

action!

walkrunjumptrekriderplay... have fun – raise funds



Fundraising
Spring 2011

Less than 15% of our running costs are met by membership subscriptions which are kept low so that no one need be excluded.

We can only mention a few names in this newsletter but we value all of our wonderful fundraisers. Even the smallest amount raised can make a BIG difference to people's lives.

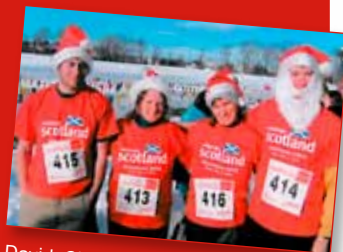
Thank you

Why I fundraise in aid of Crohn's and Colitis UK

Mrs D Richards, a member for many years, donated £100 from her birthday money. "I hope for the sake of my children, grandchildren and great grandchildren – of which I have quite a few – that a cure can be found," she said.

Christmas cheer

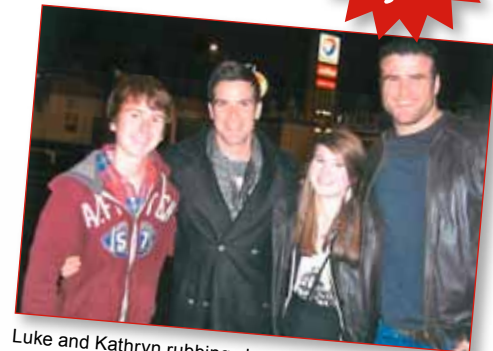
The festive season offers great opportunities to raise funds. Christine Chisholm, husband Derek, son David and sister Heather all took part in the Challenge Scotland Christmas Walk in Edinburgh. "Walking through the snow in the sunshine and dressed as Santas made it seem like Christmas day had come early," Christine said. £440 was raised. Chloe Brian's daddy, Richard, has suffered with Colitis for 12 years, so along with mummy, Fiona, Chloe took part in the Challenge Scotland Santa Toddle to raise £200. **Kathryn Davies** held Christmas Drinks and auctioned mince pies to raise £55. Kathryn's son, **Alexander**, has Crohn's. **Mossley C of E School** in Congleton held a collection at their nativity play and £247 was given.



David, Christine, Heather and Derek

And the winners are...

We have been incredibly lucky and had some fabulous prizes donated for auction through our website - **X-Factor** tickets and corporate tickets to **Watford Football Club** with lunch in the Legends Lounge. **Luke** and **Kathryn Jowsey** were two of the lucky winners of X-Factor tickets and enjoyed a fabulous night at the semi-final.



Luke and Kathryn rubbing shoulders with TV presenter, Gethin Jones, and Welsh International rugby player, Jamie Roberts.

Watford fans **Chris** and **Suzanne Sheasby** were thrilled with their tickets to Watford FC as they had the chance to introduce their three year-old son **Duncan** to the club. Duncan has had Colitis since the age of two so the family was delighted to be raising funds for his charity in this way.



Duncan with dad, Chris

Our thanks go to X-Factor and Watford FC for donating these great prizes.

Staff at **A4e** in Plymouth were inspired to fundraise to support their colleague, **Alison Philips**, who has Crohn's. **Michael Snook** ran the Bristol Half Marathon to raise £310, **Karl Gurney** did a tandem skydive to raise £340 and all staff wore red for Red Hot Day to raise a further £52.

Anne Richards held a Red Hot evening at home for friends to buy a variety of products to raise £557. Anne also raised awareness through writing about it on her 'womens thoughts' website.



A4e

More Red Hot Day stories inside...



F-f-f-freezing!

Kevin Howard, David Reynolds, Chris Dunn and friend, **Tom**, all took part in the Christmas Day swim at Lowestoft. Chilly? An understatement. Still a fantastic £1,100 was raised to make the pain worthwhile.

Thanks to all who bought our Christmas cards to raise awareness as well as funds. Thanks also to

those who donated in lieu of giving cards including:

SWM Partners Ltd of Berkhamsted - £500

Boliden Commercial UK of Leamington Spa - £100

Diligenta BIR Teams at the Albert Dock in Liverpool - £85.

Christina Slack and staff at her GP surgery in Hornchurch - £70.

Richmond Commodities Ltd of Egham - £500

Red Hot Day 2010

Helena Gerwitz hit upon a really hot idea for her fundraising – donating 20% of the sale proceeds of a special radiator sold by her employers, **Feature Radiators Ltd** of Bingley. £337 was raised.



