

the insider



Spring 2024

**CICRA funds four new
research projects
see page 3**

inside >

CICRA Family Days
Inspiring Fundraisers
Young People's Stories

cicra 
better lives for children with crohns and colitis



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Front cover image - CICRA PhD student Kirsty Hooper. Photograph courtesy of Edinburgh Napier University.

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Chairman’s Message

Dear Friends and Supporters,

Welcome to the Spring 2024 edition of the Insider Newsletter. As you can see on page 3 we are delighted to be able to announce the funding of new grants totalling over £400,000. It is with help from wonderful fundraising by our supporters that we have been able to achieve so much over the years.

In this newsletter you will see many examples of this great fundraising and stories of the families and their reasons for ‘putting in the effort’. On behalf of the Trustees I want to thank everyone for their continued efforts.

We are delighted to also provide a report on pages 6/7 of our latest Family Day in Bristol. We were very lucky to have this meeting sponsored by the Pauline and Harold Berman Trust, and it was a fascinating day of presentations, talks and group discussions. For those wondering about Family Days for 2024, we are currently reviewing venues and dates and will be in touch soon with a schedule.

On page 4 you can read about Dr Konstantinos Gkikas, who was funded by CICRA to attend a European meeting and present findings of his research into the role of diet in IBD. It is this regular type of funding that helps CICRA to build relationships with the medical community and we are grateful that they are happy to help us by attending Family Days etc. On page 8 you will find an early follow up report on the NIMBUS project by Dr Zachary Green, also supported by CICRA.

I close on a sad note. Recently Margaret ‘Maggie’ Bates – a friend of CICRA who nursed children with IBD for many years, has passed away. You can read more about Maggie’s dedication on page 23.

Best Wishes

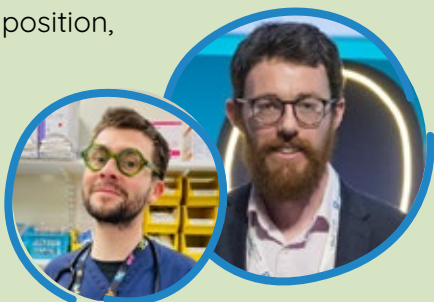
Graham Lee
Chair



New Research Awards

Following a good response to our call out for research funding applications during 2023 three new grants amounting to £406,424 have been awarded, one in each funding stream as below:

A three year Training Fellowship was awarded to Dr James Ashton on behalf of the Southampton Children's Hospital Team headed up by Professor Mark Beattie, and Professor Sarah Ennis. Dr Ashton will supervise the appointed Fellow, Dr Zachary Green, who will spend 80% of his time on research and 20% on clinical training. Supported by the whole of the clinical team, Dr Green will, at the end of the three years, be the 26th CICRA Fellow qualified to take a Consultant position, helping to swell the numbers of specialists able to recognise and treat children with IBD, and carry out research.



A three year PhD studentship was awarded to Dr Mairi McLean of Ninewells Hospital Dundee. Dr McLean will supervise a PhD student carrying out a research project on the single layer of cells (called the epithelial barrier) that separates the underlying tissues in the bowel from the actual bowel contents. Injury and leakiness of this barrier is found in Inflammatory Bowel Disease. Overall, the aim is to identify new knowledge of why IBD develops and new ways of treating this condition. Our former Medical Director, Dr

Richard Hansen, who is currently setting up a new IBD lab. in Dundee will be collaborating with Dr McLean on this project.



A one year Project Grant was awarded to Professor David Wilson at the University of Edinburgh to continue ongoing research. Knowing how many children have paediatric -onset IBD (PIBD) is important to ensure appropriate health service funding, to identify trends and to study potential causes of PIBD onset, flares and future disease course. Professor Wilson will pioneer in Scotland the use of routinely collected NHS administrative health data (AHD) including proving the validity/credibility of how to do this in all parts of the UK. This will revolutionise how in the UK we can study potential causes and triggers for PIBD onset and for flares, future disease course and (by linking to educational databases) to study how having PIBD affects education.



We thank everybody involved in this long but necessary Peer Review process which is carried out completely voluntarily. Other than the cost of hiring a room and a few refreshments there are no expenses whatsoever. To assist the Trustees, who all work on a voluntary basis, our Medical Advisory Panel is chaired by Professor Ian Sanderson, who was awarded a 3 year CICRA Fellowship himself in 1983, and under the same scheme has supervised the training of many of the top specialists treating children today. We have much to thank all the specialists for in choosing to devote their career to childhood IBD giving many valuable free hours reviewing and assessing applications to ensure that CICRA's funds are used wisely. We are grateful to have such very valuable support.



CICRA Supporting Researchers

Part of successful research is to disseminate the results and attend international conferences to learn about other researchers findings. CICRA are pleased to be able to support Dr Konstantinos Gkikas, with a bursary grant to help with the cost of attending a meeting in May of the European Society of Paediatric Gastroenterology, Hepatology and Nutrition (ESPGHAN) where he has had two abstracts accepted for poster presentations. .

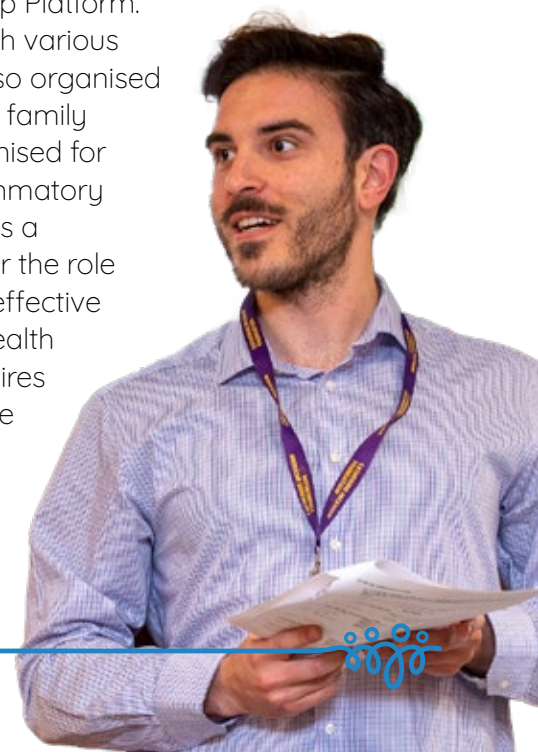
Dr Gkikas is postdoctoral research associate and early career researcher in clinical nutrition, at the School of Medicine, University of Glasgow. He is a state registered dietitian in Greece and has a PhD in Clinical Nutrition from the University of Glasgow. During his PhD, Dr Gkikas explored the role of diet in different phases of onset, management, and exacerbation of Crohn's disease.

Dr Gkikas has a strong interest in the role of diet in the management of gastrointestinal conditions and especially inflammatory bowel disease. He is currently leading the iPENS trial, the largest to date randomised controlled trial, in the dietary management of paediatric Crohn's disease in Europe, under the supervision of principal investigators Professor Konstantinos Gerasimidis and Professor Richard K Russell. The aim of this trial is to explore dietary triggers of gut inflammation in paediatric Crohn's disease and their interaction with the gut microbiome and immune host signatures. In this study, children with Crohn's disease are recruited following successful completion of a 6-8 week course of exclusive enteral nutrition, a liquid-only diet that consists a primary treatment of active paediatric Crohn's disease. Following completion of treatment, patients are randomised to a novel, specialised diet which acts as a food reintroduction protocol diet or an unrestricted diet and provide biological samples and dietary records which will help identify dietary triggers of gut inflammation.

