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January Newsletter

2021 SarcoidosisUK Achievements



“We are extremely proud of our important work in 2021, none of which would have been possible without your support! Thank you for helping us to make a difference to the lives of people living with sarcoidosis.”

- Peter Tichbon, SarcoidosisUK Executive Chairperson



SarcoidosisUK 2021 Achievements

SarcoidosisUK are proud to present to you our biggest achievements of 2021! SarcoidosisUK have four main goals – to provide quality information, to provide meaningful support, to increase awareness, and to fund research towards a cure. In 2021 we made incredible achievements in each of these areas, and also expanded our work around advocating for sarcoidosis patients in the medical field. The year came with its challenges, but thanks to your incredible support and generosity we were able to help so many people as we navigated through another year of the pandemic. Though we are still a small charity, our impact was widespread amongst the sarcoidosis community and we cannot thank you all enough for your continued support of our mission. Take a look at our highlights from the year [here](#) or view our plans for 2022 [here](#).

[View our 2021 Achievements](#)

Safe At Work - Updated letter to employers



Updated #SafeAtWork Letter

When work from home advice was reintroduced in December 2021 in response to the Omicron variant, we shared a letter published by KidneyCareUK for everyone who is at highest risk from COVID-19 to use in discussion with their employers about how to keep safe at work.

We have now signed an updated letter as most people are advised they can return to the workplace. We want to highlight that the Government have confirmed that, because of their continuing increased risk from COVID, people who are immunosuppressed are still advised to:

“work from home if you can. If you cannot work from home, speak to your employer about what temporary arrangements they can make to reduce your risk”

We are concerned that this specific guidance for immunosuppressed people may have been lost in the overall guidance changes - we are urging employers to do all they can to enable employees at higher risk from Covid-19 to work from home to reduce their risk of contracting Covid. To protect those who cannot work from home, strict adherence by employers to risk reducing measures (set out in working safely guidance) remains as important as ever.

[Download the #SafeAtWork Letter](#)

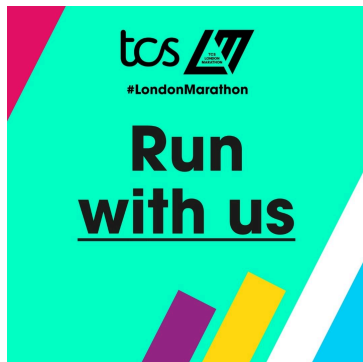
Important information about new coronavirus treatments



Important information about new COVID-19 treatments

In December, some sarcoidosis patients received a letter regarding new coronavirus treatments. An Easy Read document has now been produced to explain these treatments. All eligible patients should be treated with anti-virals or antibodies 5 days after their symptoms initiation. Click the button below to download full document.

[Download the Document](#)



Run the London Marathon for SarcoidosisUK!

Applications to run the famous TCS London Marathon in 2022 for SarcoidosisUK are now open! If you felt inspired by the joyful and uplifting sight of more than 35,000 people back running together on the streets of the capital in the 2021 London Marathon, now's your chance to be there in 2022. We have a limited number of charity places, so if you'd like to take part in this life-changing challenge while raising much-needed funds for SarcoidosisUK, be sure to submit your application by clicking the button below!

[Apply to Run the London Marathon for SarcoidosisUK!](#)

Thank you to
SarcoidosisUK
fundraiser
Spencer Loney!



Step into January Walking Challenge

SarcoidosisUK would like to say a massive thank you to Spencer, who took part in our January Walking Challenge! Spencer walked 10,000 steps a day this month and raised a fantastic amount for SarcoidosisUK. If you would like to show your support you can donate to his GivePenny page by clicking the button below. Thank you Spencer, you are amazing!

[Support Spencer's Challenge](#)

Fundraise for SarcoidosisUK in 2022

This year we hope to be able to support more people living with sarcoidosis than ever before, but we need your help to do so! Whether you'd like to take part in a running or cycling event, plan your own event or



fundraise from the comfort of your own home, we're here to support you every step of the way. Click the button below to find out more and sign up for our 2022 Fundraising Events.

[Find out More](#)



The SarcoidosisUK Facebook Group has 6000 members!

This month our Facebook Group hit an incredible milestone by reaching 6000 members! Being able to speak with people who understand what you're going through is so important - the SarcoidosisUK Facebook Group is perfect for general discussion about any sarcoidosis-related topic, and gives sarcoidosis patients the opportunity to ask questions and find out more about other people's experiences. Special thank you to our Facebook Group Moderators who work hard to make sure that the group is kept an informative and safe space for everyone!

[Join the SarcoidosisUK Facebook Group](#)

SarcoidosisUK Upcoming
Support Group Meetings



Upcoming Support Group Meetings

The SarcoidosisUK Support Groups provide a place for those affected by sarcoidosis to meet others, to share their experiences and to learn from each other. The groups are run by amazing volunteers who have sarcoidosis themselves.

Upcoming meetings are listed below:

- 8th February 7pm – London Group Meeting
- 15th February 7.30pm – Bristol Group Meeting
- 21st February 7pm – Lancashire Group Meeting

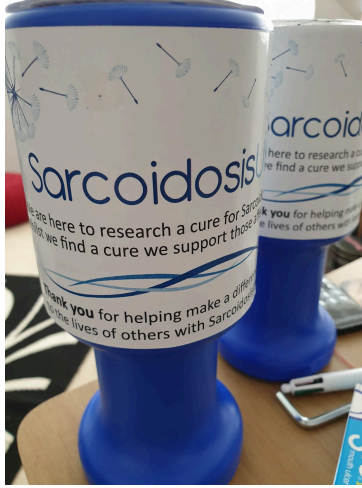
If you would like to attend, please get in touch with Leo on leo@sarcoidosisuk.org who will put you in touch with your local group. Everyone is welcome - so come along and join us!

[Find your Local 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.

[Donate](#)



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