January Newsletter

Happy New Year From SarcoidosisUK!

Yes - we know it's a little late! But we wanted to take this opportunity to wish you all a happy new year.

We are so grateful for your continued support; we wouldn't be able to help people affected by sarcoidosis without you. Thank you!

Over the next few months we are going to be showcasing our vital support services. Keep reading to learn more about this month's Support Service Spotlight!

Looking for a Challenge in 2024?

Why not take a look at our fundraising pages for inspiration! You can travel back in time by taking on a Half Marathon at Hampton Court Palace, experience a thrilling adventure park by challenging yourself to a Triathlon at Thorpe Park, or maybe even get your heart racing and take the leap with a Bungee Jump!

Start Your Fundraising Journey Today

SarcoidosisUK Support Groups

SarcoidosisUK run a network of Support Groups across the UK. Our groups are an opportunity for you to share your experiences of sarcoidosis, learn from others and be heard by people who truly understand what you're going through.

Find Your Nearest Support Group

Recently, two of our support groups were joined by doctors to give talks at their meetings.

The group met at Edinburgh Central Hostel, where they enjoyed a delicious Christmas dinner, some mince pies and a festive raffle with some SarcoidosisUK goodies.

The group was also joined by Dr Mark Spears from NHS Tayside. He discussed a new trial he's setting up for medication to specifically target sarcoidosis along with the difficulties clinicians have when medication only targets symptoms and reduces immune activity.

This month the group met online with Dr Adamali, a respiratory consultant from Southmead Hospital. He discussed the new infliximab prescribing criteria, as infliximab can now be prescribed by consultants for patients with lung sarcoidosis.

It was a really interesting, informative session, as well as supportive and fun, and there was even an affectionate discussion about who was Dr Adamali's favourite patient! (Alice, the Bristol Support Group Organiser, insists it's her).

National Lottery Community Fund

SarcoidosisUK would like to say a HUGE thank you to the National Lottery Community Fund for awarding us a **£9,160** grant to help us fund our Support Groups! We are delighted that they have recognised the importance of people affected by sarcoidosis connecting with others and the opportunities this creates. We are extremely grateful - **thank you!**

Two New Support Groups Set Up In 2023

Last year we set up two new SarcoidosisUK Support Groups, one in Sheffield and one in the North West!

Like our other 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.

Could You Help Run A Support Group?

We are always looking for more volunteers to help organise support groups and expand our reach. If you or anyone you know might be interested in stepping up as the organiser for a new group, we would be delighted to hear from you. Don't worry, we will be there to help every step of the way!

Please email info@sarcoidosisuk.org for more information.

Upcoming 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!

- Sheffield Group Meeting – 15th February 1:30pm (In-person)
- Scotland (Glasgow) Group Meeting – 20th February 6pm (In-person)
- North West Group Meeting - 20th February 6:30pm (Virtual)
- London Group Meeting - 20th February 7pm (Virtual)
- Bristol Group Meeting – 20th February 7:30pm (Virtual)

Find out More About our Support Groups

Share Your Sarcoidosis Journey

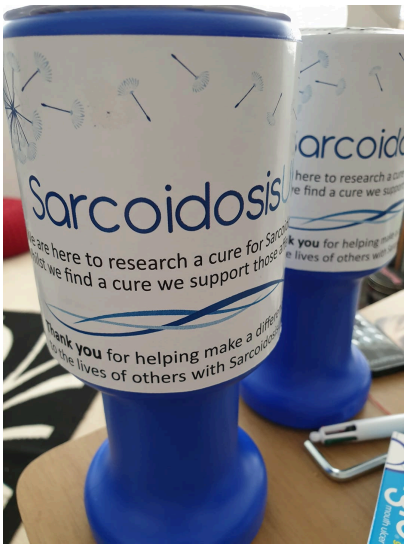
Have you been reading our Sarcoidosis Stories?

Your voice is important!

Everyone has a different experience with sarcoidosis and so it is important to highlight and share as many people's journey with sarcoidosis as possible.

If you are affected by sarcoidosis, whether as a patient, a loved one, a carer, or maybe even a researcher, we want to hear your sarcoidosis story.

If you'd like to share your sarcoidosis story, please get in touch with our Charity Ambassador Kemi on kemi@sarcoidosisuk.org.



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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SarcoidosisUK is a registered charity
Charity Number 1063986