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August Newsletter



Join us on our big Sarcoidosis Walk on September 18th!

On Saturday 18th September, SarcoidosisUK is holding a big virtual Sarcoidosis Walk to raise awareness for all those affected by the disease. Challenge yourself to walk 20,000 steps, or as many steps as you can, and make a real difference to people affected by sarcoidosis. Your route is up to you - simply take on the course of your choice anytime from 00:00:00 to 23:59:59BST on 18th September, wherever you are! Whether you complete your walk solo or with family and friends, you'll be part of a huge virtual group of sarcoidosis supporters doing their own walks across the country. To get started, simply sign up to the challenge and set up your page by clicking the button below.

[Sign Up to the Challenge!](#)



Juliet Coffer on the Sarc Fighter Podcast

The Sarc Fighter Podcast is for individuals whose lives are impacted by sarcoidosis and other rare or chronic illnesses, and tackles big topics from the basics of the disease, lifestyle changes, treatment options, research progress, and most importantly: the voices of those affected by the disease.

In the most recent episode of the Sarc Fighter Podcast, Juliet Coffer speaks with John Carlin about her sarcoidosis journey and her incredible fundraising achievements for SarcoidosisUK. Click the button below to hear Juliet's inspirational story.

[Listen to Juliet's Episode](#)

Brand new product launch



New SarcoidosisUK postcards are now available to purchase from our online store! These postcards are the result of a fantastic project by Joanne Cudmore, Daniela Cruz and Peter Devonald. Each pack of 12 postcards includes 3 different designs. Plus, get free delivery on your order when you buy 3 packs or more! Shop the postcards by clicking the button below.

[Check Out Our New Postcards](#)



Get involved and support SarcoidosisUK this September

Upcoming events for #SarcSep!

This September we've got a whole lot of events planned to help spread information and raise awareness of Sarcoidosis. Kicking off with International Charity Day on 5th Sep, followed by a Sarcoidosis in Children Q&A on the 8th and a Quality of Life Research video on the 17th! Not to mention our Big Sarcoidosis Walk. We couldn't do things like this without your support, and receive no government funding so we are reliant on your generosity. To donate to SarcoidosisUK, click below.

[Donate to SarcoidosisUK](#)



Our Leeds Support Group is Looking for a New Organiser

We are looking for a volunteer Support Group Organiser for our fantastic SarcoidosisUK Leeds Group. The role of Support Group Organiser is extremely rewarding and is an opportunity to make a real difference in the lives of sarcoidosis patients in your area.

Could you volunteer as the Leeds Support Group Organiser?

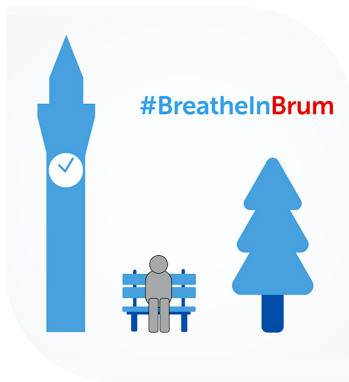
- Are you based in Leeds?
- Do you have personal experience of sarcoidosis?
- Do you have the skills necessary to run a support group?
- Can you give a few hours a month to help local people with sarcoidosis?

There are a range of tasks to be done, for example, organising group meetings and leading discussions but don't worry, you won't be alone! We will be there to help every step of the way. If you are interested becoming the support group organiser for the Leeds support group, please send an email to leo@sarcoidosisuk.org who will let you know more about the role.

[Find Out More About Our Support Groups](#)

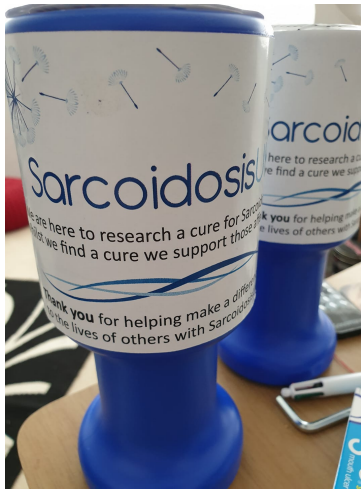
#TakeABreath

Did you know... that the average person takes 25,000 breaths every day? But for the 1 in 5 of us who will be diagnosed with a lung condition, taking a breath isn't as easy as 1,2,3. We're proud to support the #TakeABreath campaign from Taskforce for Lung Health, who are on a mission to raise awareness and increase understanding around good lung health, starting off in Birmingham.



Will you show your lungs some love and #TakeABreath to support the 1 in 5 of us affected by lung disease?

Get Involved



Support SarcoidosisUK

Please consider [donating](#) or [becoming a member](#) to support our work funding research into a cure and providing services to sarcoidosis patients. We need your support to continue the work we do.

Donate

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SarcoidosisUK is a registered charity
Charity Number 1063986

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