This study has the potential to have a significant impact on the lives of patients with inflammatory bowel disease. Specifically, it can answer two

key questions that patients usually ask their healthcare professionals; first what patients with Crohn's disease should avoid eating to control gut inflammation and reduce the risk of a future disease flare and second, what is the role of the gut bacteria and the immune system in triggering inflammation in Crohn's disease. This can dramatically improve health-related quality of life and the wellbeing of patients with Crohn's disease.

Dr Gkikas has published >10 manuscripts in the field of nutrition and gastrointestinal health and has contributed to a position paper by ESPGHAN. He has presented his research findings in various national and international conferences. He is a member of the basic and translation research group of ESPGHAN and a member of the European Crohn's and Colitis organisation. He is also a member of the Nutrition Society and an alumnus of the European Nutrition Leadership Platform. In collaboration with various charities, he has also organised and participated in family and lab days organised for patients with inflammatory bowel disease. He is a strong advocate for the role of dietitians in the effective management of health conditions and aspires to be a leader in the field of nutritional management of gastrointestinal disease.



A message from our Life President, Professor John Walker-Smith, for CICRA's 45th Anniversary



Anniversaries are a good time to take stock and CICRA has achieved a great deal for children with chronic inflammatory bowel disease.

RESEARCH

CICRA contributed to the establishment and funding of the first Paediatric Gastroenterology Laboratory in the United Kingdom at St. Bartholomew's Hospital. This funding was a vital first step in enabling Professor Tom MacDonald to establish a laboratory based research programme leading to enteral feeding becoming the first line treatment for Crohn's disease in children. These developments contributed to the establishment of the University Department of Paediatric Gastroenterology at the Royal Free Hospital

TRAINING

Ab initio CICRA understood that research and clinical training were integral. CICRA fellows were involved both with research and clinical experience (training). As a result many leading figures in paediatric gastroenterology undertook CICRA fellowships in their training.

FAMILY SUPPORT

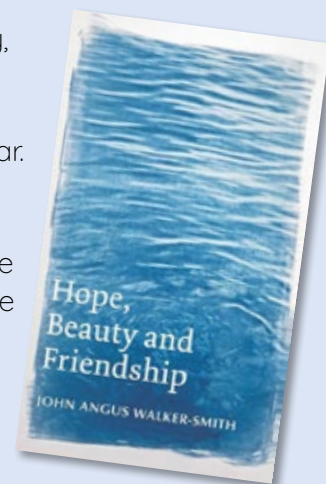
There has been ongoing support of 10's of 1,000's child patients and their families by telephone, family days, online sourcing of high quality materials and knowledge for schools and parents. This has achieved a high level of understanding of the many complexities of Inflammatory Bowel Disease and appropriate treatment. This role in advocacy has been very important.

FOSTERING THE DEVELOPMENT OF ACADEMIC PAEDIATRIC GASTROENTEROLOGY

In 2012 CICRA was instrumental in supporting the opening of a paediatric gastroenterology laboratory in Cambridge through funding of research grants and clinical fellowships. This laboratory was incorporated into MRC Cambridge Stem Cell Institute on the Addenbrooke's campus leading to the first Professor of Paediatric Gastroenterology in the University of Cambridge in 2023, and soon after, a four year post of Academic Clinical Lecturer in Paediatric Gastroenterology.

The wisdom of the founding parents has been demonstrated by the achievements I have mentioned and I hope my brief review will encourage you all to continue your vital work for children.

As an academic, our Life President, Professor John Walker-Smith has written many reports, paragraphs for medical books and many books, but on the loss of his daughter, Laura, writing poetry became a help and a real natural talent surfaced. A second book of Poems has been published, titled 'Hope, Beauty and Friendship'. This lovely book, available at Amazon, covers so much from family, friendship, travel, the pandemic, medicine etc. Some poems look back, but many are contemporary, inspired by lockdown and the Ukraine war. Each poem is unique. Many speak from the heart and have an emotional impact.



Game on for CICRA's Family Day in Bristol

Saturday 21st October 2023 was the date for our most recent Family Day event, as we all assembled for the Bristol & West of England meeting, in the glorious venue of the Gloucestershire Cricket Club ground right in the centre of the City of Bristol.

Trustees and volunteers arrived early to set up the CICRA stalls and make ready for the days programme and to welcome the Families, many of whom were attending their first CICRA event.

We were pleased to welcome around 150 members, family, friends and esteemed medical professionals.

The meeting was opened by CICRA 'Chair' & Trustee Graham Lee, along with the ever popular Professor Nick Croft, who welcomed all those attending and explained how the day would run. Graham then introduced Prue & David Ruback, whose grandson has Crohn's and who have become great supporters of CICRA. David presented a cheque to Graham on behalf

of the Pauline and Harold Berman Trust who had very generously sponsored the day.

Dr Kwang Yang Lee

Dr Kwang Yang Lee, a Consultant Paediatric Gastroenterologist from the Bristol Children's Hospital was the first speaker and gave a very interesting and easy to understand talk covering many aspects of the different forms of IBD, which was appreciated by, not only the parents, but also some of the older youngsters.

The stars of our Family Days are always the young people who tell us their stories, and on this occasion, as we celebrated our anniversary, we decided to take a look back at the videos of 'Joanne' and 'Chloe' - two special youngsters who told their stories some years ago. The 'ups' and 'downs' of their lives with IBD back then are still relevant to families today, although thankfully, in the years since they first spoke, awareness and treatments have improved considerably.

Next on stage was IBD Nurse Nancy Mew from Oxford, treating us to a most comprehensive insight into what can at times be a very confusing subject - Diet & Nutrition. It is always most welcome to hear from an expert,



David and Graham

especially when now, more than ever, the media is full of all sorts of alleged 'miracle cures'. Nancy put things into perspective for us though and gave some very clear guidance into what can help sufferers of IBD.

Next was Professor Tom McDonald, Professor of Immunology at Bart's and the Royal London Hospital. Tom has been a wealth of support and given such good advice to CICRA over so many years, and in his talk entitled '45 Years of CICRA - Past, Present & Future', he looked back on the early days of treatments and diagnosis, moving on to highlighting just how much things had improved between then and the present day. This progress



was of course in part due to the commitment of CICRA to invest in both training and research in the field of IBD. Tom concluded by looking to the future and what exciting things lay ahead. Inevitably he spoke about AI, which, whilst many of us find either difficult to understand, or just plain scary, Tom was keen to assure us that it could have huge benefits for medical research.

After a short break our next speaker was Professor Holm Uhlig, Professor of Paediatric Gastroenterology in Oxford. Professor Uhlig gave a most interesting talk entitled in 'Environment, genes and the immune system - what causes inflammatory bowel disease? The setting up of the Paediatric IBD Resource, headed up by Professor Uhlig and funded by CICRA is still going really well and there will be an update in the next CICRA newsletter,

A beneficiary of a CICRA Research start-up grant, Dr Zach Green from the Noah's Ark Children's Hospital in Cardiff was our next speaker who is carrying out the NIMBUS study. For more information on this please see page 8.

