



July Newsletter



Coming up this August

This August we're shining a light on ways to Live Well with Sarcoidosis. From taking care of your physical and mental health to understanding the importance of nutrition, there are several things sarcoidosis patients may be able to do to help improve their quality of life. We'll be sharing information across all these areas throughout the month, plus hosting a dedicated nutrition Q&A with Dr Lesley-Anne Kerr. Click below to take a look at our Living Well with Sarcoidosis page!

[Find out More](#)



Sign up for the Virtual London Marathon 2022

Be part of the world's biggest marathon on Sunday 2 October – and earn the coveted finisher's medal and souvenir New Balance T-shirt – by entering the virtual 2022 TCS London Marathon today! The virtual TCS London Marathon gives you the freedom to take on 26.2 miles your way, on the route of your choice, at any time from 00:00 to 23:59:59 BST on Sunday 2 October 2022 – the same day as the mass event in London. You can do it with friends or on your own, from home or away, in stages or all at once – it's up to you! SarcoidosisUK have still got some virtual spaces up for grabs, so if you would like to take part in this incredible event and raise vital funds to help those affected by sarcoidosis, get in touch today by emailing charlene@sarcoidosisuk.org.



New Support Groups!

We are hoping to set up new SarcoidosisUK Support Groups in Leicester and Somerset!

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

If you would like to be added to the mailing list for either of the new Sarcoidosis Support Groups, please email

We are very excited about these new support groups, and hope to get as many people joining as possible! Please do get in with any questions or comments about this, or indeed anything else SarcoidosisUK or sarcoidosis related.

Click below for more information about SarcoidosisUK Support Groups.

[SarcoidosisUK Support Groups](#)



Register for the London Landmarks Half Marathon 2023

Get ready for next year and sign up for this exciting event! The London Landmarks Half Marathon is a closed road, central London run and is the only half marathon to go through both the City of London and City of Westminster. The event is not your average half marathon! From cultural landmarks and heritage to the city's quirky and hidden secrets, runners get to explore the capital on a route like no other! Click below to register for your place and raise funds for SarcoidosisUK.

[Register for this Event](#)

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. Everyone is welcome - so come along and join us!

- 31st July 1pm – Burton Group Meeting
- 9th August 7pm – London Group Meeting
- 16th August 7.30pm – Bristol Group Meeting

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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