Helena presenting a cheque to Dr Conrad Beckett, Red Hot radiator behind

Dress to Impress was the dress code for **Sara Brady's Red Hot Party** at the **Blue Lagoon** in Hove. A raffle was held with some fabulous prizes kindly donated by local businesses such as afternoon tea at the **Grand Hotel** and a Race Night for Four at **Corals Greyhound Stadium**. With disco, buffet and cup cakes donated by a friend, £543 was raised.



Here come the girls – Sara Brady's Red Hot Party

Freya Hanley, 10, held a cake sale and tea party at home, raising £90. Don't the cakes look yummy (especially the ones with the little marshmallows on top – mmm)?



Freya and friends

Red Hot Day 2011 is on 14 October



Celebrations

Congratulations to everyone who requested donations in lieu of gifts on their special occasions, including:

Sarah and David Humpherson wedding – £400.

Stan Gottlieb 80th birthday – £271.

Jennifer Paine 70th birthday – £240.

Mrs C J Tullett 80th birthday – £285.

Mr and Mrs Tiplady Ruby Wedding anniversary - £210

Jules Hodder celebrated her 50th birthday and wedding reception by running a raffle to raise £434. **Barry Benton** turned 50 too, Wanting 'to give something back', Barry embarked on a series of events including a skydive, our London Walk and birthday celebrations with donations to raise £1,307.

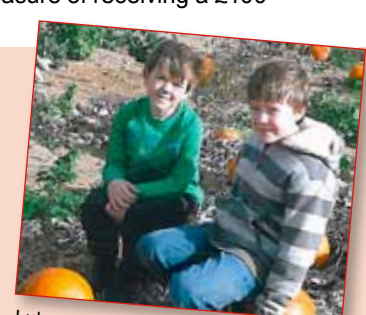
We can provide small personalised place cards for weddings and dinners which indicate that donations are being given to our charity.



Young Stars

Luke Batchelor organised a Wear Red Day and Guess the Weight of the Pumpkin competition at **St Joseph's Preparatory School** in Gravesend. Luke's dad is a farmer so the family also grew pumpkins to sell at the school and held a 'Pick your Own' day. With family and friends pitching in, £887 was raised.

Staff and pupils of the **James Young High School** in Livingston raised £500. **Sonya Thomas** held a Christmas Craft Fair to raise £100 and got some great coverage through her local paper to raise awareness too. Students at **Grangemouth High School** raised £1,000 through a non-uniform day. A Charity Day at **Worsley Mesnes Primary School** raised £164. A Mufti Day at **Greenbank High School** in Southport raised £759.



Luke with best friend, Benjamin



Question

What do motorcycle boots, wrestling figures and Morris Minor car parts have in common? *Answer below.*

Coins for Crohn's and Colitis

Mr R Cave saved 50p coins received in change and raised £85. **Andrew Paine**, his wife and parents saved £2 coins which added up to £200. **Would you like to save coins? We'll be happy to let you have one of our pyramid collecting boxes.**



Can you help us reach our targets for our Walks and Cycle Ride? Join us for some great days out.

Bluebell Walk and Cycle Ride, Rutland Water – Sunday 1 May. Eek! Only four cyclists registered to date – please get on your bikes and sign up. **We're hoping for 400 people altogether.**

London Walk – Saturday 7 May. Target 1,000 walkers.

York Walk – Sunday 22 May. Target 500 walkers

Spires, Synagogues and Stories, London – Sunday 23 October. Target 100 walkers.

Register online at www.crohnsandcolitis.org.uk/walks2011 use the reply slip on page 6 to order our leaflet or call the Walks infoline on 0845 434 8510. Want to walk in **Scotland**? Visit www.challengescotland.com for information.

Bottoms Up

The Colorectal Team and patients at **Manchester Royal Infirmary** organised Bottoms Up 4, an evening to promote bowel awareness and have a lot of fun. £1,000 was raised. Staff fundraising in the Department of Medical Microbiology at **Poole Hospital** raised £100.

Will your hospital help with raising awareness and funds?

Cracking Clubs

Staff at **Oclaro Technology Ltd** in Paignton raised funds through a Tub Club and a charity. With matched funds from the Committee for Activities and Social Events, £497 was given.

Eric Harris held a Quiz Night at the **Willows Club** in Trededor and £200 was donated by the Welsh Wizards team. £200 was raised by **Almeley Whist Club**.