Our final speaker of the morning was Dr Sophie Velleman, who is a Specialist Clinical Psychologist at Bristol. Living and coping with a condition like IBD can present so many challenges for young people (and their families), and sadly it is a subject which is often not taken seriously enough. Sophie gave us an absolutely fascinating insight into the subject, and explained in easy to understand steps, how it is best to support the emotional wellbeing of children and young people living with IBD.

After a morning filled with such an amazing array of highly

qualified speakers, many heads were overflowing with facts and information learned, so the meeting then adjourned for lunch where everyone had the chance to visit the various stalls and of course chat with other families. Our old friend Ian Shaw was on hand to keep the younger children entertained for the rest of the afternoon with magic, balloon modelling and all sorts of other fun things, in which he was ably assisted by volunteer Paige Lee.

When we reconvened Graham explained the many ways that families and friends can help support CICRA. He explained that much new research was taking place into the condition, but there was even more that could be taking place if we had sufficient funds. Prue Ruback then gave one of her lively talks on how important fundraising is for CICRA and emphasised how every donation, really does help.

The final 'innings' of the afternoon came as the Group Discussion Sessions were introduced. Parents came together in a number of different break-out groups. Topics for this meeting were: 'Living and Coping with IBD' hosted by Dr Christine Spray & Dr Sophie Velleman from Bristol Children's Hospital. 'Very early onset IBD (VEOIBD)' hosted by Professor Holm Uhlig from Oxford. 'IBD - What do I need to know?' hosted by Dr Kwang Yang Lee and Elena Gil-Zaragozano (Bristol), and 'Research & Treatments' hosted by Prof. Tom McDonald & Prof. Ian Sanderson (QMUL London).

For around 2 hours whilst the parents were moving around group discussions, the teenagers and young adults took part in their own group and were joined by Dr Neil Chanchlani and IBD specialist nurse Pippa Taylor

from Bristol Children's Hospital. Young people in these groups can discuss any subject they feel is important especially in relation to their IBD, and its effects on school, relationships etc. (This group was clearly a great success, as when the adults were ready to head off after the official finish to the meeting, the youngsters were still deep in conversation). These 'open chats' for our young people are very important, and many new friendships are made as a result of them.



Professor Holm Uhlig

The Trustees would like to once again offer our sincere thanks to all our loyal health professionals for giving so generously of their time, including those who headed up the group sessions during the afternoon. Thanks also to the volunteers who helped us - your support is much appreciated.

Finally, our thanks on behalf of the CICRA Trustees, staff and CICRA members to Dr Kwang Yang Lee, Dr Christine Spray and all the team at Bristol Children's Hospital for helping so much prior to, and on the day. We couldn't have done it without you and especially as it was at such short notice. THANK YOU VERY MUCH



Nimbus Report

In the Spring 2023 edition of the newsletter we reported on the John Earnshaw start-up grant awarded to Dr Zachary Green at the Noah's Ark Children's Hospital for Wales, Cardiff. Dr Green is carrying out the NIMBUS study which is a single centre feasibility study of non-invasive monitoring with bowel ultrasound in paediatric inflammatory bowel disease. Dr Green reports on the early recruitment of patients.

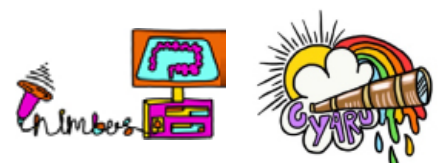
The study opened for recruitment in May 2023. We have been amazed by the enthusiasm of children and young people with inflammatory bowel disease for taking part in the project and have managed to recruit 23 patients to the study thus far.

Many of our recruits have seen previous article in the CICRA newsletter and made contact with the gastroenterology service and study team to express interest in taking part. In the photo, above, Lacey, a young person with IBD is having a scan. Also featured are Lacey's mother, Dr Alison Evans, the paediatric radiologist undertaking the ultrasounds and myself. Lacey and Hannah had seen the article in the CICRA newsletter and were recruited to the project. Uptake has been amazing within the clinical team and many colleagues within the Children's Hospital for Wales are keen to undertake the training to be on the delegation log of the study and to have a role in the project.

The funding from the John Earnshaw grant has been utilised for study materials and documents used to contact patients as well as contributing to the cost of performing ultrasound scans.

This work is a pioneering piece of research within Cardiff and Vale University health board and has really brought involvement with research to the fore in this patient group. Several of our families who have elected to take part in the study have expressed an interest in having further scans or further projects that we may be able to provide in the future.

We are incredibly grateful to CICRA for the contribution towards this work and hope to be able to produce exciting results based on the study's findings. Recruitment continues to be positive and as a result we hope to have recruited our targets of 50 patients within the study timeframe. We hope that this update will demonstrate the benefit that the study is having both on the care of young people and their families with IBD in South Wales as well as highlighting the positive impact that the study is having on appetites for research in our department.



One of our amazing fundraising families

This family have been through hard times and have decided to fundraise for causes close to their hearts

David's Story

My son Tom was diagnosed with Crohn's when he was 14. After 13 years of acute symptoms and trying many different drugs that failed to give him respite from the symptoms it was decided that he should have bowel surgery to remove the affected tissue. In Dec 21 Tom had major surgery, during recovery he developed sepsis which nearly took him from us. On Christmas Eve 2021 he received the news that the surgeon had found a stage 4 cancer in his bowel. 2 years down the road, Tom is healthier than he has been for years, is clear of cancer following chemotherapy and looking forward to the future. I have grown my hair over the last 2 years so that I can donate it to the Little Princess Trust who provide real hair wigs to children and young people who have lost their own hair, funds raised from shaving my head will aid the research into Crohn's in Children'. *David set up a JustGiving page to fundraise for CICRA telling his donors his family story*

In late November David told us 'I have had cut my locks to donate to the Little Princess Trust but have delayed my head shave as my Mum sadly passed away and I need to look respectable for her funeral. I will be shaving my head next week now.'

David kept to his word and raised £341.25.

Tom's Story

In January we heard that Tom had started his own fundraising, which included having his locks cut, setting himself 12 Challenges in 12 Months

I am excited to be fundraising for the Crohn's in Childhood Research Association. As someone who grew up with Crohn's, officially being diagnosed at 14 I have personally witnessed the impact of this

disease and I am passionate about supporting CICRA's efforts to find a cure. Over the last 15 years I have had my fair share of ups and downs. I have had so many friends over the years that have shown so much willingness to support me however they could, from scoping out the nearest loo to finding loo roll when I was caught short. The biggest struggle is that Crohn's is an invisible disability so can be difficult for people to understand. You certainly learn to put on a brave face and not let it stop you even when you do feel like giving up. Crohn's disease affects millions of people worldwide, including children who should be enjoying their childhood without the burden of chronic illness. The Crohn's in Childhood Research Association is dedicated to funding research that will improve the lives of those affected by this disease. My goal is to raise awareness and if possible, a little bit of money to help find a cure! Over the next 12 months I will be completing an array of challenges to push me out of my comfort zone. These will challenge me physically and mentally and hopefully enable me to raise as much awareness for different causes by documenting my journey on Instagram.'

