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July Newsletter

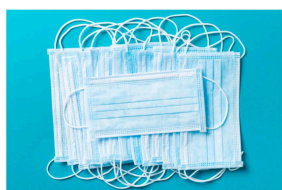


Sarcoidosis COVID-19 Letter for Employers

Here at SarcoidosisUK we know that some sarcoidosis patients are worried that their needs will be forgotten as the general population return to something more like normal life. Many may feel like they are being forced to return to unsafe workplaces - that's why we're supporting Kidney Care UK's #SafeAtWork initiative. Along with 20 other health charities, SarcoidosisUK have signed a Letter for Employers to help ensure a safe return to the workspace. If you'd like to share the letter with your employer as you have discussions about returning to your place of work, click the button below.

[Download the Letter for Employers](#)

We'll still be wearing our masks after the 19th July



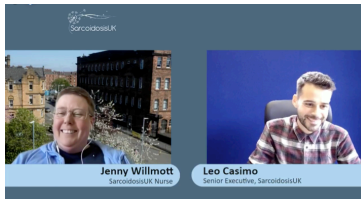
We're Still Wearing Our Masks

Now that most of the COVID-19 restrictions have been lifted, there are some mixed feelings amongst sarcoidosis patients and other immunosuppressed groups with regards to how they can keep themselves safe.

Though a return to normality is needed by many after such a turbulent year and a half, SarcoidosisUK recognises that those in the clinically extremely vulnerable group may not have the same level of protection from the vaccine as others. The team at SarcoidosisUK will therefore be continuing to wear face masks on public transport, in hospitals, GP surgeries, chemists and supermarkets so that those who remain extremely vulnerable to COVID-19 can get to their health appointments and access their medicines safely.

We urge others to do the same and act with caution, and to bear in mind that the person standing next to you might not have the same level of protection as yourself.

[Visit Our COVID-19 Webpage](#)

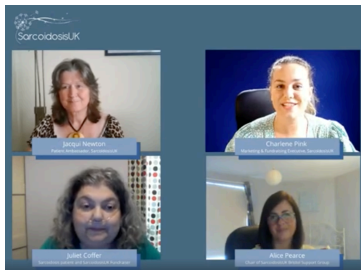


PIP Q&A Video

On the 1st July, we hosted a Q&A session, where SarcoidosisUK Nurse Jenny answered questions about PIP that had been sent in by sarcoidosis patients. PIP is a payment which can help you with some of the extra costs if you have a long term physical or mental health condition or disability.

To watch the PIP Q&A, click the button below and for more information on financial support, visit our [website](#).

Watch the PIP Q&A



COVID-19 Restrictions Discussion Video

On Monday 19th July, we hosted a live discussion video about the lifting of COVID-19 restrictions and the ways in which those who are still vulnerable to the virus may be affected. We were joined by SarcoidosisUK fundraiser Juliet Coffey, Patient Ambassador Jacqui Newton and SarcoidosisUK Facebook Moderator Alice Pearce, who shared their views on what the lifting of restrictions could mean for sarcoidosis patients. Click the button below to watch our discussion.

Watch the Discussion Video



Our Leeds Support Group is Looking for a New Organiser

We are looking for a volunteer Support Group Organiser for our fantastic SarcoidosisUK Leeds Group. The role of Support Group Organiser is extremely rewarding and is an opportunity to make a real difference in the lives of sarcoidosis patients in your area.

Could you volunteer as the Leeds Support Group Organiser?

- Are you based in Leeds?
- Do you have personal experience of sarcoidosis?
- Do you have the skills necessary to run a support group?
- Can you give a few hours a month to help local people with sarcoidosis?

There are a range of tasks to be done, for example, organising group meetings and leading discussions but don't worry, you won't be alone! We will be there to help every step of the way. If you are interested becoming the support group organiser for the Leeds support group, please send an email to leo@sarcoidosisuk.org who will let you know more about the role.

Find Out More About Our Support Groups

SarcoidosisUK and Bromley FC

SarcoidosisUK are delighted to be included on Bromley FC's new kit for 2021/22! Having visibility like this makes



a huge difference in raising awareness of sarcoidosis, and we are extremely grateful to Bromley FC for their continued support in our partnership. You can take a look at the kit by clicking the button below.

[See the New Bromley Kit](#)



Run the Brighton Marathon for SarcoidosisUK

Register for the Brighton Marathon and raise funds for SarcoidosisUK! Over 12,000 runners will take part in the marathon on Sunday 12 September 2021, enjoying a course that starts in Preston Park at 9.45am, snakes its way through the city centre, along the glorious seafront and finishes at the iconic Madeira Drive in front of cheering spectators.

This is the second-largest marathon in the UK and eighth-largest in Europe, so one not to be missed! If you'd like to take part, be sure to register [here](#) before Wednesday 4th September.

If you'd like to take a look at our other events, click [here](#).

[Register for the Brighton Marathon](#)



Neurosarcoidosis Patient Day 2021

Last month, we hosted our annual Neurosarcoidosis Patient Day. This was a free virtual event, created specifically for sarcoidosis patients. The event provided patients with quality information about neurosarcoidosis, and included engaging talks from Professor John Brewer and neurosarcoidosis expert Dr Desmond Kidd.

If you missed any of the talks, or would like to watch them again, the recordings and transcripts for each session are now available to view on our website.

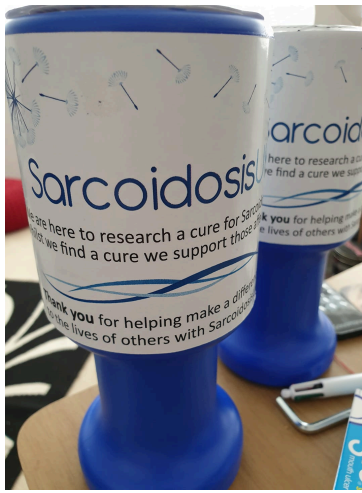
[Watch the Patient Day Recordings](#)



Help make a difference with Charitable Travel

When you book your holiday with Charitable Travel, you can choose to make a donation to SarcoidosisUK at no extra cost! Charitable Travel is a registered social enterprise and a financially protected travel agency. Their purpose and mission is to help you with your holiday plans and at the same time support the great work that UK-based charities deliver around the world. When you book a holiday or cruise with Charitable Travel, they sacrifice travel agency commission so you can make a free 5% donation to your choice of registered charity! Click the button below to find out more.

[Find Out More About Charitable Travel](#)



Support SarcoidosisUK

Please consider [donating](#) or [becoming a member](#) 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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