

# GUTTED



The newsletter of the Crohn's and Colitis UK Worcestershire Group

Issue 5 - March 2011

Hello and welcome to our latest newsletter. If like me you are just coming out of hibernation then now is the time to get out and about and enjoy the Spring.

Our year starts off with our Medical Talk in April and continues with a trip to The Commandery in July. A recent survey of members show that you enjoy receiving the newsletter and although some of you are unable to attend meetings/events for whatever reason, you do like to hear what is going on in the Group.

We hope to achieve this with your newsletter, but if you have any ideas on pieces for the newsletter or places to visit in your area, then please let me know. Over the last six months, we have had several new faces coming to events and I hope to meet more of you over the coming year.

*Mandy Cook*

Co-ordinator, Crohn's and Colitis UK Worcestershire

## Christmas Craft Fair

First of all, a big, BIG 'thank you' to all who helped and all who came to support the Christmas Craft Fair which we held at the end of November last year. It turned out to be a terrific occasion and a runaway success, even though the snow decided to grace us with its presence the night before. I'm afraid I said a very naughty word on opening the curtains very early that morning and seeing what had happened overnight!!



No matter, all the stallholders arrived safely thanks to Roy's valiant efforts to clear and grit the Hall driveway so everyone could get their cars up the hill into the hall car park! Although it was a little slow to get going, by mid-morning, the customers were arriving and the stallholders were doing a brisk trade, as was the kitchen, providing Bacon Baps, Cake, Coffee and Tea (we had to send Roy out for more baps to satisfy all the customers!). We are very grateful to all our willing helpers. I must make a special mention and special Thank You to Jim Crosby. I didn't see him without his rubber gloves on all day – he was washing up continuously!!

# Fundraising 2010

We had 24 stalls, all with excellent crafts to tempt Christmas shoppers and as it proved to be so successful – we have decided to build on our success and hold another one this year! Make a date in your diaries NOW – Saturday November 12th 2011. 10am until 4pm. Hopefully we shall have some new crafts to tempt you with and some of the previous favourites, so come along and support your local group!

Finally, if anyone in the group is a keen 'Crafter' and would like to 'buy' a table for the day, then give me a ring on 01905 830266 or if you can spare an hour or two to help on the day. You'll have a good giggle and know you are helping a good cause, we'll even provide a bacon bap and a cup of tea!. In total, we raised £633 – a great improvement on the previous year of £262!! So...watch this space!!

## Coffee and cool jazz

In August we held another very successful Coffee and Cool Jazz morning at The Guildhall, Worcester. We were lucky enough to be able to advertise the event as part of the Worcester Festival and were given a prime spot in the advertising brochure. Hence, we attracted a good audience, sold lots of Tea, Coffee and Cake plus more cakes contributed to the Cake Stall. Our grateful thanks to all who helped to make it a great morning including 3D Jazz who provided the music and Jim Crosby who spent most of the morning walking up and down the High Street encouraging people to visit us by wearing a 'custom built' sandwich board, manufactured by Roy! We raised £350 in 3 hours! *by Lyn Snook*

## Stamps for Smilie's

Smilie's is a UK wide network which focuses on the difficulties experienced by children who have IBD and their families. It also gives them the opportunity to develop informal mutual support. Smilie's Network was first named Smilie's People when it began in April 1995. It was inspired by Lisa Flinders, who has battled with Crohn's Disease since she was seven months old. Lisa wanted to help other children - so together with Peggy Cable, an adult member of the South Yorkshire NACC Area Group, they launched a support group for young members. There is a really easy way we can all help the keep the Smilie's Network alive and that is by saving used postage stamps. Just cut them out from those old envelopes before you recycle them, leaving about ¼ of an inch or 1cm of paper all round. Then, either bring them to a local meeting, or ring Mandy on 0845 434 8507 for a local address, or send them to :- Stamps for Smilie's , 28 Orwell Drive, Aylesbury, Bucks, HP21 9JN. If you would like more information, visit

[www.smiliespeople.org.uk/collectstamps.htm](http://www.smiliespeople.org.uk/collectstamps.htm)

Please note that Smilie's organises Fun Days and Events for children or young people up to the age of 19 and their families. If you, or someone you know fits that category, why not give it a try? For further details phone the Smilie's Secretary on 0845 130 6851 or email: [SmiliesNetwork@groups.nacc.org.uk](mailto:SmiliesNetwork@groups.nacc.org.uk)

## Never give up!

Congratulations are due to local member Dave Cleary who after a poorly supported "Elvis evening" decided to organise a second attempt with a "birthday bash". Thanks to this splendid effort he raised nearly £240 for local funds. We understand thanks are due to the Landlord and Landlady of the Camp at Grimley as without their support the event would not have been so successful. Well done Dave!