At the time of going to print Tom has so far raised £334 for CICRA and has raised funds the other charities CALM and the Little Princess Trust that he is also supporting – great start to the year of challenges!



Finding friends who 'get it'

It's hard to find peer support when you have IBD, but connecting via E-Pals can help.

E-pals are young CICRA members with Crohn's, Colitis or IBDU, who range in age from 8 - 22 years. They understand what it's like to have IBD, the importance of not feeling alone and being able to chat about their interests, as well as IBD. The condition can feel isolating, so chatting with someone your own age who understands can really help.

Here's Marianne's story - who has become good friends with her E-pal Daisy.

"Daisy and I made friends through e-pals, and we immediately clicked! I have Crohn's and she has UC, but we still knew something about each other's illness, which was really comforting and a good conversation topic. We are such good friends now, and we have even met up a few times. The most recent being in September when she came down to London to celebrate our birthdays. We went to the theatre to see a scary but exciting play - GHOST 2:22

(Daisy loves drama, and I love ghost stories!).

We had such a lovely time, and we are both thankful that a close friendship came out of our illnesses."



New people are always welcome.
If you're interested, just email:
membership@cicra.org



Henry's story

My name is Henry and I live in London. I was a normal 12 year old enjoying life about a year and a half ago when everything changed. I suddenly got really ill, with anaemia, losing weight, feeling sick, losing lots of blood and lots of other symptoms. Before the doctors could figure out what was wrong with me, I was going in and out of A&E and being given lots of antibiotics. This meant I got a gut infection called C.Difficile, which made it even harder for doctors to diagnose me, so it was 4 months before they found out I had Crohn's Disease. I then started the liquid diet and had 6 weeks of milkshakes and, for some reason, I got even worse. My calprotectin doubled!

Finally, I was put on Azathioprine every day and I go into hospital every 6 weeks for an Infiximab infusion. It took a few more months and I missed most of Year 8 but I'm now halfway through Year 9 and doing really well. I'm so much better, happy and doing well at school and I've joined my local rugby club. I even got 'Tackle of the Match' a few weeks ago.

I started my Duke of Edinburgh Bronze award a few months ago too and, for my volunteering, I've been raising money for CICRA. CICRA helped me and my mum when I was at my worst, with information, stories from other kids who had been through similar experiences and also the medical card and radar key they sent have been really useful. So far I've raised about £4000. I was going to do a sponsored run but, because I'd been stuck in bed so long, I got shin splints as my calf muscles had wasted away and I was doing too much too soon. But with physio exercises and rugby, I'm getting much stronger and, to be on the safe side, I've switched the run to a sponsored cycle ride in a couple of months when the weather improves. If anyone wants to sponsor me, please find me on my JustGiving page! www.justgiving.com/page/henrys-fundraiser-4-crohns-support



George the footballer



George was born on his due date and was perfect. Despite being admitted to hospital at 8 weeks old for a bad episode eczema, he was a healthy baby boy. Sadly, this all started to change shortly after his second birthday. Here his mum shares her, and her son's, story

One day I noticed an abscess when changing his nappy. He needed a general anaesthetic to have it drained, however it did not heal and he developed a fistula. It was at this time that the doctors first mentioned Crohn's. During the operation they noticed lots of inflammation and fissures, so they took blood, biopsies, and asked for a stool sample. Everything came back normal apart from the biopsies that showed granuloma tissues (inflammation).

Eventually life settled down and I naively thought that everything was OK. Then at four George became unwell. He developed sores in his mouth, swollen lips, and lost weight. His gums were red and swollen and would bleed; brushing his teeth became impossible. I took him to the dentist, and they suggested it was oral facial granulomatosis (oral Crohn's). About 2 months later, at the age of four and a half, he was officially diagnosed with IBD.

Initially George was placed on enteral nutrition and started primary school with a NG tube, as he struggled to drink the milkshakes. He then started Azathioprine and the conversation about risks left me feeling helpless. Six months later they confirmed a fistula on an MRI and started him on biological medicine (Adalimumab). He still takes this medication now, and although he hates the injection, he has got better at letting me do it and I am hoping he will eventually do it himself.

From the age of 5-7 George suffered from fatigue and leg pain. He struggled to get around the park and would often need to sit in his sister's pram. However, everything changed when he was 7 and a half years old. He came home from school and asked to join a football team. We found a team and life transformed. George started to grow in confidence. As he started getting fitter his schoolwork improved and his friendships developed.

His favourite activities are football, playing computers games and maths.

George was lucky that he found a football manager who supported him. He had never kicked a ball previously and the coach played him every game. My proudest moment was when the team was losing 9-0. George was brought on the pitch with ten

minutes to go. He ran so fast and tackled everyone. He never gave up even though the team was going to lose. He kept fighting right till the whistle blew. His resilient attitude is because he has learnt that sometimes life can feel like you are losing, but you keep trying.

George is now 10. His favourite activities are football, playing computer games and maths. Alongside the amazing medication, having a coach that believed in him transformed his childhood. His football team has CICRA as their sponsored charity, raising money in a tournament earlier in the season. I am also the club secretary and believe strongly in the amazing influence that a supportive team can have on a child's experience. It is the best thing George has done on his journey so far.



Dad's marathon run for Maxwell

On April 14th Ben Gibson will be running the Manchester Marathon to raise awareness of IBD and to raise funds for CICRA. Ben's motivation is in the story below.

Maxwell has always been an extremely active boy who loves sport, in particular playing football. Generally healthy, rarely ill and the sort of child who regularly received certificates for 100% attendance at school.

In early 2023 however, we began to notice a decline in Maxwell's energy levels. At the time, we put it down to him getting a little older, approaching his teenage years and thought he was perhaps just being a little bit lazy! Though in the months which followed he on occasion complained of his stomach hurting, with some loose bowel movements and small traces of blood. This was out of character for him but within a day it seemed to pass.

In June 2023, Maxwell became very unwell with what initially appeared to be a stomach bug. After a few days of feeling particularly unwell Maxwell saw a doctor. He had begun to lose a significant amount of weight, had diarrhoea with higher levels of blood in his stools and very low energy levels. The doctor thought it was most probably gastroenteritis.

After 10 days, with no improvement, we took Maxwell to A&E at Oldham Hospital. Once there we discovered he had dangerously low blood levels and required a blood transfusion. We were told by doctors he was very poorly. That night was definitely the most difficult few hours of our lives as we waited to discover what was making him so ill. Oldham hospital did a fantastic job of stabilising him with a further two blood transfusions and countless other drips and medication over the course of the week. Doctors suspected that he had a form of Inflammatory Bowel Disease but were not equipped with the specialist knowledge

As a family it's been a huge learning curve and a big adjustment for us all.

or equipment Maxwell needed. As a result, he was transferred to Manchester Children's Hospital.

At the children's hospital Maxwell had an endoscopy and colonoscopy under general anaesthetic which showed he had severe inflammation in both his small and large intestine and a diagnosis of Crohn's Disease was confirmed.

