



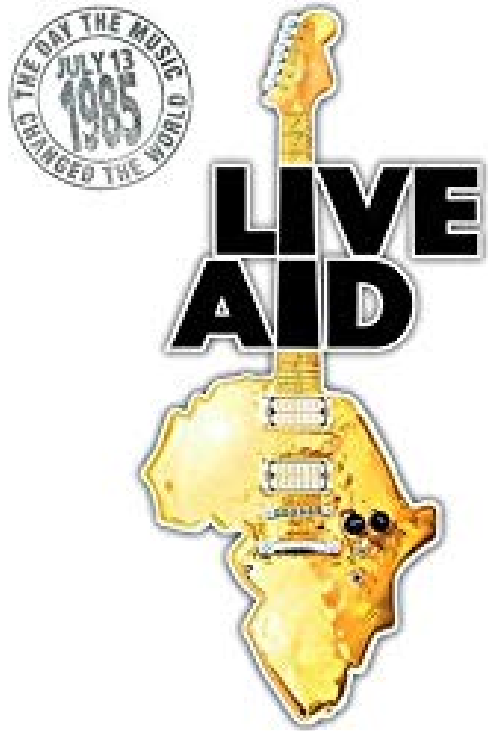
Fundraising: Changing the world



Helen North
Director of Fundraising &
Business Development



So does fundraising really change the world?



Between 2000 and 2015 **malaria death rates** have **more than halved** worldwide.



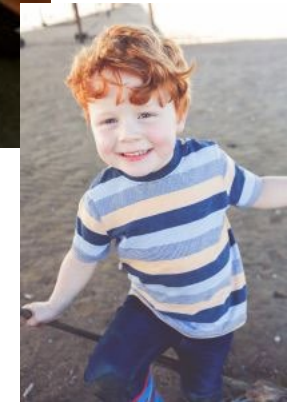


“My mum spent her last weeks at the Hospice and I know how much comfort these mattresses provided for her.

I’ll never forget the care and attention my mum received from you all.”



1,400+



“We were massively helped when we received the Young Champion’s pack from Coeliac UK. It was a full pack with lots of activities. School embraced it – they did some of the activities with the class, giving everyone stickers. Tobias came home, so proud that day, I couldn’t help smile. I was a little worried that it would ostracise him but as we were soon to find out, it did the opposite.

“We were massively helped when we received the Young Champion’s pack from Coeliac UK. It was a full pack with lots of activities. School embraced it – they did some of the activities with the class, giving everyone stickers. Tobias came home, so proud that day, I couldn’t help smile. I was a little worried that it would ostracise him but as we were soon to find out, it did the opposite.

“Our next big challenge was when we got that first party invite from school, since diagnosis, with parents whom we did not know. We accepted the invitation and I sent a message explaining that Tobias had CD but we would provide our own food.

“We were massively helped when we received the Young Champion’s pack from Coeliac UK. It was a full pack with lots of activities. School embraced it – they did some of the activities with the class, giving everyone stickers. Tobias came home, so proud that day, I couldn’t help smile. I was a little worried that it would ostracise him but as we were soon to find out, it did the opposite.

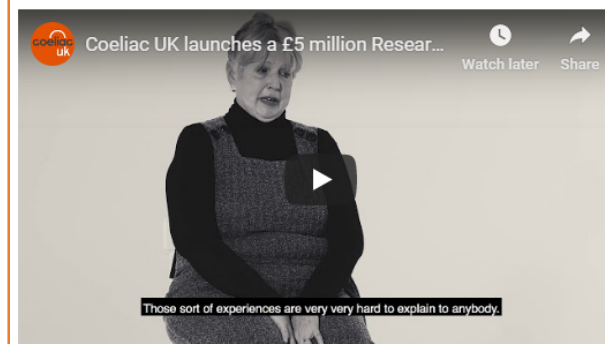
“Our next big challenge was when we got that first party invite from school, since diagnosis, with parents whom we did not know. We accepted the invitation and I sent a message explaining that Tobias had CD but we would provide our own food.

“The family was fantastic and she made sure the venue provided GF food and when Tobias went to the party, all his friends and even the birthday boy’s older brothers rallied round, finding out which foods were safe for Tobias and which he should avoid, making sure he stayed safe. Our hearts melted and we realised how lucky we have been but also what a great tool we were provided with.”



Why research is needed now

For the 1 in 100 people affected by coeliac disease, it can be hard to appreciate the impact coeliac disease can have on their lives.



For many, coeliac disease can mean years of suffering before eventual diagnosis. For others, it can be ongoing health impacts long after diagnosis, whether due to neurological conditions or related autoimmune conditions. And for those diagnosed with refractory coeliac disease type II, they are at an increased risk of certain types of gut cancer.

Sadly, little has changed since the discovery of the link between coeliac disease and gluten over 60 years ago. Today, sticking to a gluten free diet is still the only treatment – but it doesn't work for everyone. And as more disturbing new aspects of the disease emerge, it's becoming critical to find answers through research.

We need to do something. Find a more permanent solution to a growing problem. But without research and understanding, the real problem – coeliac disease – isn't going away anytime soon.

£5 million could be life changing

£5 million would allow us to focus on the [priorities](#) that our community and healthcare professionals believe give us the best chance of developing life changing solutions for those living with coeliac disease.

- **Uncovering a disease hiding in plain sight**

Right now, half a million people (70%) are suffering with a serious autoimmune condition that is hiding in plain sight: coeliac disease. And the waiting can cause irreversible damage - osteoporosis, neurological problems, even bowel cancer.