Betting buddies

Jonathan Patterson of **JHP Electrical Services Ltd**, Bushey has an annual bet with a client, **Saqueeb** from **HIGS Solutions**, on which team will finish first in the Premier League. Jonathan's team, Manchester United, finished higher than Saqueeb's team, Arsenal, so Jonathan had the pleasure of receiving a £100 donation from Saqueeb.

A Answer: They've all been sold on eBay to raise funds. As a seller, you can donate from 10 to 100% of the sale proceeds and you'll be spreading awareness to everyone who looks at your page.

Open here for groups' extra! ▶

Groups in

Welcome to our first Groups 'extra'. We'd love to mention every Group and every fundraising activity but space allows us only to mention a few. Thank you to everyone who helps with fundraising. From small sums to large sums, they all help to make a big difference.

Ho, ho, ho – Oxford

The Santa Fun Walk in Bicester was cancelled due to bad weather but **Pam Roberts** wasn't put off so easily. Together with niece **Anna Goodall**, Pam donned her Santa suit to walk up and down Sheep Street in freezing conditions, spreading goodwill with balloons and sweets to raise £240.



Pam Roberts

Tees

Tees Group has reached its quarter century and is asking supporters to raise £25 for 25 years (or even more if they can). Coffee mornings and collecting up loose change are easy ways to raise funds, particularly if you can rope in family, friends or even colleagues at work.

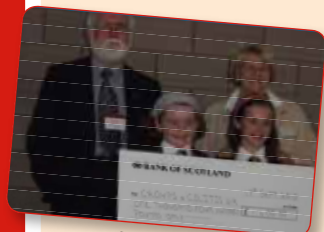
Last year Tees Group contributed £2,250 to our Research Fund and £2,500 to our General Fund. The group has in fact contributed a whopping £117,250 to the Research Fund alone over the years. One fundraising event was a cake stall in the University Hospital of North Tessa organised by IBD nurse **Lyndsey Cross** and member **Claire Duckett** which raised £229 and gave **Norma Richardson** a chance to put up an awareness-raising display. Another event was a sponsored dog walk which raised over £700.



Lyndsey, Claire and Norma

Clyde – kids 'n crafts

Emma Morrison, aged 9, was diagnosed with Crohn's last June and decided to raise funds for children in Scotland with IBD. With help from friend **Sarah McMonagle**, they raised over £1,300 at **Loch Lomond Shores Farmers' Market**. A family day is now being planned.



Emma and Sarah with Clyde Group's Peter Rice and Marlyn Allison

Another event was the Christmas

Craft Market in **Adelaide's** which raised £467 from sales of bags, books, home baking, toiletries, woodcraft, jewellery, oils and vinegar, scarves, cards, Christmas decorations, candle, paintings, tearoom, raffle, tombola and our charity merchandise.



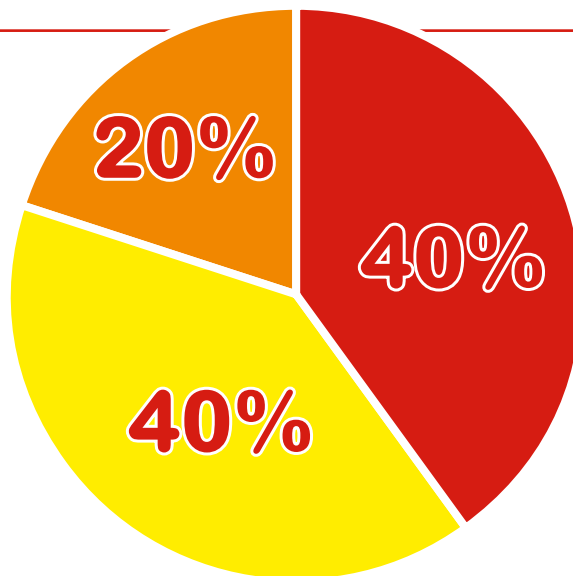
Christmas Craft Fair

North Essex

Over 100 people enjoyed a great night at The Cranleigh, Hornchurch where there was full on entertainment late into the night with a singer (**Robert Craig**), stand-up comic (**Gareth Berliner**) and a disco. There were also some fantastic raffle prizes. One prize was taken out of the raffle to be auctioned and raised £125. Over £1,000 was raised in total, with another £1,000 being donated by the Les Musketeers Golf Society. **Diane Harman** was thanked for all her hard work organising such a fantastic night's entertainment and for making the night a great success.