After an initial course of steroids, Maxwell was put on Azathioprine. This unfortunately did not work for him and within four weeks of finishing the steroids his inflammatory markers were up and he had begun to experience some of the original symptoms; stomach cramps, diarrhoea, and weight loss. This is probably when the reality of this disease

began to hit home for us as. He began to miss school, struggled to eat anything, was very weak and was beginning to miss out on participating in all the sporting activities he loves!

After a second course of steroids, it was decided that Maxwell would try the biologic medication Adalimumab, in combination with the Azathioprine.

Maxwell started taking this after Christmas, every two weeks. We are now three months into taking this medication and Maxwell is the most stable he has been since his diagnosis.

As a family it's been a huge learning curve and a big adjustment for us all. Alongside taking the medication we are still in the early stages of trying to establish Maxwell's triggers with regards to food and are a lot more careful with what we give him to eat.

Maxwell has taken everything that has been thrown at him this last year in his stride. His calm approach to life, never dwelling and just getting on with things, helps him to manage this condition on a daily basis and we are incredibly proud of him for this.



CICRA is New Brighton Victoria Football Club's charity of the year

In March 2023 we heard from Chris Guy who was setting up a grassroots football club - New Brighton Victoria FC, who are based on the Wirral. They have an Under 7's team and Under 10's team. He asked if we would like to be one of their charity sponsors for the 2023-2024 season (at no cost to CICRA), of course we said yes! The CICRA logo is now being proudly displayed on the players sleeves, we hope it will raise more awareness and inspires others to take up a sport.

CICRA was one of the chosen charities as the under 10's team has a player who has Crohn's, so to be able to raise awareness in a positive way was very important to Chris. Chris also had a family member who had battled with Ulcerative Colitis and was sadly lost at the age of 24 years old, so he had had personal experience of life for someone with an IBD.

The club will be holding an annual club fundraising event, with the monies raised split between the club, CICRA and Young Lives vs Cancer. The launch evening for the club was held on Friday 14th July 2023 and the club displayed the CICRA banner and had information leaflets on display.

On Sunday November 19th the club hosted a Charity Football Tournament with the 10 Teams in their League. A donation of £592.00 was made to CICRA, which we thank Chris and all the supporters for.

Chris has been doing interviews with radio and newspapers to promote the club with its unique, inclusive, positive attitude, promoting and teaching social values - as well encouraging football stars of the future! Articles have also appeared in the Liverpool Echo, The Wirral Globe and La Vida Online Magazine.

We thank Chris for his passion to establish and nurture a new generation of young footballers who have more awareness and will develop the positive mindsets to achieve in life.

More events are planned with the Annual Charity event scheduled for March 2024, where they hope to raise lots more for CICRA and the other charities they are supporting.



A crazy cycling challenge for Mike

My son, Edison, was diagnosed at age 11 and has been on a long journey over the past two years and the resources provided by CICRA have been extremely helpful. They have helped us to understand the illness, navigate treatment options, as well as providing essential resources to help our son reintegrate into school after long periods of hospitalisation and home care.

It took 18 months of trial and error to find the right medical treatments to get Edison's illness under control. He has been back at school since September, forming friendships, and eagerly working hard too. Edison's courage, grit and determination never fails to amaze us and friends and he is truly inspirational.

On 17th February, **I will attempt to ride 4,000km in just 7 days on the cycling simulator, Zwift. It will take 16-18 hours of constant pedalling for 7 days straight, burning over 12,000 calories per day.**

I will try to follow our son's example and attempt the seemingly impossible. Make no mistake, this will be mentally and physically tough. I will need to dig deep and find the courage and determination to keep going.

Whilst there is a lot of detailed planning leading up to the event, the week itself is very simply

structured. **The only rule is that I will not ride between 12am and 4am GMT.** This is to avoid any stupidity, like riding through most of the night to catch up if I'm behind (yes, I've been there before!)

This challenge takes a lot of concentration, mostly on fuelling and hydration, but also to meditate through the pain that will undoubtedly accumulate. This straightforward schedule affords me the opportunity to be mentally focused, without distraction.

Unfortunately, John suffered with flu the week before the challenge began and told us 'I'll start at some point between 17th and 20th but depends how I feel. I'm recovering a little more each day.

The 4,000km is likely not possible now, but I will ride as far as I can and stream live to raise awareness. Sometimes, we just have to do the best we can with what our bodies allow'.

John carried on promoting his ride and had articles published to highlight the ride and raise IBD awareness.

On the Monday John told us 'I'm gutted, as the challenge is unachievable now. However, I managed 100km today, and will do what I can each day until Friday. We've had 2k views across this campaign so far, so worth still spreading the word. Not giving up



Raised
£1,290

doesn't mean pushing past what's possible. It sometimes means just doing what you can, even if it's a little bit. Edison has taught me that'.

By Thursday John told us 'We've passed over 3,000 views on YouTube now, which is good considering the challenge didn't work as planned. Also 1,800+ views on LinkedIn, so at least we're getting the word out'

After the week John said 'This has been a challenging week, but I think a successful one. Whilst the fundraising goal was not reached, we've gotten the message re CICRA out to over 6,000 viewers during the past few weeks. Much more than I expected.

I've had some time off the bike, so the lungs are already starting to feel better. I'll be back to training very soon.'

We cannot thank John enough for his fundraising and the awareness he has given to childhood IBD through his tireless promotion.

We know John is grateful to his family, friends and the Zwift cycling community for all the support they gave him on this incredible challenge.

We salute his bravery in continuing when his health was not great, a real role model not just to Edison but to everyone who is not feeling their best!



More of our amazing supporters!

Thank you to all our amazing fundraisers - YOU make the difference

Team 'The Crohnies' Peak District Challenge

Rachel wrote: - My 13-year-old son was diagnosed with ulcerative colitis in December 2022. It's been a very tough time for Jay and for the whole family. He's been incredibly brave and we're so proud of how he's dealing with his disease. We had a fantastic day doing the peak challenge. It was well organised and weirdly fun. We are absolutely delighted with the monies we've all raised. Hopefully this will help the research in finding a cure to this horrible disease and help support families and children.

A magnificent team effort- well done 'The Crohnies'. team

- James Whatley - £2,532.50
- Rachel Whatley - £905.63
- Georgina Hackett - £460.00
- Lucy Zimmerman - £1,014.31
- Peter Zimmerman - £420.56

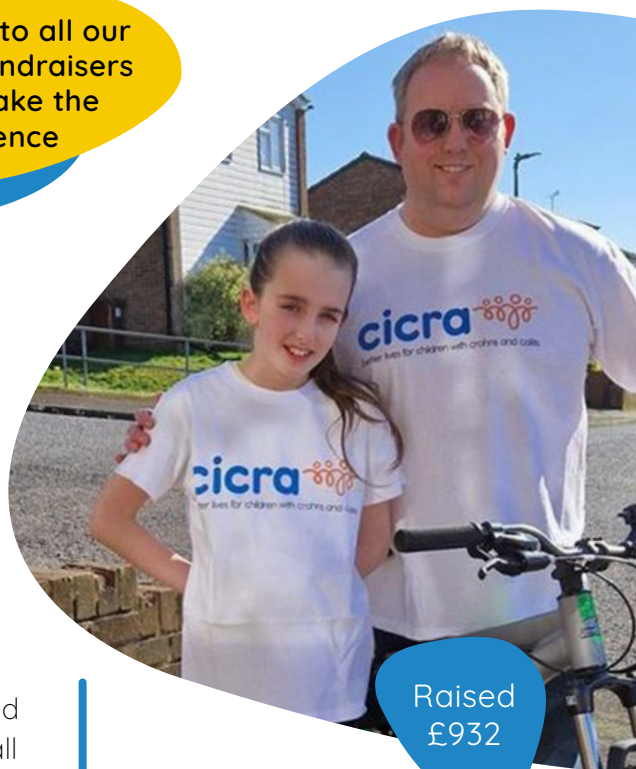


Raised £5,333

Helen's Coffee Morning

At very short notice, Helen Turner organised a works Coffee Morning. We thank Helen and all her generous colleagues - an impressive amount. Could this inspire you to put on an impromptu Coffee Morning or Afternoon Tea and get friends and colleagues to support children with IBD?

