photo bottom right). Unsurprising winner of the fancy dress was "headmistress" Miss de Toilette (see photo middle right) who was delighted to receive "her" prize of a bottle of Prosecco. As well as raffle tickets, we also sold silly names (all toilet-based!) for £1 each and everyone joined in the fun of choosing from Ann Drex, Lou Brush, Di O'Rea, and a host of others!

Next, the *brilliant Ivybridge Theatre Company* put on the school-based play in which the Murder took place. It was then over to the detectives to interrogate, I mean interview, the 6 suspects. Once all had been interviewed everyone wrote down who they thought was the murderer. I won't say who it was as this might spoil it for the future! *Well done to the Foulkes family* (Tom and Heather top right) for ~~guessing~~ deducing correctly.

It was a fantastic evening and we raised over £200! *A huge thank you to Rodger, his wife, Barbara, and the rest of the staff at the Mount Edgumbe Masonic Lodge* for the delicious 2 course meal and for providing lots of raffle prizes. And, of course, *a massive thank you to the Ivybridge Theatre Company* for great evening's entertainment.





MEET NEW MEMBER LINDSAY

"I joined the East Cornwall West Devon team in December 2017 so that I could help raise much needed awareness and funds for research. I was diagnosed with Crohn's Disease in April 2012 after several years of misdiagnosis and, like so many others, have undergone endless treatments and surgeries with still no signs of remission.

Over the years the Crohn's and Colitis UK charity, both locally and at head office, have been a great source of support and information for me and *I want to help give something back whilst also helping to support others* with the daily struggles IBD presents to us all."

AND EVEN MORE GIVING WITH GOLF

A blustery but dry day saw 48 players attend the *Lang Town & Country golf day* at Yelverton Golf Club. Although it was a free event participants were asked for a donation to Crohn's & Colitis UK.

James Clarke, Director at Lang Town & Country, suffers with Crohn's Disease and knows only too well how important the charity can be to sufferers. The charity provided him with support and advice throughout his diagnosis and helped him learn to live with the condition. The golf day provided a great opportunity to give something back to this amazing organisation.



Above (left to right): Richard Rabin (Director at Lang Town & Country) handing out the trophies, and winners Sam Woods, Jonny Prout, Paul Preen, and John Chapman.

Left: James Clarke presents the cheque to volunteers Heather and Lindsay.



The afternoon's golf finished with ham, egg & chips and the presentations. In first place was a team led by fellow director Paul Preen, who also won the bandit award. He keeps winning but his handicap never reduces! Trophies were given out to the top three teams.

All in all a great afternoon and one which raised awareness and, importantly, £550 for the charity.

TOM - MULTI-FUNDRAISER!

Tasha Jayne nominated her partner *Thomas Howourth* for the Alex Demain Young Fundraiser of the Year award because *“he has been an absolute gem during my journey with UC”* over the last 14 years. Tasha had been relatively well until February 2017 but since then has been admitted to hospital 7 times and tried 9 different medications before having surgery in May.

Tom wanted to fundraise for Crohn's & Colitis UK *“because it has helped and guided us so much over the past year”*. So far Tom has run the Berlin and London marathons; sold home grown vegetables; organised a charity 'beer pong' event at a local brewery; and, with Tasha's help, run a coffee morning which included a cake and coffee quiz, a silent auction and some simple games. And so far *he has raised over £3,100!!*

Tom plans to do even more, including running the Chicago marathon in October and organising a charity football match - what a star!



Tom is clearly a deserved winner of the Alex Demain Young Fundraiser of the Year Over 16s category and he and Tasha were delighted to meet up with *Jack Craigie* at the award ceremony - you may remember Jack featured in our last newsletter as winner of the Under 16s category. As it happens, Tasha and Tom are originally from Plymouth and return here regularly so we clearly produce the best young fundraisers in the country!

♥ Well done and thank you, Tom and Tasha ♥

Have you raised awareness or funds for Crohn's and Colitis UK? Email us at ecwd@networks.crohnsandcolitis.org.uk

MARGARET: MISTRESS OF MONEY



“I am the mother of 25 year old twins, one of whom has Crohn's Disease. In the past I have volunteered with Crohn's and Colitis UK and found it really rewarding. It is so good to be able to give something back to the great charity that supported myself and our family when our daughter and ourselves needed it most.

As a family we all aim to raise awareness and support others who suffer from IBD in whichever way we can. I ran the London marathon in 2012 to raise funds, one daughter fearlessly completed a sponsored tandem parachute jump, raising funds through cakes sales, pub quizzes and raffles, and the other twin ran a sponsored half marathon for Crohn's and Colitis UK.

I look forward to working with the East Cornwall & West Devon network in my new role as Finance Link Volunteer.”

Let's go Pig Racing!

CROHN'S & COLITIS UK

EAST CORNWALL
& WEST DEVON

1st December at 7:30pm

**GREAT WESTERN RAILWAY STAFF ASSOCIATION
SOCIAL CLUB**
Mullet Road, Laira, Plymouth, PL3 6TD

Licensed bar and free entry





CIAO FOR NOW CHYNNA

After three years incredible service we're sorry to say that *Chynna Davis is stepping down from our volunteer team*. Chynna has been the *driving force behind many of our best events* - the Family Fun Day in 2015, the Black & White Ball in 2017, and our Facebook Live chats. She also designed all our most memorable posters! *She brought a refreshing and youthful approach* to the team and we will badly miss her innovative ideas. Don't be a stranger, Chy!

CONTACT US



EAST CORNWALL & WEST DEVON NETWORK

Leads: Shas Chilcott and Dani Hooper-Bennett

☎ 0300 222 5700 (via Information Service)

✉ ecwd@networks.crohnsandcolitis.org.uk

Website: www.crohnsandcolitis.org.uk/get-involved/volunteering/local-network/south-west/east-cornwall-west-devon



[crohnscolitisuk.ecwd](https://www.facebook.com/crohnscolitisuk.ecwd)



@CrohnsColitisCD

CONTACTS FOR LOCAL IBD NURSES

Derriford Hospital, Plymouth

☎ 01752 439224 ✉ plh-tr.ibd-advice@nhs.net

HEAD OFFICE CONTACTS

1 Bishop Square, Hatfield Business Park, Hatfield, AL10 9NE

✉ info@crohnsandcolitis.org.uk

Website: www.crohnsandcolitis.org.uk

INFORMATION SERVICE ☎ 0300 222 5700

Mon-Wed & Fri 9am-5pm, Thu 9am-1pm (except English bank holidays). Answer phone service outside these hours.

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If you have received this newsletter by post and would be happy to receive future editions by email please send 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.

THURSDAY 8TH NOVEMBER



7.30 TO 8PM



**with IBD nurse
KATHY WEBB**

**and Dietician
LUCY PRITCHARD**



[crohnscolitisuk.ecwd](https://www.facebook.com/crohnscolitisuk.ecwd)