Happy in Hornchurch



The 40:40:20 split

We encourage Groups to split their donations as follows:

- 40% to the General Fund.** Membership subscriptions cover less than 15% of our running costs. Group donations help meet the costs of our Information and Support Service, awareness raising, our work to improve health care and not least supporting our wonderful Groups and Volunteers.
- 40% for Research.** Each research project deepens understanding of causes, diagnosis, disease patterns, treatments or living with IBD. Our ultimate aim is, of course, prevention or cure.
- 20% for Personal Grants.** IBD is such a variable condition – varying from person to person and from time to time. For some, making ends meet can be a real struggle at times. In these circumstances, a Personal Grant for a washing machine, bedding, clothing, short break or extra tuition to make up for time off school can be a lifeline.

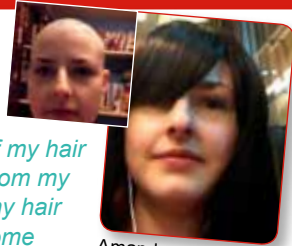
n Action!

Brrr-illiant South Manchester!

"After struggling with many months of my hair falling out following disease activity from my Crohn's Disease, I decided to have my hair shaved off and begin again raising some much needed funds for the South Manchester Group!" **Amanda Scott** said.

Amanda made the discovery that shaving your head in December made for a very cold head indeed – brr! – but she raised an amazing £8,000 to make it all worthwhile.

Other South Manchester members are active too, with events including a garden party that raised £731, and a walk around Alderley Edge Bypass which raised £1,079.



Amanda – hair today, gone tomorrow

Baaa-rilliant Northern Ireland!

18 year-old **Matthew Burleigh** from Co Fermanagh breeds and rears Beltex sheep (a rare breed). His mum, **Margaret**, raised £500 by holding an indoor bowling tournament in the Gransha Club, near Enniskillen.



Matthew and woolly friend

Belfast Methodist College, which has over 2,000 students from preparatory age to Sixth Form, has chosen Crohn's and Colitis UK as their Charity of the Year and doing a great job of raising both awareness and funds. Activities to date include a production of "Methodies got Talent" in which some of the rugby team dressed in drag.

Sporty Solway

Mike Elwick took part in the Great North Run to raise more than £200 coming in under his target time of two hours by 86 seconds – phew! *"The main reason I ran for Crohn's and Colitis UK was to help raise more awareness locally but also for my wife Emma who has suffered from Crohn's Disease since she was a child,"* Mike said. *"It was such a good feeling when I completed the run so much so I'm going to do it again in 2011."*

It isn't all sport at Solway. Vicky Daley sold home-made jams and pickles to raise a massive £7,000!

Chichester Rocks

Linda Tanner makes Rock 'n Roll dresses and sold the scraps for patchwork quilts to raise £29. She has also held Rock 'n Roll evenings in the past to raise much larger sums.



Linda



Live at Leeds

Live music, food and drink was enjoyed by the crowds at Leeds Group's first family-friendly mini indoor festival at Moor Allerton Sports and Social Centre. There was much to enjoy, including cake & bread stalls, a book sale and vintage clothes boutique. Other activities included face painting, a tombola, complementary therapy taster sessions, guess the number of sweets in the jar and a magician. It was... well, magical.



Up and away at Leeds

Worcestershire Sauce

Canny marketing across the generations brought punters in to a Coffee and Jazz Morning with live jazz by 3D Jazz, a band run by Vice Chair, Roy Snook, who also plays sax. Over £200 was raised.



Roy (on sax) and band

Promenading in Torbay

Torbay Group didn't promenade by the sea but along the catwalk instead in a fabulous fashion show.



Elegant in Essex

Posh frocks were the order of the day at North Essex too.

Building relationships

Involving the local community is great for raising both awareness and funds. **Leicester and Rutland**, for instance, received £50 from **Marie Prince's** Keep Fit class and £275 from **Heather Burton's** Coffee Morning.

Groups up and down the UK reach out through placing and monitoring collecting tins in pubs, shops, garages and other businesses. They also hold collecting days. A collection day at **Covers**, a DIY store in Chichester, raised an amazing £570 for the local group, with the special help of **Maggie Wakeford**.

Aberystwyth – ain't no mountain high enough

Rugged and isolating terrain doesn't stop the Aberystwyth Group from fundraising. £585 was raised in one day at Morrisons supermarket.

