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# SARCOIDOSISUK MONTHLY NEWS      OCTOBER 2018

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Dear Friend of SarcoidosisUK,

We have had lots of fun in the office looking at all the amazing designs you have submitted for the inaugural SarcoidosisUK Christmas Card Design Competition. It was very tricky to pick a winner! However we came to a decision and are excited to announce the winning design below and unveil our charity Xmas card for 2018!

It has been an absolute pleasure developing the SarcoidosisUK Nurse Helpline over the past 2 years. This week we hit an important milestone which really brings home how much the service has supported sarcoidosis patients since it's first call. You can find out more and celebrate with us below.

As always, please **drop us a line anytime**, it would be great to hear from you.

Best wishes,  
**Jack Richardson,**  
SarcoidosisUK Senior Executive

## SARCOIDOSISUK CHRISTMAS CARD ANNOUNCED

**Congratulations to Lesley Cochrane who has won the SarcoidosisUK Christmas Card Design Competition!**

We liked Lesley's beautiful design because it subtly blended Christmas elements with our SarcoidosisUK symbolism.

We have turned Lesley's winning design into a bespoke Christmas Card which is now available to purchase on the SarcoidosisUK Shop. Pack of 12 large, quality cards for £4.99. This is a fantastic way to spread Christmas cheer and sarcoidosis awareness among those closest to you while supporting the charity.

All proceeds from the sale of these cards go directly to sarcoidosis research.



Above: Lesley Cochrane's winning Christmas Card design

GET YOUR XMAS CARDS NOW AND SUPPORT SARCOIDOSISUK!

## SARCOIDOSISUK NURSE HELPLINE MAKES 500<sup>TH</sup> CALL!

The SarcoidosisUK Nurse Helpline has helped 500 people! We think this is a fantastic achievement – we are very proud to have been able to support so many people affected by sarcoidosis.

The Helpline has spoken to **502 people** over the past **25 months**. This has included **453 patients, 45 family members** and **4 friends** of sarcoidosis patients. An amazing **97%** of these callers said the support they received was '**Fantastic**' or '**Good**'. The average wait time between referral and call with the nurse was **4 days and 8 hours** (compared to 7 weeks to see a consultant on the NHS!).

Did you know that every Monday lunchtime you can now chat to the SarcoidosisUK Nurse via Live Chat on the SarcoidosisUK website?

*"Working for the helpline is a privilege. I have spoken to some of the most amazing people who are contributing to our wealth of knowledge and understanding."*

**SarcoidosisUK Nurse Jo**

*"I really enjoy working on the helpline. It's great to be able to offer support and advice to people with sarcoidosis, and I usually learn something myself as well!"*

**SarcoidosisUK Nurse Jenny**

## FLU ADVICE

Have you had your flu vaccination this year?

Depending on how sarcoidosis affects you and the medication you take, you may be at a higher risk of infection. Click the link below to read guidance on the flu and pneumonia vaccinations for sarcoidosis patients.



[FLU ADVICE FOR SARCOIDOSIS PATIENTS](#)

## SUPPORT GROUPS ROUND UP

Our SarcoidosisUK Support groups are really friendly; they meet every 4 or 6 weeks in community centres, libraries and other public spaces across the UK. The groups are all run by volunteers who have sarcoidosis themselves. Upcoming meeting dates are below. Everyone is welcome so come along and join us!

Nov/early Dec 2018 meetings:

- 4th Nov ~ Burton
- 5th Nov ~ Brighton
- 6th Nov ~ London
- 7th Nov ~ Northampton
- 19th Nov ~ Leeds
- 20th Nov ~ Bristol
- 1st Dec – Hampshire
- 3rd Dec – North Kent
- 4th Dec – North West

*"I have had illness for over 5 years was so happy to find out about the meeting - it was my 1st time attending and I went with my daughter who has been great support throughout. We shared experiences with other sufferers."*

**SarcoidosisUK Northampton Support Group attendee, October 2018**



[MORE DETAILS AND RESERVE TICKETS](#)

DONATE VIA AMAZON SMILE 😊

Do you shop on Amazon? Then you can raise money for SarcoidosisUK at no additional cost!

Until 2nd November Amazon will donate 5% of your purchases made through Amazon Smile directly to SarcoidosisUK.

So when getting an early start on your Christmas gifts, just go to Amazon Smile and select 'SarcoidosisUK' from the list of charities before you start shopping.

There is no easier way to donate to SarcoidosisUK and help us fund research into a cure for Sarcoidosis.

[SHOP ON AMAZON SMILE NOW!](#)

SarcoidosisUK relies on your support and donations! Please...

[DONATE TO SARCOIDOSISUK](#)

...to show your support and help us find a cure for sarcoidosis!

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Please do get in touch anytime you would like to chat, we would love to hear from you.

**Best wishes,  
SarcoidosisUK**

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SarcoidosisUK is a registered charity | Charity Number 1063986

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