



Our New Website! