



Quarterly Newsletter... January 2016

We would like to wish you all a Happy New Year and welcome to our new quarterly newsletter where we can update you on news, articles and highlights of the last 3 months.

October 2015 was a busy month for the CRPS UK team finalising and finishing off everything in preparation for conference in November. Lots of behind the scenes stuff which took up a lot of our time and energy!!

November 2015 was even busier for CRPS UK as we held the 12 hour cyclothon at Bath University, held our first conference at the Hilton Hotel in Bath, started our new daily article slots on Twitter and Facebook, rejuvenated our Positive Wednesday and organised Community Matters with Waitrose in Swindon. We also welcomed Nichola Cunningham who is looking after our Facebook and Twitter accounts.

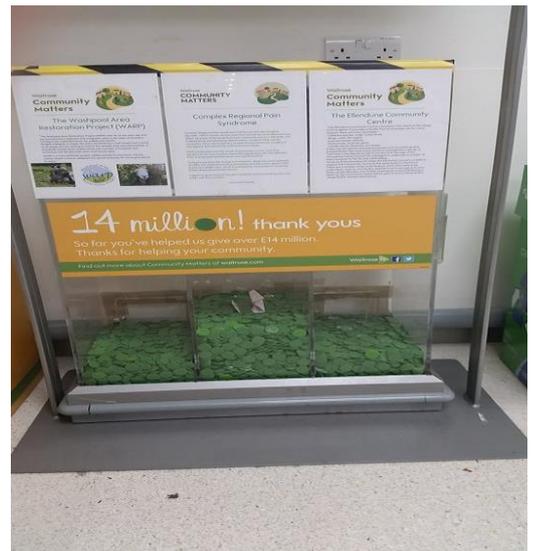
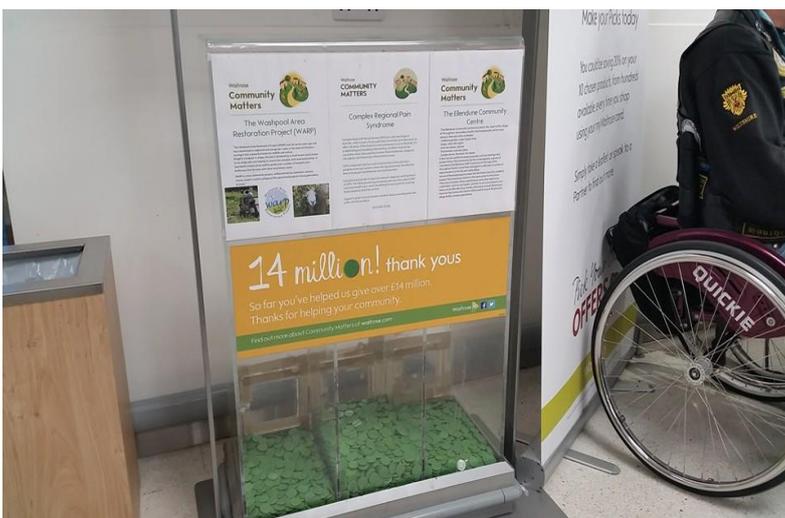
The cyclothon on 2nd November coincided with CRPS Orange Day; worldwide day for recognition and promotion of awareness of CRPS. It was organised by Amanda and raised a staggering £xxxx. The event was opened by the Mayor of Bath and we had several CRPS riders with their friends and family. We were lucky enough to also have some guest riders including Professor Candy McCabe, Dr Jenny Lewis, Jacquie Bailey, staff from Withy King and some Bath University students and staff!



At conference on the 14th we had a great turnout with some very inspirational speakers including Dr Andreas Goebel from the Walton Centre in Liverpool, Professor Candy McCabe from the RNHRD in Bath, Alex Reid from Charlottes Tandems, Danielle Brown MBE double gold Paralympian who is our patron and has CRPS, Louise Hart from Withy King, Richmond Stace who is a pain specialist and many others; as well as the chance to test the new Genny mobility scooter (although Danielle seemed reluctant to give it up!)



Community Matters from Waitrose is a scheme where they select 3 local organisations, every shopper is given a token to place in the box of their choice and at the end of the month all 3 organisations get their share of £1000 depending on how many tokens they get. All month long CRPS UK lead and we got allocated an amazing £545!



December 2015 gave us a little time to recover from a hectic month although off the back of the Community Matters, Waitrose offered CRPS UK a prime bag packing opportunity the Sunday before Christmas!! Amanda, Nichola, their friends and family (including Dyson) manned the tills and promoted CRPS to lots of shoppers and staff and their efforts raised another £323!! Thank you Waitrose... We also welcomed xxxxx who is helping with the admin.



The year ahead is looking bright! We are hoping to get charity status, will be arranging another conference and there are several other ideas being looked into....watch this space!

Future dates for your diary...

29th February – Rare Diseases Awareness Day (yes CRPS is one of them!)

7th November 2016 – Colour the World Orange CRPS Awareness Day

Don't Forget....

You can help raise funds for CRPS UK without it costing you anything extra via Easy Fundraising - <https://www.easyfundraising.org.uk/causes/crpsuk/>

If you have any ideas or hints and tips you would like to share, a personal journey you think would be useful to others or that you are happy for us to print, if there is anything you would like to see more or less of, if you have come across something useful or interesting then please let us know.

You can contact us in several ways..

Via email admin@crps-uk.org or amanda.nelson@crps-uk.org (for fundraising)

Via the website <https://crps-uk.org/contact/>

Via Facebook <https://www.facebook.com/CRPSUK1/>

Via Twitter [@CRPSUK](https://twitter.com/CRPSUK)

And remember....

So far you've
survived
100 percent
of your
worst days.
You're
doing great.