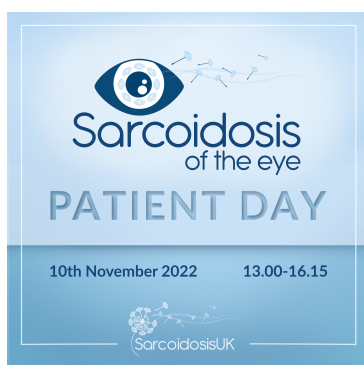




October Newsletter



Sarcoidosis of the Eye Patient Day

Registrations for our Sarcoidosis of the Eye Patient Day are now open!

Taking place on the 10th November 2022, this will be our third patient day of the year and our first ever event dedicated to sarcoidosis of the eye.

We'll be welcoming 4 specialists to speak on different topics to do with sarcoidosis of the eye between 1pm-4.15pm.

Once you've registered for the event you will receive a confirmation email that includes the link to join on the day. We look forward to seeing you there!

This patient event is free to attend, however if you would like to [make a donation to SarcoidosisUK](#) it would be extremely appreciated. SarcoidosisUK does not receive government funding, so each donation makes a difference - without it, we could not hold patient days, provide support & information to patients or invest in vital research. We are extremely grateful to anyone who can support us in this way and thank you in advance for your generosity.

Click the link below to register now!

[Register and Find Out More](#)



Thank you Team Lithgow!

A massive thank you to the Lithgow family - Jack, Harry, Murray, Mum Lisa and Dad J - who have been fundraising by skipping 100 jumps each day in October! This has been in support of their much-loved Grandad/Dad/Father-in-law who has sadly been told his pulmonary sarcoidosis is terminal. The family want to raise as much awareness as possible and fund research into sarcoidosis to support others.

Due to their determination, they have each skipped 3100 jumps and raised an amazing £1529!

[Support Team Lithgow](#)



Our October Fundraising Superstars!

SarcoidosisUK would like to say a HUGE thank you to our October fundraisers and everyone who donated this month. You can read about this month's amazing fundraisers by clicking the button below.

Keep an eye out on our socials for an announcement tomorrow about our BRAND NEW Christmas fundraiser!

If you've been inspired to do a fundraiser of your own, get in touch with brogan@sarcoidosisuk.org for fundraising support – we can't wait to hear from you!

[Read About our October Fundraisers](#)

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. Anyone affected by sarcoidosis is welcome - so come along and join us!

- 31st October 7pm – Lancashire Group Meeting
- 8th November 7pm – London Group Meeting
- 15th November 7.30pm – Bristol Group Meeting
- 21st November 4.30pm – Leicestershire Group Meeting

[Find Out More About SarcoidosisUK Support Groups](#)



World Mental Health Day

The 10th of October 2022 was World Mental Health Day.

Our physical and mental health are inseparably linked. People who live with a chronic physical conditions such as sarcoidosis are also likely to experience mental health problems. From anxiety and confusion around a new diagnosis to living with pain, fatigue and other chronic symptoms, there are many reasons why those affected by sarcoidosis may experience a change in their mental health.

If you're concerned about your mental health, please don't hesitate to seek advice. SarcoidosisUK have a range of support resources available to help patients who may be struggling - visit our webpage on Mental Health via the button below for more information.

[Sarcoidosis and Mental Health](#)

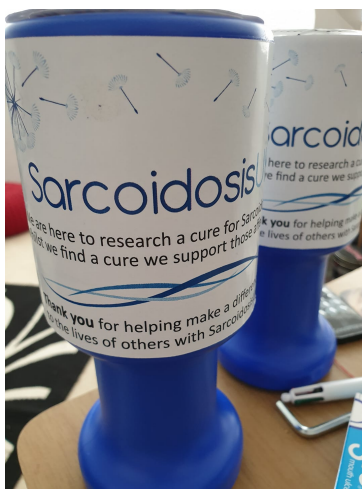
SarcoidosisUK are Hiring!

We are looking for a Junior Executive to join our team and help us develop and expand our services.



Click the link below find out more and to apply!

Join the SarcoidosisUK Team!



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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www.sarcoidosisuk.org



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