I spy...

Noticed how many workplaces are featured in this issue?

The economic outlook may be gloomy but generosity glows warmly amongst many employers who kindly donate money and prizes, or allow their staff to fundraise at work. Will your employer support you in a fundraising venture? Fundraising can be great for boosting staff morale. We have information leaflets aimed specifically at employers (see reply slip on page 6).

Allison Fergus is one of those wonderful fundraisers who support us year on year. Allison held another Halloween-themed event at her workplace, **Jobcentre Plus – Halifax BDC** to raise £544 from fancy dress, dress down, raffle, picture quiz and cake stall. *"We had a great day and good fun which boosted the morale of the whole office,"* Allison said.



Allison (left) and colleagues

Phil Bettison held a coffee and cake sale at his workplace, **East Riding of Yorkshire Council**, to raise a fabulous £444.

Mums in a million

Mums have certain expectations from motherhood such as sleepless nights, running a taxi service, and conversations along the lines of, "What time do you call this?" Dressing up as a chicken doesn't normally feature in the Mothers' Manual but **Claire Greening's** mum will do anything to support her daughter and if dressing up as a chicken helps, she isn't the woman to balk. Claire held a charity evening at a pub in Dunstable with singer and DJ, and domino cards sold by her mum. A fantastic £500 was raised. *"The good thing is it actually helped to raise awareness of the charity,"* Claire said. *"A lot of people came for the entertainment, but, whilst there, asked why I was doing the event and more about the charity. I have also had amazing support through facebook and Twitter."* Josie Stanier's son has Crohn's so Josie showed her support by organising a charity function in Haringworth to raise £868. *"I felt this would be a small way in which I could help raise awareness of this condition as it seems few people are aware of the problem,"* Josie told us.

No country for old men

Every year **The Midland** pub in Hemel Hempstead stages The Bunn Cup, a charity football match where the pub team plays the Old Boys. This year our charity was chosen to benefit because organiser **Keith Johnson's** daughter, **Shannon**, has Crohn's. The Old Boys lost 9-2 but a wonderful £1,450 was raised, making Shannon extremely proud of her dad, his helpers **Lee, Laura, Lee, Lek, Sean, Donna, Tanya** and **Nikki**, and everyone who supported the event.



The Bunn Cup 2010

FUNdraising at work

St Giles Furniture – fundraising evening at new showroom in Gerrard's Cross £1,175. Thanks go to proprietor Toby Smith.

Otis Ltd, Leicester – Dress Down Day £149.

Fred Olsen Cruise Line – charity auction and donation £360.

Price Waterhouse Cooper EPC Tax team in Birmingham – charity bake-off £150.

Thanks to **Rajh Chana** for nominating us.

Specsavers, Farnborough – fundraising week £86.

Red Hot Runners

Every year, hundreds of people run in aid of our charity in the UK and overseas. **Sarah Bond** was one of seven running in aid of Crohn's and Colitis UK in the New York Marathon. *"It was an honour to run as my father has been a sufferer of Crohn's for many years,"* said Sarah, who raised £815.

Another of our New York runners was **Derek McEwan** who holds a ball in Glasgow every year in memory of his mother, **Catherine**. Father and son, **Roger** and **Neil Haagenen**, ran the Great North Run together, crossing the finishing line hand in hand, to raise £580. *"We both really enjoyed the day,"* Neil said.

We have places in:

Edinburgh Marathon Festival – 21/22 May

London 10,000 km – 31 May

London Triathlon – 30/31 July

Great North Run – 18 September

We welcome own place runners in all runs and are happy to provide sponsor forms, details of our Justgiving application for online fundraising, running vest and Fundraising Pack.

London Marathon – 17 April. Do you know anyone who has a place and can run in aid of our charity? They'll be welcome to join us for post-race hospitality.

Are you a member of a running club, sports centre, gym or sports shop? Could you display our Runs and Challenges poster? Call us on 01727 734485 or use the reply slip on page 6.

Strictly fundraising – doddery they're not!

Line dance teacher, **Eve Williams** held a tea and cakes hour after a class at **Mytchett Line Dancers**. With goodies and raffle prizes donated by dancers, and the **Mytchett Centre** kindly making no charge for the use of the bar, the event was a great success, raising £280.

Ami Seston's grandparents, **Jean** and **John Brayne**, are professional dance teachers. They raised £600 through tea dances, raffles and a New Year party.