Raised £135



Raised £932

London to Brighton Cycle Ride

September 2023 Chris Snell took part in the London to Brighton cycle Ride to raise funds in the hope that whatever he raised would help to fund research to try and find a cure or better treatments for his daughter Amelia and all children with Inflammatory Bowel disease.

Like so many children, Amelia has gone through so much, firstly trying to get the correct diagnosis and then the doctors finding the treatment to suit her. As parents this is a really tough time and no doubt thinking of Amelia is what kept Chris pushing those pedals for the miles. **Thank you Chris and all your supporters. We couldn't fund research without help.**

Our awesome young people!

Caravan Club kindness

CICRA member, 15-year-old Imogen Huntley, became the 2023 Chair of the Youth Section of the West Hampshire Caravan and Motorhome club and nominated CICRA as their 'Charity of the Year' and set about raising money.

The youngsters were busy: - Filling up fire buckets and aqua rolls for a donation, throwing coins at a bottle, selling bacon rolls, scratch cards and auctioning things that had been donated to them.

The initial aim was to raise **£200 over the year**, however by June they had **raised over £500!**

Along with a £200 donation from a local company, (made directly to CICRA), the youth section raised an incredible **£1,778.13** by their AGM on the 7th October 2023, an amazing achievement! Trustee Paul Cooper drove to West Hampshire for a presentation of the cheque and to thank all the caravaners for their support of Imogen and her committee and raising such a wonderful amount. We really think these youngsters are a great credit and advert for the younger generation - spending their time helping others They should be very proud. Thank you Imogen and all your friends.

Raised
£1,778

Cool schools

Students from **Market Weighton School** were able to raise money for each House Charity by collecting sponsors for completing the school walk or by donating E-Praise points - earned for good work, behaviour and attendance. **Burlington House** chose CICRA as their Charity of the Year and we were delighted to hear that they had raised the most. Well done and very special thanks.

Raised
£691



Caterham School donated a super £243.00 from a doughnut sale they held. It must have been a tough job selling and consuming so many doughnuts - you are truly jamtastic!

Raised
£243

5k for Santa Lucas

My name is Lucas. I was diagnosed with IBD in June 2022. I was so poorly I had to go to hospital and was in for a week where I had iron infusions, an endoscopy and colonoscopy. My first treatment was steroids which made me really hungry and gave me a puffy face! After that I started azathioprine and mesalazine. Then, later on, I had infliximab every 6 weeks. All of this keeps me fit and well. I decided to raise money for CICRA in order to raise awareness of children with IBD and help fund further research. I did a 5 kilometer run dressed in a festive costume. It was good fun. Thank you Lucas, very much appreciated and pleased you are well.

Raised
£315





Raised
£318

Simeon raising more money each year!

When diagnosed with Crohn's disease in 2018 at 7 years old, Simeon decided to be a fundraiser for CICRA. He's tried to raise some money each year and this year he completed his 4th fund raising event, having a stall selling handmade crafts, contributed by grandparents, and help from a few family friends with their businesses support.

Simeon raised an impressive £318, bringing his overall total to over the years to £1,100.

Well done Simeon – we are really grateful.

Raised
£320



45k Kayla-Megan

"I undertook a challenge to run 45km over September to celebrate CICRA's 45th anniversary and hopefully to raise some funds to help them continue doing amazing work!

Over the summer 2023, my brother was diagnosed with Very Early Onset IBD at 4 years old and although I have IBD myself, CICRA has been amazing at helping our family translate our knowledge of the disease and really grasp what this means for such a young child.

I'm by no means a runner and certainly never have been, so it was quite a challenge – even thinking that actually completing it would be impossible after a desperate struggle on my first run!

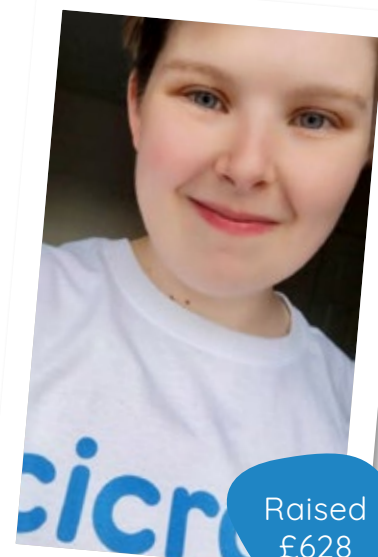
However, after the month I am more than delighted to say that I did it and I've now set the goal to level up and complete my first 10k run – and this time the family is on board too!

Thanks CICRA for all your hard work, it's been amazing to be able to contribute to what you do."

Unfortunately, after Kayla-Megan's challenge it was discovered, they had been running on a chipped/flaked bone in the ankle for the last 15km of the challenge (following a skateboarding accident some few weeks before), so rest for the next month was ordered!

Well done Kayla for raising such a wonderful amount on this challenge. We hope the ankle is completely mended now.

Following diagnosis Kayla wrote a book for their young brother to try and explain his illness. This has recently been published. We will bring you more information later.



Raised
£628

Go Olivia!

Hi, my name is Olivia and I was diagnosed with Crohn's Disease at the age of 9. After spending a week in Liverpool's Alder Hey Hospital I came home and since then have taken weekly injections and regular blood tests and 'touchwood' have been symptom free since then.

I am now 16 and have started college. For the past three years, whilst doing my bronze, silver and gold Duke of Edinburgh Awards I have chosen to raise money for CICRA. This Christmas Eve I ran a 'Santa Dash' and raised £320 for this worthy cause. Many thanks Olivia – great news on being symptom free



The Great North Runners

Great North Run

Four runners took to the streets of Newcastle last September and apart from some amazing times they also raised some amazing amounts for CICRA. We are grateful to them all for taking on this challenge and to their supporters for making it so worthwhile.

Vince O'Donovan

Vince is 66 and knew what he wanted to do when his 8 year old granddaughter Catherine was diagnosed with Crohn's last year. He wanted to run the Great North half marathon to raise money for CICRA. Vince travelled over from County Waterford in Ireland for the run and finished in 2 hours 30 minutes. Catherine and her little sister Alice, two very proud grandchildren who live in Newcastle, met Vince at the finish line with very big hugs.



Raised
£650

Daniel Meddes

We thank Daniel for his continuing support, having raised over £1,800 running with his family in 2019 and then as a solo runner in 2021, 2022 and 2023 raising over £1,500, that's an impressive £3,648.75 in total – true dedication to CICRA.

