

## **BAM Toilet Cards**

**Hot off the press...** our very own BAM Support UK Toilet Cards have so far been a huge success, very popular and in high demand.

You can now purchase these from our online shop at [www.bamsupportuk.org](http://www.bamsupportuk.org). They cost just £4.00 this includes £1.00 towards postage and packaging or they are available to purchase at our BAM support meeting at University Hospital Coventry and Warwickshire for £3.00.

All profits made will go towards the charity to help make awareness of **B**ile **A**cid **D**iarrhoea.



## **BAM in the papers**

This is a great bit of publicity for the charity, the article is done by Professor Julian Walters who is a specialist in BAM / BAD and a supporter of our charity and it features our very own Michelle O'Connor, Secretary of Bam Support UK Charity. Michelle took the very brave step of talking openly in the article about our condition and its implications in our every day life, Michelle has done us all proud and we all need to open up and talk about our problems to raise awareness and get more research done into BAD. It makes for a very interesting read. Read the full article by going to our site <http://bamsupportuk.org/Media.html> and clicking on the article.



**“What’s up with your gut?: Why you bloat after eating bread and pasta... and other gut problems”** by Jo Waters and Professor Julian Walters is available now to be purchased by Hammersmith Press at £14.99.

## **Writing for the Newsletter**

As the BAM Newsletter is new we are looking for people to write articles, stories or recipes to help with the content. We would like people to share their experience with BAM and how a proper diagnosis and medication has helped, I know from attending the meeting and hearing other peoples stories and

reading about them really helped me when I was diagnosed with BAM, it all seemed a blur and nothing really sunk in when I was told at the hospital.

**Please send your article, story or recipe to [info@bamsupportuk.org](mailto:info@bamsupportuk.org)**



## Triathlon for BAM

Nicki O'Connell is our Vice Chairperson to the BAM Charity and specialist nurse at University Hospitals Coventry & Warwickshire and has undertaken her first triathlon raising money for BAM Support UK.

Nicki truly understands how living with bile acid diarrhoea affects our energy levels and that we ourselves, without the dedication and support of Nicki and her other clinical colleagues we would not have had the confidence to set up BAM Support UK to help others with our condition.

**The Coventry Sprint Triathlon took place on May 22nd 2016 at the Xcel Leisure and Nicki raised over **£400** for BAM Support UK.**

The event was a sprint distance triathlon, with a 400m swim, 20km cycle and a 5km run.

**'Well Done Nicki'**

Please continue to donate to **BAM Support UK** on **GIVEY.COM** or through **PayPal** on our website

A small donation to BAM Support UK will go a long way – It costs just £15 for 250 A4 awareness raising posters and just £10 for 100 A3.



## Thank You to Ann

We would like to shout **THANK YOU** to Ann Crowley for donating over **£500** to BAM Support UK.

For Ann's birthday her friends and family were asked to donate money to charity rather than buy her gifts which was a very generous and as Ann and her husband Peter are regulars at Bam Support UK meeting in Coventry from the beginning, Ann knows first hand the struggles we face on a day to day basis and has very kindly donated this to BAM Support UK to help towards our awareness goals.



BRITISH SOCIETY OF  
GASTROENTEROLOGY

**Midland  
Gastroenterological  
Society**

Bam Support UK have very kindly been given a stand at the Midlands Gastroenterological Society conference at the Holiday Inn Birmingham to raise awareness and promote the charity to Gastroenterologists, Doctor, Nurses and Patients



Find us on  
**facebook**

**BAM Support UK**



## Lets get EasyFundraising for Xmas



### Have you heard about....

*'There are no catches or hidden charges and BAM Support UK will be really grateful for your donations'*



**easyfundraising.org.uk**  
feel good shopping

### Do you shop online?

Did you know that whenever you buy anything online - from your weekly shop to your annual holiday - you could be collecting free donations for BAM Support UK?

### How does it work?

#### Step 1: Head over to

<https://new.easyfundraising.org.uk/causes/bamsupportuk> and join for free. Don't forget to download the App.

#### Step 2: Every time you shop online

Go to easyfundraising **first** or log on the app, find the site you want and start shopping.

#### Step 3: After you've checked out

The retailer will make a donation to **BAM Support UK** for no extra cost whatsoever!

**So far 25 people have signed up and have raised £242 in a short time, if we can get you, your family and friends to join up imagine what we could raise**

easyfundraising  
feel good shopping

Join Shop Raise

**Give more than a gift**

Shop online this Christmas and raise donations for free!

#MoreThanAGift

amazon.co.uk John Lewis johnlewis.com ebay Expedia.co.uk Sainsbury's M&S Argos

*We  
Need  
Your  
Help!*

## Charitable Organisation - we are now officially recognised!

We are delighted to let you know that we have heard in March from the HMRC. They have approved our application and we are now recognised as a Charitable organisation for tax purposes. This means that donators can be confident in BAM Support UK's charitable integrity and we can also claim additional gift aid on the fundraising donations we receive.

Our next steps are to continue to strive towards gaining the higher level of Charity status with the Charity Commission. Having this higher status level will enable us to knock on many more doors to apply for grants to support the charities work in raising awareness of the condition and funding essential research into improving the quality of lives for people suffering with BAD. However, before we can apply for this status we need to raise an income of £5,000. So please do take a look at our fundraising initiatives on our website and see how you can support us - every penny will help and it's amazing how quickly it all adds up.



## Check out our new awareness leaflet....



## Next Meeting



Friday 25<sup>th</sup> November 2016  
5.30 - 7.30pm  
CSB, University Hospital,  
Coventry

YOU CAN JUST TURN UP BUT  
IT WOULD BE HELPFUL TO  
EMAIL US TO BOOK YOUR  
PLACE TO HAVE AN IDEA OF  
NUMBERS

**PLEASE BRING YOUR OWN  
DRINKS AS REFRESHMENTS  
ARE NOT SUPPLIED**

email [info@bamsupportuk.org](mailto:info@bamsupportuk.org)

Please note there is a charge for  
the car park

If people would like to come early  
(5.30) and talk to each other  
about the condition and things  
that help them there are tables  
and chairs outside the meeting  
room, its good to talk, **Main  
Meeting starts at 6.00pm**

These leaflets have been designed especially for BAM Support UK to help us raise awareness for BAD – Bile Acid Diarrhoea.

**'Did you know 1 in 3  
people with IBS Diarrhoea  
suffer from BAD and most  
are unaware they have it'**

BAM Support UK's aim is to get  
this message out, spread the  
word and help others to get the  
answers they have longed for like  
you have.

### How can you help?

This leaflet and others are available to download from our  
website, post them online, print them off and show people who  
you think it might help. We also have some A5 leaflets available  
at our next BAM Support meeting at University Hospital Coventry  
and Warwickshire, take some with you, ask your local doctors if  
you can leave them out or put one up. Each leaflet read could  
make a difference to someone's life.



## BAM Donations

We are now able to take Donations through PayPal and Givvy on the website

We are now taking PayPal in the Bam Shop for Radar Key and Toilet Cards