## Elvis Tribute Night

Elvis Tribute Night: Gospel 2007, 2008 European Finalist, 2009 European Championship Finalist, As Seen On BBC's 'The Worlds Greatest Elvis'  
<http://www.shayneprince.com>



Shayne Prince sings: A Tribute To The King...From A Prince, Stourport Workmen's Club, Lickhill Road, Stourport-On-Severn, Worc's; DY13 8SB.

**Saturday 7th May 2011 @ 8.30pm Till Midnight (Doors Open @ 7.30pm)**  
**Food Available To Purchase (from Chips £1.50 to Basket Meals £3.00)**  
**Tickets £10.00** A proportion of the proceeds will kindly be donated to our Group

## Salsa Class

**Salsa Class/American Supper, Cherry Orchard Centre, Worcester Wednesday 24th August 2011, 7.30pm**

Karen Taylor has suffered from IBD for over 20 years but she teaches Salsa classes in the Worcester area and has offered to teach us salsa dancing on the above date.

This is a great opportunity for you to come and have a go. Karen has held similar social events before and has suggested we have an American Supper (i.e. everyone brings some food for others to share) half way through (I feel we may need a break by then!)

We thought plenty of notice was needed as this is during the summer holidays, so make a note of the date and bring a friend. We will be holding a raffle to cover costs.

# Hello from....



## The Middletons

Hi we are the Middleton family from Stourport On Severn Worcestershire.

Our son Joshua was diagnosed with Crohn's Disease in 2008 aged 9 years.

Since then we have organised a sponsored charity walk/run with family and friends to raise funds for the NACC.

This walk/run is usually in the month of June and we all meet at the Kings Arms public house, Areley Kings, Stourport.

We have raised nearly £2000 in the last two years and hope to continue again this year. We would love other people to come and join us to raise awareness.

**KEEP AN EYE ON THE GROUP WEBSITE FOR THE DATE THIS JUNE**

# Programme for 2011

## Medical Talk/Annual Report

Cherry Orchard Centre, Worcester, WR5 3DY  
Wednesday 27th April - 7.30pm

## Trip to The Commandery, Worcester

Saturday 16th July Meet at 10am

Admission: £5.40 adults, £2.30 children aged 5-16,  
Worcester City council tax payers free

[www.worcestercitymuseums.org.uk/comm/comind.htm](http://www.worcestercitymuseums.org.uk/comm/comind.htm)

If you know you are definitely coming, please let Mandy know by 19th June,  
as we can arrange guided tour etc. if enough people are coming

## Salsa Class/American Supper

Cherry Orchard Centre, Worcester, WR5 3DY  
Wednesday 24th August - 7.30  
See inside newsletter for details

Please check on our website

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

for up to date and further details of the above events  
or call Mandy on 0845 434 8507

## Toilet thoughts!....

*spotted in The Page newsletter recently*

- 40% of toilet paper is not used for its intended purpose, according to some industry surveys.
- Toilet roll tubes can be used for crafts, as can toilet paper. Maybe it would pay to keep a box with scissors, glue, coloured crayons, paper clips and sundry other items handy in the bathroom, to help wile away the time on those long visits. Suggestions include egg cups, seed planters, napkin rings, trinket organisers, desk tidies and gift wrappers! :)
- Toilet paper is far from just paper – it is made using many chemicals and new or pre-used paper pulp. Re-cycled paper (no, I don't mean they wash it and hang it out to dry) is more earth-friendly. Be an 'eco-consumer' and check out websites to find the toilet papers with less environmental impact.
- Toilet paper comes in lots of types, such as plain, printed, lotioned, aloe vera, embossed, quilted & recycled plus the option to fragrance cores, sheet, roll, jumbo rolls, super jumbo, coreless, and interfold. In 2009, a Japanese publisher printed a horror novel on a toilet roll – ok if you are the only user, but if you live with others, you could miss the exciting ending? Why not treat yourself to a novelty loo roll now and again, when you're feeling flush? (not my joke!)

