



December Newsletter



Support the SarcoidosisUK Nurse Helpline

Last month we launched our Giving Tuesday Fundraising Campaign!

We're asking you to help us fund our SarcoidosisUK Nurse Helpline for a year by raising £10,000.

The SarcoidosisUK Nurse Helpline is a free, invaluable resource to all sarcoidosis patients, their families and carers - our goal is to keep this service running and to support as many people as possible.

Please consider supporting this fundraiser by clicking the button below. Together we can help make a difference to the lives of people affected by sarcoidosis 

[Support the SarcoidosisUK Nurse Helpline](#)



Thank You to our Christmas Fundraisers!

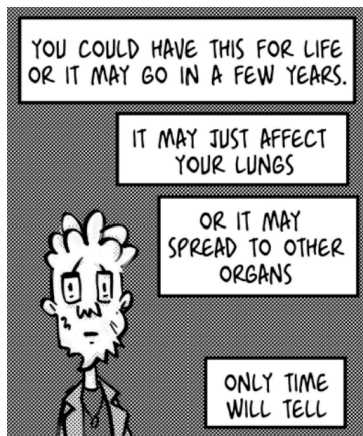
A HUGE thank you to our 12 Miles of Christmas fundraisers who have completed their festive challenge!

We'd also like to thank all those who fundraised and donated in 2022. If you'd like to get involved in fundraising in 2023 or you have any fundraising ideas of your own, please get in touch with brogan@sarcoidosisuk.org.

[Get involved!](#)

Welcome to Eva, our new Junior Executive!

Hi I'm Eva, the new Junior Executive at SarcoidosisUK! Having recently graduated from Birmingham University, I'm really excited for the opportunity to get involved with such an important charity. Please feel free to get in touch with me on eva@sarcoidosisuk.org with any questions you may have. I look forward to hearing from you!



Sarc - an Autobiographical Fable by Cole Henley

One of our talented supporters, Cole Henley recently shared his graphic short story with us, 'Sarc - an Autobiographical Fable'. The 4 page comic talks about his sarcoidosis diagnosis and how it affected him. Click the button below to read Cole's insightful patient story.

[Read Cole's Patient Story](#)



The SarcoidosisUK Christmas Advent Calendar

For the first 24 days of December, we asked our supporters to take on a different mini challenge every day as part of the SarcoidosisUK Christmas Advent Calendar. Each day's challenge had the same aim - to show support for sarcoidosis patients and SarcoidosisUK. If you are interested in seeing what our supporters got up to, or would like to catch up with any of the challenges, you can find out more on our [Facebook](#), [Twitter](#) and [Instagram](#) pages.



Sarcoidosis in the News

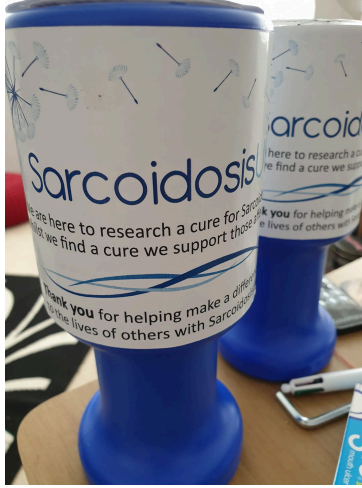
We would like to thank BBC DJ Bethan Elfyn, who recently shared her sarcoidosis story with the press. She talks about coming to terms with her condition and the "emotional rollercoaster" that comes with being on a lung transplant waiting list. Bethan has also used her social media presence to raise awareness of sarcoidosis and the impact it has had on her life.

[Read Bethan's story](#)

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
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www.sarcoidosisuk.org



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