



June Newsletter



Volunteers' Week

Volunteers Week was 3rd - 9th of June and we wanted to give our heartfelt thanks to everyone who supports us!

Whether you officially volunteer with us, fundraise for us, spend time sharing your experiences and knowledge with others (and us!), or interact with us, we are so grateful! We couldn't have the wonderful sarcoidosis community and support system without all of you. Together we're making a difference in the lives of those affected by sarcoidosis.

Thank you!

Throughout the week we shared quotes from a few of our volunteers. Click the button below to read all of the quotes we collected from volunteers.

[Read the Volunteers Quotes Here](#)



Small Charity Week

The week of the 24th - 28th June is Small Charity Week!

Small Charity Week is a way to celebrate the amazing work that small charities do. We took the opportunity to hear the SarcoidosisUK office team's experience of working for a small charity.

"Smaller charities are the backbone of much of our society, with dedicated teams delivering essential services to their beneficiaries. Without charities such as SarcoidosisUK, patients and their families would not have access to vital information and support." - Graham, Senior Executive

"Every volunteer, donor and fundraiser has a HUGE impact. There is no such thing as a small

donation for a small charity as every hour volunteered or penny given makes such a big difference to the work we can do." - Eva, Marketing and Fundraising Executive

"I love being around so many kind and dedicated people, from our wonderful nurses to our support group leaders to the members of the Facebook groups. Everyone gives so much to make sure that others affected by sarcoidosis don't feel isolated and confused. It is such an amazing thing to be a part of." - Mary, Junior Executive

Meet the Office Team

Information Spotlight

Leaflets

We know that sarcoidosis patients often feel confused and isolated by their condition. Our patient information leaflets are a fantastic resource to help educate anyone affected by sarcoidosis.

We believe in high quality, detailed information, which is why we partnered with various sarcoidosis specialists to create our information leaflets.

Over the past few months we have been working with King's College Hospital to update our existing leaflets, as well as releasing three brand new ones!



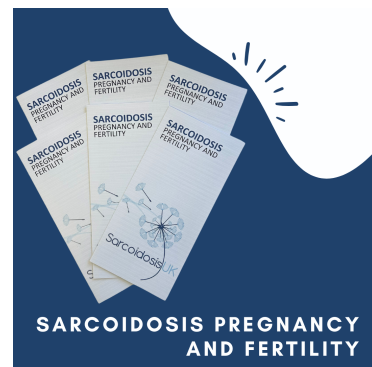
The endocrine system leaflet covers topics including:

- Calcium and Vitamin D
- Hypothalamic-Pituitary Involvement
- Thyroid Gland Involvement
- Adrenal Gland Involvement
- Pancreas Involvement



The medication leaflet covers topics including:

- Treatment options for sarcoidosis
- Corticosteroids
- Immunosuppressants
- Anti-TNF therapy



The pregnancy and fertility leaflet covers topics including:

- Fertility and Medications
- Preconception Planning
- Pregnancy and Medications
- Pregnancy
- Breastfeeding

Updated Leaflets!



Leaflet Updates

We have updated our 'Sarcoidosis and the Lungs' and our 'Who We Are' leaflets!

All of our information leaflets are free to access to ensure sarcoidosis patients, their family and friends, and medical professionals have access to accurate and up-to-date sarcoidosis information.

Keep an eye on our social media for more updated leaflets, and click the button below if you would like to order any of our leaflets!

Patient Information Leaflets

Thank you to our amazing fundraisers!

SarcoidosisUK would like to say a huge thank you to all of our amazing June fundraisers, including:

- Stephanie, her family, and her amazing local community held their annual Coffee and Cake event for the 9th year running;
- Jackie and her family who challenged themselves to the Victoria Park Run in memory of a loved one;
- Jack who braved the mud during a Tough Mudder Event in support of his wife;
- Gallagher Construction Team who took on the Three Peaks Challenge in support of us and the British Heart Foundation!

As a small charity, fundraisers make such a big difference to the work we're able to do. Thank you! We'd also like to wish good luck to our Sheffield Support Group Organiser Jean, who is hosting a Rock Concert tomorrow and Sam who is running 7 Marathons in 7 Days starting on the 1st July!

If their fundraising has inspired you to embark on your fundraising journey, please don't hesitate to reach out to Eva at eva@sarcoidosisuk.org for fundraising support or check out our fundraising page below for inspiration - we can't wait to hear from you!

Start Your Fundraising Journey Today!





Find a New Talent with Ultra Events!

Ultra Events have a variety of free and exciting courses you can take whilst supporting SarcoidosisUK! Discover your talents for Boxing, MMA, or why not try your hand at stand-up comedy?!

Jack Marriot Recently took on the UWCB Barnsley in support of his Dad. Here's how he got on!

“Stepping out of my comfort zone, I decided to support Sarcoidosis UK, a cause close to my heart because my dad has battled this relentless disease since 2018. Over the years, he faced multiple cancer scares. Each time, doctors were 99% sure it was cancer, but it turned out to be sarcoidosis—an incurable and not well-known condition. The funds raised will go towards crucial research, with the hope of finding new treatments that could make a difference for my dad and others facing this challenging illness.

Taking on this fight was an exhilarating journey. Boxing, something I never thought I'd do, has now become a passion. This experience was the most incredible of my life—thrilling and profoundly rewarding. Surprisingly, instead of feeling nervous as I waited to walk out, I felt an overwhelming readiness to give it my all. The adrenaline, the crowd, the energy—it was all amazing. I would absolutely do it again in a heartbeat.”

Have you been inspired by Jack? Click the link below to (hopefully!) discover a new passion whilst supporting those affected by sarcoidosis.

[Find Out More](#)



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.

SarcoidosisUK Upcoming Support Group Meetings

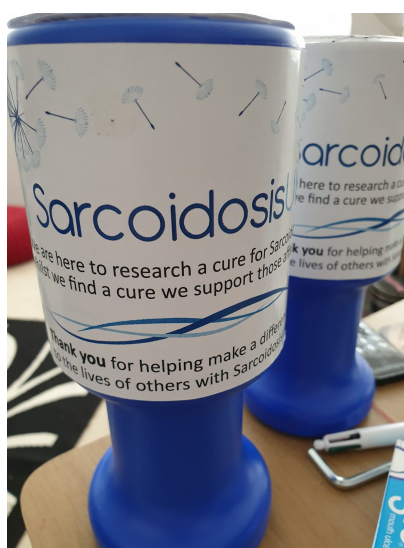


Upcoming Support Group Meetings

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!

- North West Group Meeting - 8th July 6:00pm (Virtual)
- East Anglia Group Meeting - 13th July 1pm (In-person)
- Scotland (Glasgow) Group Meeting - 16th July 6pm (In-person)
- Bristol Group Meeting - 16th July 7:30pm (Virtual)
- Sheffield Group Meeting - 20th July 10:30am (In-person)

Find out more about our Support Groups



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



SarcoidosisUK

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SarcoidosisUK is a registered charity
Charity Number 1063986

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