



August Newsletter



In memory of Juliet Coffey

It is with great sadness we share the news that Juliet Coffey passed away on 24th August.

As many of our supporters may know, Juliet was a huge part of our sarcoidosis community. She was a fantastic supporter and fundraiser of SarcoidosisUK and continuously thought of ways to support our charity and raise the profile of sarcoidosis. Through her incredible fundraising efforts, including her Warrior Walk challenge in 2021 and her Halfway Hike in 2022, she raised over £45000 for SarcoidosisUK.

As a result of her fundraising and advocacy, Juliet was interviewed by the BBC on numerous occasions, raising awareness for sarcoidosis on a national level. She also regularly featured in local press, radio and television, inspiring individuals with her determination and positivity.

SarcoidosisUK are beyond grateful for everything that Juliet did and are honoured to have met her. She was truly a wonderful, kind and brave lady who touched the lives of so many people and will be dearly missed.



Living Well with Sarcoidosis

This August we've been shining a light on ways to Live Well with Sarcoidosis. From taking care of your physical and mental health to understanding the importance of nutrition, there are several things sarcoidosis patients may be able to do to help improve their quality of life. Click the button below to take a look at our Living Well with Sarcoidosis webpage and find out more!

[Find out More](#)

SarcoidosisUK Nurse Helpline News!

SarcoidosisUK are delighted to announce that one of our Helpline Nurses, Rachel Summers, recently completed a neurosarcoidosis training course with neurosarcoidosis expert Dr Kidd. To our knowledge, Rachel is now the only nurse in the country to have



undergone specialised neurosarcoidosis training and we are thrilled that she is able to use this experience to further support our sarcoidosis community. 'It was a privilege to be able to have some training from such an expert as Dr Kidd. Being able to meet people with neurosarcoidosis in his clinic, and learn about their challenges, has deepened my knowledge of the condition and allowed me to better support those on the neurosarcoidosis journey.' Thank you to Dr Kidd for sharing his time and expertise, and to Rachel for undertaking this training to help support patients through the SarcoidosisUK Nurse Helpline. If you'd like to make a donation to the SarcoidosisUK Nurse Helpline, the button below.

[Donate to the SarcoidosisUK Nurse Helpline](#)

SarcoidosisUK Upcoming Support Group Meetings



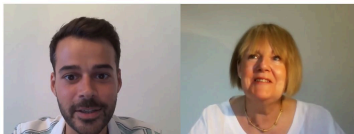
Upcoming SarcoidosisUK Support Group Meetings

Please see below for the dates of our upcoming support group meetings. If you would like to attend, please get in touch with Leo on leo@sarcoidosisuk.org who will put you in touch with your local group. Everyone is welcome - so come along and join us!

- 4th September 1pm – Burton Group Meeting
- 7th September 7pm – London Group Meeting
- 20th September 7.30pm – Bristol Group Meeting
- 26th September 4.30pm – Leicestershire Group Meeting

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

Nutrition Q&A



Nutrition Q&A

As part of our Living Well with Sarcoidosis month in August, we filmed a Q&A video with Nutritional Therapist Dr Lesley-Anne Kerr where she answered your questions about nutrition relating to sarcoidosis. Click the button below to watch our Nutrition Q&A!

[Watch the Q&A](#)



It's time to Take a Breath

This summer, the Taskforce for Lung Health is encouraging local residents in Birmingham to think about their own lung health and show support for their new awareness campaign. Their mission is to help increase understanding of why lung health matters and the action needed to ensure good lung health for all. Find out more about the campaign here:

[Find out More](#)

Could you be a SarcoidosisUK Facebook Moderator?



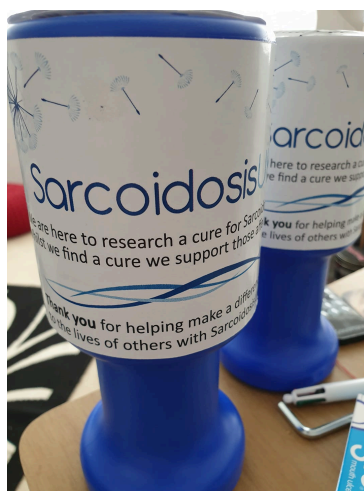
At SarcoidosisUK, we want to make sure that anyone affected by sarcoidosis can find support whenever they need it and wherever they are. The SarcoidosisUK Facebook Groups are a welcoming and inclusive community where people affected by sarcoidosis can connect and support each other.

Over the last few years, our Facebook groups have grown significantly and we are looking for new volunteer moderators to allow us to continue providing a high level of support.

SarcoidosisUK is a small charity, and we rely on our dedicated volunteers to continue our vital work. If you are interested in joining our team, please get in touch with us by sending an email to info@sarcoidosisuk.org.

SarcoidosisUK and our amazing team of Facebook moderators will be there to help every step of the way, with our daily discussions on Facebook messenger and regular moderator meetings. We look forward to welcoming you onto the team!

[Join the SarcoidosisUK Facebook Group](#)



Support SarcoidosisUK

Please consider [donating](#) 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.

Every donation will help make a difference to SarcoidosisUK and ensure that we can continue to support people affected by sarcoidosis. Make your donation by clicking the button below!

[Donate](#)

SarcoidosisUK
214 China Works
100 Black Prince Road
London SE1 7SJ
info@sarcoidosisuk.org
www.sarcoidosisuk.org



SarcoidosisUK is a registered charity
Charity Number 1063986

This email was sent to {{ contact.EMAIL }}.
You received this email because you are registered with SarcoidosisUK.

[We hope you like our newsletters. If you don't, simply unsubscribe here.](#)

Sent by
 **sendinblue**