



March Newsletter



Next Month is Sarcoidosis Awareness Month!

April is National Sarcoidosis Awareness Month and SarcoidosisUK are going all out to raise awareness and make sure that people affected by sarcoidosis know they are not alone.

The activity will kick off with a Twitter Takeover on the Genetic Alliance UK twitter page on 1st April. This will see SarcoidosisUK occupy a 1-hour slot to share helpful information and resources to the 15k Genetic Alliance UK followers. On our own social media channels, we will be sharing patient stories, video interviews and awareness resources that our supporters can re-share to spread the word.

There are also lots of exciting events and challenges for you to get involved with. You can find out more and sign up for some of them below. Remember to keep an eye on our social media pages too to keep up with any new announcements!



Sarcoidosis Patient Day

On 28th April at 10.00am BST, SarcoidosisUK and The Royal Brompton & Harefield Hospitals will be hosting a virtual Sarcoidosis Patient Day. This event will follow in the footsteps of last year's Patient Day which was a huge success. We'll be hearing from a variety of specialists on a range of topics, with 8 different sessions throughout the day:

- Recently Published Clinical Practice Guidelines
- Advanced Pulmonary Sarcoidosis
- Cardiac Sarcoidosis
- Neurosarcoidosis
- Sarcoidosis with Prominent Systemic Disease Features
- International Clinicians' and Patients' Experience
- Multi-Disciplinary Meeting
- Research Strategy

You can register for your free ticket by clicking the button below! Once you've registered for the event we will be in contact nearer the time with more information,

details of the speakers and programme, alongside the link to join on the day. We look forward to having you join us on 28th April!

[Register for the Sarcoidosis Patient Day](#)

**Sign up to walk
10,000 steps a day
in April!**

**SARCOIDOSIS
AWARENESS
MONTH**

Sign up to our 2022 Warrior Walk

This year our Warrior Walk is BACK, and even bigger and better than last year. We're challenging you to walk 10,000 steps every day in April to raise awareness and funds for those affected by sarcoidosis. From the vital information provided on our website, through to the reassuring voices on the end of our SarcoidosisUK Nurse Helpline – our services are helping more sarcoidosis patients than ever before. We're honoured to be the lifeline for so many people affected by sarcoidosis, but we can only continue to reach those who need our help thanks to the dedication and generosity of our supporters. That's where you can help make a difference this Sarcoidosis Awareness Month. You can get your 10,000 steps a day however you choose, from ditching the car for a springtime stroll to dancing around the house. There are endless ways to add some extra steps into your day, all the while supporting a vital cause. Click the button below to sign up!

[Sign up to the Warrior Walk](#)

**BUILD
YOUR
OWN
MARATHON**



Build Your Own Marathon Challenge

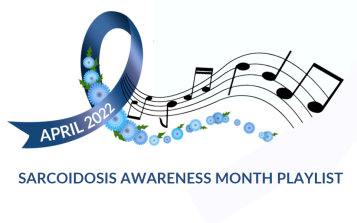
If our Warrior Walk isn't right for you, why not take on your own challenge - whatever that may look like! You get to decide what a marathon looks like for you, and do it your way. Last year in our Awareness Month Juliet Coffey showed us that with a bit of determination, anyone can take on their own challenge. For her, this was walking an extra 3000 meters in 30 days, all while connected to her oxygen tank.

The idea is to choose a 'marathon' that will suit you! Are you a chatterbox? Why not complete a sponsored silence for a day. Are you creative? Why not make something and get sponsored to work on it each day in April? Want to do a walking challenge but not sure that 10,000 steps a day is manageable? Set a smaller target that you can meet! Whatever challenge you choose to take on, you'll be helping to make a huge impact for the lives of people affected by sarcoidosis. Click the button below to Build Your Own Marathon!

[Sign up to our Build Your Own Marathon Challenge](#)

Add your Song to our Spotify Playlist Fundraiser

This Sarcoidosis Awareness Month, we're creating a playlist dedicated to all those that are affected by sarcoidosis. If you would like to add a song that has helped you through a difficult time, put a smile on your face or reminds you of someone that has sarcoidosis, all you have to do is make a donation! Our aim is to create



a unique playlist that can be shared by the whole sarcoidosis community, and help raise vital funds at the same time. To get involved, add your song by clicking the button below, and ask friends and family to do the same!

[Add your song to the Sarcoidosis Awareness Month Playlist](#)



Email your MP to ask for Free Testing for People at Highest Risk from COVID-19

UK Government figures show 1.3 million people are at highest risk of severe illness from #Covid19, including people with sarcoidosis. But from 1 April, families, friends and carers in England run the risk of exposing loved ones to infection. Unless they can pay for tests. This isn't right.

SarcoidosisUK are supporting a campaign launched by MS Society, Blood Cancer UK and Kidney Care UK calling on the UK Government to continue to make free testing available to people who are eligible for #Covid19 treatments, their households and personal contacts.

No one should be put at risk because they cannot afford a test. Protection from #Covid19 should be a right, not a privilege. Click the button below to email your MP to ask to continue free testing for people at highest risk, and the people closest to them.

[Take Action Here](#)

Safe At Work - Updated letter to employers



Safe at Work Campaign Updates

The #SafeAtWork letter for England - published by KidneyCareUK and supported by SarcoidosisUK - has been updated to highlight that although restrictions are coming to an end, the government have recommended that people at highest risk "Work from home if this feels right for you – if you cannot work from home, speak to your employer about what 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 and we therefore urge employers to continue to do all they can to support requests to work from home from your employees at highest risk from Covid.

If you are immunosuppressed and want to share this letter with your employer whilst you have discussions about your working arrangements, you can access the letter by clicking the button below.

[Download #SafeAtWork the Letter](#)

Brain Awareness Week



Along with our partners at the Neurological Alliance of Scotland, SarcoidosisUK got involved with Brain Awareness Week by raising awareness of neurosarcoidosis. From the 14th-20th March we hosted a Neurosarcoidosis Takeover on our socials, sharing helpful resources and information. We also shed some light on some of the things that people with a neurological condition wish others knew. You can take a look back at all of the content over on our Instagram highlights!

[Check out our Neurosarcoidosis Takeover](#)



Make a donation to SarcoidosisUK in March to be in with the chance of winning a FREE AncestryDNA® kit!



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.

If you make a donation to SarcoidosisUK by the end of March 2022, you will be entered into a prize draw to win a FREE AncestryDNA® kit, which can estimate your origins to more than 1,500 regions around the world! The winner will also receive a FREE 1-year World Explorer Membership to Ancestry®.

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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