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March Newsletter



**Royal Brompton and
Harefield hospitals**

Sarcoidosis Patient Day Thursday 1st April

Patient-centric talks from specialists to include:

- Causes of sarcoidosis
- Diagnostic guidelines in sarcoidosis
- Principles of management of sarcoidosis
- New and old therapies for sarcoidosis
 - Cardiac sarcoidosis
- Quality of life impairment in sarcoidosis
 - COVID-19 and sarcoidosis
- Current research aims and future research goals

Royal Brompton Hospital and SarcoidosisUK Patient Day

Have you registered for the [Royal Brompton and SarcoidosisUK Sarcoidosis Patient Day](#)? This is a free virtual event, created specifically for sarcoidosis patients, where you will hear patient-centred talks from leading specialists.

Once you have registered, please complete our [Pre-Event Survey](#) where you can submit questions for each of the talks. Due to the number of patients attending, questions must be submitted before the event.

[Find Out More and Register](#)



Henry Sheldford
Trustee Chairperson, SarcoidosisUK

Dr Robina Coker
Consultant in Respiratory Medicine

Vaccines Q&A with Dr Robina Coker

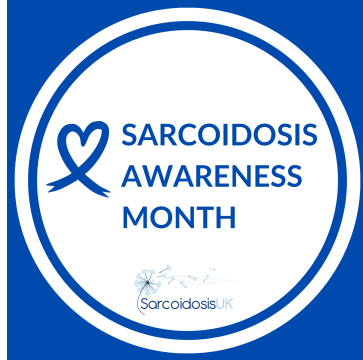
On the 9th March, SarcoidosisUK Chairperson Henry Sheldford hosted a live Q&A about the COVID-19 vaccines with [Clinical Board member](#) Dr Robina Coker, Respiratory Consultant at Hammersmith Hospital.

This is our eleventh coronavirus Q&A video and it answers important questions put to us by sarcoidosis patients about the COVID-19 vaccines. You can find all of our coronavirus information for sarcoidosis patients on our [website](#), including FAQs and previous Q&A videos.

[Watch the Vaccines Q&A](#)

April is National Sarcoidosis Awareness Month!

Our work is always important, but April is when we really get to shout about it! We've come a long way in raising awareness of sarcoidosis, but we know that there's still a lot of work to be done. That's why this month we're



going all out to raise awareness and make sure that people affected by sarcoidosis know we are here to help!

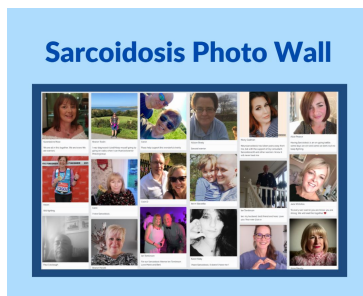
[Read More About Sarcoidosis Awareness Month](#)



Walk 100 Miles this April for Sarcoidosis Awareness Month!

With the warmer weather slowly approaching, April is the perfect month to get outdoors and enjoy a daily walk. Not only does walking have a load of health benefits for sarcoidosis patients, but it's also a great way to de-stress and refresh your mind! By challenging yourself to our [Warrior Walk](#), you can help us take the next step towards funding world-leading sarcoidosis research and providing vital support to those living with the disease.

[Get Involved](#)



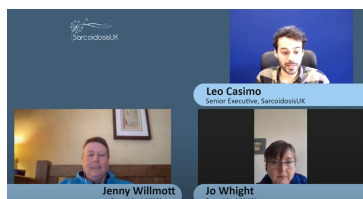
UPLOAD YOUR PHOTO!



Sarcoidosis Warrior Photo Wall

In honor of Sarcoidosis Awareness Month this April, we've launched the SarcoidosisUK photo wall to serve as a reminder that you are not alone, and celebrate the sarcoidosis community that stands strong as warriors, together. We're asking you to share a photo of yourself or someone you know that has been affected by sarcoidosis. Whether it's a selfie, a picture with your loved ones or a silly snapshot that makes you smile, we want to get as many people as possible from the sarcoidosis community to upload their picture. Be part of the Sarcoidosis Warrior Wall and upload your photo [here](#).