Diary of events

9 April	AGM (Birmingham)
17 April	Virgin London Marathon
1 May	Bluebell Cycle Ride and Walk at Rutland Water
7 May	London Walk
22 May	York Walk
21/22 May	Edinburgh Marathon Festival (Running)
30 May	London 10,000 km
5 June	Challenge Scotland (Walk)
17 July	It's a Knockout, St Albans
30/31 July	London Triathlon
September	Adidas 5K TBA
18 September	Great North Run
14 October	Red Hot Day
23 October	City Stroll, London
November	New York Marathon TBA

Don't forget 19 May is World IBD Day and May is Crohn's and Colitis Month. What will you do to raise awareness?

How you helped in 2010

Marathons and Runs	£211,168
Weddings, anniversaries, birthdays	£16,791
Donations in memory	£68,334
Payroll Giving	£11,726
Crohn's and Colitis UK Walks	£77,918
Other walks	£31,866
Gifts in Wills	£255,718
Cycling	£23,821
Golf Days	£850
Treks and challenges	£56,423
Skydiving	£6,752
Red Hot Day	£38,611
Other events	£100,376
Groups	£97,538
Merchandise	£14,195
General Donations	£115,908

Fundraising Appeal 2011 - we're appealing for funds for our helplines which support thousands of people every year. You can donate through our website at www.crohnsandcolitis.org.uk or by phoning us on 01727 834475.



African Adventures

Zoe Milne's brother, **Andrew**, has Colitis. *"I feel I owe my support to Crohn's and Colitis UK for their in-depth research into this incurable condition and consequently strive to raise as much money as possible,"* Zoe said. Zoe climbed Kilimanjaro to raise £1,886.



Zoe

Also taking on this challenge of a lifetime was **Lisa Compagnon** who raised £1,425. What an unforgettable experience for both of them.



Lisa

Celebrating Life

Donations given in lieu of flowers or in memory of loved ones celebrate their lives and improve the lives of others by helping us to provide much-needed support and fund vital research.

Hilda Hall knew little about Crohn's until her granddaughter, **Imogen**, was diagnosed with it three years ago, aged nine. Hilda looked after Imogen when she was off school and feeling poorly, which enabled her to pass on some delicious family recipes. Her family requested donations to Crohn's and Colitis UK at her funeral and £430 was generously given.

Information on celebrating life by making donations in memory of loved ones and also on making gifts in Wills can be requested by phoning us on 01727 734485 or by returning the reply slip below. We are now able to offer donation/Gift Aid envelopes.

We wish to respect the privacy of those who have been bereaved and will only mention donations at the specific request of families.

Tribute Fundraising

Michelle Jones was brave, strong and determined with a positive outlook on life – an inspiration to all who knew her. Michelle's husband, **Gareth**, and a small group of family and friends established the Michelle Jones Memorial Fund in her memory and we have been privileged to receive £3,390.

"Michelle appreciated all the help, support and advice you provided and we hope this donation helps in a small way to enable you to continue the outstanding research work you do as well as the support you provide to members," Gareth said.

A variety of events were held, including a charity dinner with auction, a



Celebrating Michelle's life



Coffee and Cupcake Sunday and a sealed bid auction for two beautiful handmade shepherds' crooks donation by local craftsmen.

Managing Editor - Suzi Clark, Editor - Lesley Eames

Crohn's and Colitis UK is the working name of National Association for Colitis and Crohn's Disease, a charity registered in England No 1117148 and in Scotland No SC038632

Call the Marketing and Fundraising Team on 01727 734485 or email fundraising@crohnsandcolitis.org.uk

Suzi Clark Director	Lesley Eames Gifts in Wills, In Memory donations, Trusts, Corporates and Action!	Marie Daley Challenges, Runs, Red Hot Day, Events	Geraldine Tunnicliffe National Walks, Christmas cards and Operations	Julie Stephens Financial Processing Data Assistant	Chris Quelch Marketing and Media Administration	Alex Demain Marketing and Fundraising Administration
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Please return this form to: **Fundraising, Crohn's and Colitis UK, 4 Beaumont House, Sutton Road, St Albans AL1 5HH**

Name _____

Address _____

Postcode _____

Telephone _____ Email _____

I would like to receive information on: (please insert numbers required in boxes eg 2 Fundraising Packs)

Fundraising Pack Walks leaflets Runs and Challenges poster Corporate supporter leaflet

Information on leaving a gift in your Will Information on giving donations in memory of loved ones