



January Newsletter



We Want to Hear From You!

We're conducting an Audience and Content Analysis Survey to find out who our audience is and how our services are being used. We'd love to hear from you as this will help us to ensure our information is relevant, make improvements to our services and prioritise new features. The survey should only take about 5 minutes.

Click the button below to share your thoughts with us. We really appreciate your input.

[Complete our Survey](#)



Vote for SarcoidosisUK on MyGivingCircle

In their latest round of grant prizes, MyGivingCircle are awarding grants of £1200 to the top 10 charities with the most votes.

You can vote for us for free once a week until March 31st - and if you choose to make a donation, they'll add an extra vote for every £1!

Voting is quick and easy and a grant could make a real difference to the work we do - supporting those with sarcoidosis, raising awareness, providing information and funding vital research.

The more nominations we get, the greater our chance of winning, so please spread the word!

[Vote for SarcoidosisUK](#)

Rare Disease Day – Save the Date!

Rare Disease Day is on Tuesday 28th February this year and is a day for raising awareness and generating change for the 300 million people worldwide living with a rare disease, their families and carers. We'll be getting involved to raise awareness about sarcoidosis, so keep an eye on our socials in the lead up to the event!



#RAREDISEASEDAY
28 FEBRUARY 2023



What is Rare Disease Day?



Help us fund our Nurse Helpline

Since launching our Nurse Helpline Fundraiser in November, thanks to your generosity, we have raised 7% of our target - let's aim to get it to 10% for the start of February!

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.

£15 will cover the cost of a call with a nurse for a sarcoidosis patient, which can make the world of difference to someone who needs it.

"We understand sarcoidosis and give people as much time as they need to talk about whatever is worrying them." - SarcoidosisUK Nurse.

Support the SarcoidosisUK Nurse Helpline



Thank you to our fundraisers!

A HUGE thank you to Chiltern Karate Association who chose to support SarcoidosisUK this year for their annual Charity Week. As a result of their fundraising efforts, including a raffle held at their training weekend, the total raised was an amazing £800!

We would also like to thank Milly Noi who held a raffle at the end of last year in support of SarcoidosisUK and due to her fantastic fundraising efforts, raised a total of £200!

Thank you to everyone who fundraised and donated this month. If you've been inspired to do a fundraiser of your own, please get in touch with Brogan on brogan@sarcoidosisuk.org.

Get Involved!

Submit a Patient Story!

In 2022 we welcomed Kemi Sulola as our Charity Ambassador. Kemi is passionate about encouraging people to do what they love despite any health issues and as a SarcoidosisUK Ambassador she endeavours to share the diverse and unique stories of other sarcoidosis patients to bring greater awareness of the condition.

"My focus is all about sharing our patient experience to raise awareness and support. I am currently still looking for people to take part in our patient stories. If this is something you would be interested in, please get in touch! You can email



me on kemi@sarcoidosisuk.org and I look forward to hearing from you!"

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. Anyone affected by sarcoidosis is welcome - so come along and join us!

- 4th February 2pm - East Anglia Group Meeting (Virtual)
- 8th February 7pm - London Group Meeting (Virtual)
- 11th February 1pm - Scotland (Perth) Group Meeting (In-person)
- 19th February 1pm - Burton Group Meeting (In-person)
- 21st February 7.30pm - Bristol Group Meeting (Virtual)

[Find out More About our Support Groups](#)



New SarcoidosisUK Support Groups in Berkshire and Middlesbrough!

We are hoping to set up two new SarcoidosisUK Support Groups in Berkshire and Middlesbrough!

If you would like to be informed about when the groups' first meetings will take place, please email leo@sarcoidosisuk.org to confirm that you would like to be added to the mailing list.

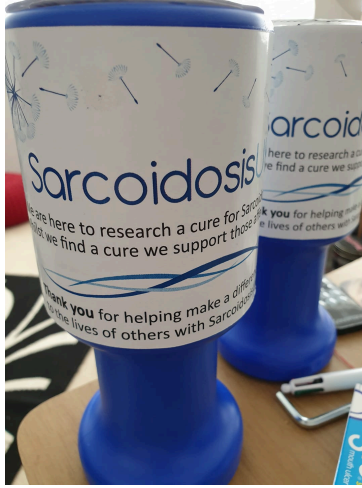
Like our existing groups, the aim of these new groups is to provide a place for those affected by sarcoidosis to meet others, to share their experiences, and to support and learn from each other.

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](#)



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