[Upload Your Photo](#)



Vitamin D Q&A with the SarcoidosisUK Nurses

On the 12th March, SarcoidosisUK Senior Executive Leo Casimo hosted a live Q&A with our Helpline Nurses, Jo and Jenny who answered questions about vitamin D and sarcoidosis that had been sent in by patients.

You can watch the Q&A and find out more about vitamin D and Sarcoidosis on our [Vitamin D and Calcium](#) webpage.

[Watch the Q&A](#)

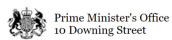
In Memory of Davina May

In memory of Davina May



On 23rd August 2020, Davina May sadly passed away surrounded by her family in Addenbrookes Hospital in Cambridge after suffering a 3 week battle with Acute Myeloid Leukemia. Having been diagnosed with pulmonary sarcoidosis in 2014, the disease was an underlying contributory factor in her death, and the debilitating nature of the disease for her had meant a gradual withdrawal from normal day to day activities. Her sister has set up a [JustGiving](#) page in her memory to raise funds for SarcoidosisUK and raise awareness - if you can, please donate

[Donate to Davina's JustGiving Page](#)



Henry Shelford, Trustee Chairperson for SarcoidosisUK, receives Points of Light award



Henry Shelford Receives Points of Light Award

Run by the Prime Minister's office, the daily Points of Light award recognises outstanding individual volunteers - people who are making a change in their community.

On the 9th March Henry Shelford, Trustee Chairperson of SarcoidosisUK, received the award in recognition of his work as a campaigner for people with sarcoidosis and the incredible difference he's helped to make as part of SarcoidosisUK.

"There have been so many dark days for all of us throughout this pandemic. So to be given an award that says you've provided some light in that dark is both delightful and humbling. I am truly thrilled and honoured to be given a Points of Light award. Thank you. I would not be able to have done a fraction of what I have without the wonderful people around me. A big thank you to them too."

- Henry Shelford, Trustee Chairperson of SarcoidosisUK

[Read the Full Story](#)

SarcoidosisUK Virtual Bake-Off

Help us spread the word about sarcoidosis with our virtual bake-off! Since we won't be able to taste your home-baked goods, we're asking you to submit a picture instead (so stand-out presentation is the recipe for success!). What you decide to bake is completely up to you - cookies, cakes, muffins, cupcakes, we want to see them all! We'll be choosing the best entry and the lucky winner will receive a £20 voucher to spend in our SarcoidosisUK store.

[Find Out More and Submit Your Entry](#)



SarcoidosisUK Bake Off!

Sarcoidosis and Coronavirus Survey Part 2

There is still time to complete our new [Sarcoidosis and Coronavirus Survey](#). In this survey we are collecting information about how the pandemic is currently affecting sarcoidosis patients. This includes their experience of shielding, vaccinations and the most recent national lockdown. We will use this information to

**Have you filled in our new
Sarcoidosis and Coronavirus
Survey?**

We need your input to understand how
lockdown, shielding and vaccines are
affecting sarcoidosis patients.

Take Part Now!



represent sarcoidosis patients and contribute to a
greater understanding of how they are affected by
coronavirus. Please complete our survey today so that
we can continue to make sure that the voices of
sarcoidosis patients are heard.

[Complete the Survey](#)



**New Products
Out Now!**



**New SarcoidosisUK Products Available
Now!**

We've got brand new t-shirt and bag designs, along with
new hoodie colours to choose from! 100% of proceeds
from the SarcoidosisUK Store go towards research, so
you'll be helping to make a difference and raise
awareness with your purchase. Click [here](#) to shop now!

[Visit the SarcoidosisUK Store](#)

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