After the run Daniel told us, "Unfortunately, we did not escape the rain, but it just added to the magic of the day Thank you again for giving me the opportunity to run for CICRA. It really does mean a lot and hopefully I'll be on the start line again next year"

We cannot thank Daniel enough for his support and although, unfortunately, we will not have places at the GNR in 2024, we hope Daniel will find another event to carry on his amazing fundraising.

Raised
£348



Raised
£852

Georgina Whiteley

Georgina's son has Crohn's and as a regular runner and liking a challenge, Georgina wanted to do something to help raise funds and awareness for all children living with IBD. When the GNR was suggested, she took a deep breath but took on the challenge. She believes she was super lucky as her partner, and Sam's stepdad, got a place in the ballot so she had a running partner. We were pleased to hear that the emails from CICRA kept her on track and positive. Proudly wearing their CICRA shirts they finished in two and a half hours with the sun shining and just before the heavens opened.

The Makers and the Foodies!

Raised
£1,000

Eggcellent result!

We would like to thank Heather Reid from the Aboyne Loch Caravan Park who has been supporting CICRA over many years, for the donations from selling fresh eggs to the caravan park.

We thank Heather and the egg buying public as they have donated over £1,000 in 'Egg Money' to CICRA - an 'eggcellent' amount!

Crafty couple

Peter and Jenny Hay have been supporting CICRA for many years, yet again donating part of the proceeds from their stall at a Charity Craft Fair. A very talented couple who sold paintings, stained glass items and other crafts. We thank them for their continued support of CICRA.



Raised
£50



Raised
£570

Joanne Chilcott

Joanne, who has been a regular fundraiser for CICRA, held her usual Christmas wreath making sessions. Over the three sessions folk made 140 wreaths to sell and Joanne made a further 20. It was very successful, so Joanne said, 'four sessions next year!' The number of wreaths was amazing, and they looked great, what a lovely way to spend an afternoon.

Joanne told us raising money for CICRA is so important, as her son Hamish still undergoes flare ups and only recently had spent time in hospital. We wish Hamish well and thank Joanne for her continuing support.

Hayley Forster

We thank Hayley Forster for this lovely picture of Jacob her 'Crohn's warrior' with a beautiful Christmas blanket made and raffled by Hayley to raise funds for CICRA. A very talented Mum.

Raised
£55



More amazing runners



Tamanna Kabir

Tamanna contacted CICRA wanting to fundraise as her 6-year-old nephew Adam, had recently been diagnosed with IBD and Tamanna signed up for the Royal Parks Half Marathon.

Tamanna kept us and her JustGiving page updated saying: -

My training wasn't going well the first 3 months - I think I might have given myself too much time;

I'm in the final 3 months and think of my nephew Adam and all the money we have raised. I am pushing myself a lot and this week have finally managed a 10km run, plus swimming and Pilates to buffer those joints! Adam is really looking forward to the event, he has remembered that I've suggested he could wear the t shirt and run the last 10 metres with me on the day -although not sure how possible that would be? Tamanna successfully completed the race. Unfortunately, Adam couldn't spectate as he was recovering from surgery, but he wore the t-shirt at home!

We thank Tamanna for her dedication; training is hard, so we really appreciate the time and effort she put in, not to mention the fantastic £1,420.45 that she raised!

Raised
£1,420

Total CICRA legend!

Simon Jarvis has taken on 3 challenges for CICRA - The London Vitality Big half in 2021, The Cambridge Half in 2022 and Royal Parks Half Marathon in 2023 raising nearly £3,500 in total. We thank him so much for his commitment to CICRA

Simon said: "Our daughter Betty was diagnosed with ulcerative colitis in 2020- after months of being unwell during the first lockdown. I was used to running 10ks when I was younger and saw half marathons as a great way to raise money for CICRA. The Royal Parks Half Marathon was my third half marathon - the second time I have done one immediately after getting Covid. I'm keen to try and do another one in 2024!"



Raised
£1,068

Great Scot!

Holly Wilson - "Last October I took part in the AJ Bell Great Scottish run - my very first half marathon. I'd never really been running before, so when I started training I was starting from scratch.



Raised
£500

On the day, I was incredibly nervous as I had no idea what to expect. Around mile 9 the pain started to kick in and I started to realise that it was going to take a lot of mental strength to get to the finish line but I crossed with a time of 2:19:09 - much faster than I had expected.

I have had Crohn's disease for nearly 10 years now and CICRA have been with me from the start. They were so key to helping my family and I further understand the disease, as well as introducing me to others my age going through the same challenges. I cannot thank CICRA enough for the support they have given me over the years."



A mixed bag of marvellous money makers!

Only Fools and Horses Charity Auction

The Only Fools and Horses Social Facebook Group held an online auction on Saturday 9th December with CICRA as a beneficiary. We were nominated by Barry Wright 'for the amazing work we do.' The evening was a great success and we are truly grateful to Edwin Trotter & the team at the Only Fools & Horses Social Group and of course Barry Wright who nominated us!

Raised
£2,000



Moustache story

Brice Greyfie contacted CICRA saying :-

'I am planning to grow a moustache as a fundraiser, and I would like CICRA to be the charity I support.' His son had been diagnosed with Crohn's Disease, so that gave Brice the focus. He set up his JustGiving page and shared it with colleagues and as many people as he could.

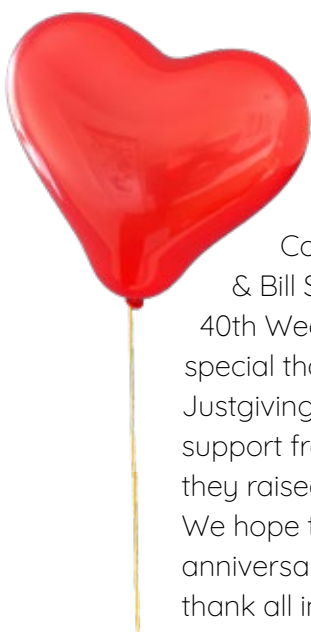
Over the course of November, Brice raised a fantastic £417.50 an excellent piece of fundraising. Still to hear if Brice kept the moustache!

Raised
£417

Football mad!

What to do and where to start is often difficult when thinking of fundraising but the McGrory Family did what we think was a first for CICRA. They sold football cards to family and friends. We thank everybody involved in the buying and selling and hope they all enjoyed the event.

Raised
£200



40 years of love

Congratulations to Rose & Bill Stevenson on their 40th Wedding Anniversary and special thanks for setting up a Justgiving Page for CICRA. With support from family and friends they raised this amazing amount. We hope they had a memorable anniversary and thank all involved for the generous donations.

Raised
£1,071

Thanks to Nauvoo Ventures Ltd

We would like to thank Marie-Anne Jeffery, Director of Nauvoo Ventures Ltd for holding a fundraising event for CICRA. Marie-Anne, her husband and family have a long history of Crohn's, IBS and bowel cancers. Remembering what it was like to have an embarrassing condition as a child, Marie wanted to support CICRA and assist 'in the great work you do'. We thank all involved for this generous donation and were glad to hear the event went well.