But there's a clear treatment that could transform their health and their lives if only they have the diagnosis.

Support us today to find the hidden 70%.

- **Defeating coeliac disease**

Right now there is no cure for coeliac disease. But with potential damage including osteoporosis, neurological damage and even bowel cancer, coeliac disease is an autoimmune disease that is too serious to ignore.

Coeliac UK has a long term commitment to research, striving to defeat this disease.

With your help we can find a breakthrough.

- **No one alone with coeliac disease**

Coeliac disease is always with you and it can affect all aspects of your life – your health, your social life, your future. Coeliac disease can create isolation, separation, difference.

We support thousands of people every day so no one has to face this disease alone.

Support us today so we can help someone like Angie.



“I couldn’t see how I would ever have a normal life again. I felt totally overwhelmed and isolated. I didn’t know anyone else with coeliac disease, and I felt utterly alone.

And then I found Coeliac UK. I went to a local support group event. That was my first glimpse of a new life that could not only be liveable but could in some ways be better.

Eventually I ended up running the London South Group with other brilliant volunteers because I wanted to continue with something that had been so important for me.

But most importantly I wanted to let those newly diagnosed know that from the point you start being gluten free you are taking control of your health....and that is really empowering.”



coeliac uk
live well gluten free

Autumn Raffle 2019

TICKET VALUE £1 00000000

1ST PRIZE £10,000
2ND PRIZE £1,000
3RD PRIZE £500

PLUS 10 runner up prizes of £50
Closing date: 25 October 2019
Draw date: 1 November 2019

Win £10,000! Great cash prizes to be won

gluten free LOTTERY

Supporting coeliac uk

coeliac uk
live well gluten free



Your charity newsletter

CROSSED GRAIN

August 2019 Issue 116

coeliac uk live well gluten free



ASKING IS IT COELIAC DISEASE? TOGETHER

Awareness Week, 'Is it coeliac disease?' was an opportunity to come together and make a difference, and you were fantastic.

Our community pulled together from 13 - 19 May and held events, handed out leaflets, put up posters and talked to people about coeliac disease and the gluten free diet. So many of you really got behind the campaign to share your stories, told people about getting diagnosed and helped us to get more people to our 'Is it coeliac disease?' online assessment to see if their symptoms might be undiagnosed coeliac disease.

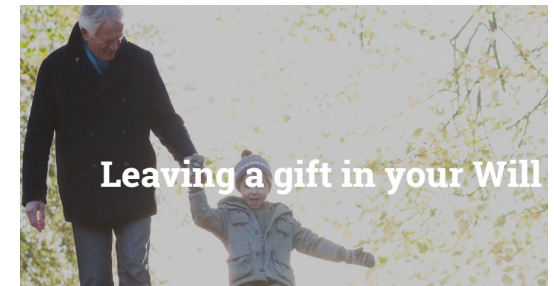
Our local groups joined in too. There were events including information stands in hospitals and supermarkets as well as gluten free tasting opportunities and cake sales, walks and a pub quiz too! Preston and East Lancs local groups hosted a busy

gluten free food fair to bring together people from around the north west of England. Dundee University produced a dedicated coeliac disease comic using real life case studies who are living with coeliac disease.

Reaching more people online was a key aim of the campaign and our animated video about diagnosis of coeliac disease was watched by over 10,000 people. We also told the media about coeliac disease. Thank you to all the brilliant members of our community who told their story to help raise awareness - we've seen nearly 600 media pieces so far!

A huge thank you to everyone who took part in events during the week. Together more people now know about coeliac disease which is a positive step in finding the half a million people who have the condition but are yet to be diagnosed.

Look inside for local group events, community updates and opportunities, and your chance to be a hero



TESCO



coeliacuk
live well **gluten free**



ASDA

**co
op**

Sainsbury's



Is it coeliac disease? Finding the missing 70%

Around half a million people in the UK don't know they have coeliac disease. 70% of people remain undiagnosed.

Every year, the Birmingham Coeliac UK local group work hard to raise awareness of coeliac disease and find the 7,000 people in Birmingham who are putting themselves at risk of significant health issues, including osteoporosis, anaemia, even bowel cancer.

We visit GP surgeries, run events, set-up stands and talk to as many local people as we can so that their life and their health can be improved. And once diagnosed, we can support them to make the changes they need.



No-one alone with coeliac disease

When you get a diagnosis of coeliac disease it can be isolating and overwhelming, separating you from your normal social life.

Understanding the gluten free diet, knowing what you can and can't have, where you can eat and how to live your life are all key to overcoming this isolation and helping people to live with this serious auto-immune condition.

"I felt totally overwhelmed and isolated. I didn't know anyone else with coeliac disease, and I felt utterly alone. And then I found the Coeliac UK local group"

The Birmingham Coeliac UK local group welcomes and supports people in our area who are newly diagnosed with coeliac disease. Each year we support around xxx newly diagnosed people and their families and friends, helping them to live well gluten free.



Defeating coeliac disease – one day at a time

Coeliac disease is a serious auto-immune condition that if left untreated can lead to significant health issues, including anaemia, osteoporosis and even bowel cancer.

Every day, the Birmingham Coeliac UK local group aims to raise awareness and understanding of the symptoms of this disease. With 70% of people in the our area still undiagnosed there is still a long way to go.

This year we have pledged to raise £1000 this year to fund vital research into the causes, diagnosis and treatment of this life-long condition.



Fundraising changes the world!

- Let's find the undiagnosed 70% to transform their health and their lives
- No-one is alone with coeliac disease – our community is amazing
- Defeating coeliac disease – together we can find a breakthrough