Raised
£3,370



Sporty types!

Chiltern 50KM Ultra Challenge

A lovely surprise – notification that somebody had set up a Justgiving page. It was David Ervine who wrote to say that “My 11-year-old son was diagnosed just over a week ago, it was a massive shock and frightening; he will be starting treatment soon.

I am taking part in the Action Challenge 50km Ultra Marathon in September; I would love to wear a t shirt raising awareness for CICRA”

We hope that Noah is doing well and thank you David for raising an impressive amount!

Raised
£692



Tough Mudder

Having done a couple of 5k Tough Mudders Sophie Bond took on the challenge of her first 15k and wanted to do it for a cause close to her heart.

Sophie’s son Harry was diagnosed with Indeterminate Colitis in 2020 after 5 months of illness and went through the ups and downs, both physically and mentally, from having various intrusive procedures and medication before the illness became stable. Sophie knows that this could change very quickly so set out to raise as much as possible to help find ways, or a cure, to free children from this debilitating disease. A truly brave lady who told us ‘It was exhausting but such great fun” and raised a massive £1,101.50 . We thank you and all your supporters for making this such an incredible event.

Raised
£xxxx

Golf Club Update

We would like to thank the generous members of Rochester & Cobham Golf Club for the extra £275 received in October 2023, taking the total donated to an incredible £14,272.50 We thank Mike Breton and Sally Ferrers once again for nominating CICRA as the Charity of the Year, during their captaincy (November 2021- November 2022). We are very grateful to all members of the R&CGC for their most generous support.

If you belong to any club or know someone who does and would like to nominate CICRA, please let us know at fundraising@cicra.org

And finally... Antarctica talk for your group?

Raised
£810

David Johnston has for the last 40 years supported CICRA, as his youngest daughter was diagnosed at age 9... she’s now 48 and coping well.

He recently went on a trip to Antarctica and was inspired by the landscape and some of the British explorers who visited the continent. He has now started presenting an illustrated talk to local Rotary, 41 Clubs, Probus, WI’s and Tangent organisations. The talk is entitled ‘The Shackleton Trans-Antarctic Expedition - A Unique Story of Survival.’

David doesn’t charge for the talks preferring to ask for a donation to CICRA, so far raising £810 - a fantastic start.

David lives in Sheffield and would be willing to travel up to 30 miles to present the talk to groups that may be interested. If you have any connections to groups that might like a talk by David, please contact him via email dc.johnston@outlook.com or call him on **07800818516**.



A Fond Farewell

Margaret Bates was an amazing nurse and advocate for children and young people with IBD



We were saddened to hear of the recent death of Margaret Bates known to many as Maggie or Sister Lucas. As was the tradition at St Bartholomew's Hospital in London, the senior nursing sister took the name of the ward and therefore the young patients she nursed on Lucas ward will remember her as Sister Lucas.

Maggie trained at Great Ormond Street Hospital and as a young nurse worked in other countries. However, she will be remembered mostly for the dedication to nursing children at Barts Hospital. Lucas was a general children's ward and this is where the first children diagnosed with Crohn's were admitted to. Whilst caring for these children Maggie got to know the parents well and became a great supporter when they set up CICRA. Nursing children with a condition which had only been seen in adults before was not an easy task, but in the true style of nursing Maggie made parents and children feel reassured by just being there.

At times some of the not so sick children 'played up' and Maggie had to threaten to take the TV out but if any of these children weren't feeling well, there was only one person they really wanted – Sister Lucas.

When Maggie took early retirement, a friend suggested that she could perhaps become a CICRA volunteer but she doubted that she had any suitable skills! She didn't like computers and reminded us that she couldn't even type, but we assured her that there was more to our office than typing. Giving it a trial for one day a week proved to be perfect

which then became two days a week on a regular basis until 7 years ago when we had to move office and the journey became too much. We really are indebted to Maggie for the help she gave, whether packing parcels, being responsible for listing all the draw tickets/money, selling T/shirts etc at family days and, with permission, using Barts dummies to show the children how to take/give blood etc. However, it was mainly the hand written notes to worried parents or explaining in a reassuring way on the telephone some of the terminology that she will be remembered for. Maggie really was very much a member of the team and everybody enjoyed her company and appreciated her help.

Like many nurses Maggie never married but she had a large caring family who looked after her to the end and who, we know, will miss her greatly.

Rest in Peace Maggie



Maggie's funeral will take place in April and as the family have asked for donations to CICRA in her memory, we have set up a justgiving page. If anybody wishes to give something in Maggie's memory please do so on <https://www.justgiving.com/page/margaret-1712060193302>



CICRA 200+ club

Funds raised from the 200+ club are split 50/50 between monthly prizes and our research and support programmes. The cost is £26 per year, which can be paid quarterly if you prefer. Please call the office on 0208 949 6209 or email admin@bicra.org if you would like to join and be in with a chance of winning!

July	209	S Bramble	£50
July	103	W Jones	£50
Aug	275	S Slinger	£50
Aug	197	A Basit	£50
Sept	203	J Berry	£250
Sept	182	H Wilson	£75
Sept	159	H Brims	£75
Oct	48	J Higgins	£50
Oct	209	S Bramble	£50
Nov	182	H Wilson	£50
Nov	251	M Levine	£50
Dec	184	C Dickinson	£250
Dec	125	R Pritchard	£75
Dec	203	J Berry	£75

Cards that make a difference



A BIG thank you to all our members and supporters who purchased CICRA Christmas cards, we hope you'll agree we had a great selection of good quality cards – something for everyone!

As we are able to keep our costs to a minimum, we are pleased to report that over 40% of the cost of each pack sold went towards maintaining and expanding our vital research and support programmes.

Our 2024 Christmas card selection will be on sale from the beginning of September, please tell grandparents, aunts, uncles and friends that buying CICRA Christmas cards really does help improve the lives of children with IBD.

Collection Boxes



Although cash is not used as much these days we are pleased to have received donations from our collection boxes and send special thanks for the following :

£95.00 from Robin Eames in October 2023, bringing the total raised from his collection box to £1,548.52

£490.98 received from Julie Jones in September 2023 from her pub, The Murenger House in Newport, bringing their total raised to £1,275.47

£30.96 received from member Patrina Law, who kindly asked to put a collection box in the village shop bringing their total raised to £52.48.

We are very grateful for all donations, no matter how they come, so if you know that there is cash still being used in your area and would like a box to either have at home or at a local shop, pub etc. we will happily send one to you. Please ring the office on **0208 949 6209** or email admin@bicra.org

Christmas Draw

Results of the CICRA Christmas Draw which took place on Thursday 14th December 2023 at the CICRA offices, Pat Shaw House, Sutton.

With thanks to Paul Farr from BT Open Reach who drew the winning tickets.

Prize	Ticket No.	Name
1st prize	20622	Jenny Steer
2nd prize	23925	Pete Hamm
3rd prize	42565	Clare Banyard

Thank you

Our Sincere thanks go to all our members who bought and sold tickets to support the CICRA 45th Anniversary Christmas Draw 2023. We are so grateful for your support and are delighted that the proceeds can go towards funding vital new research as well as helping us provide support to children and families affected by IBD.

Mr Simon Coleman, Promoter 20th February 2024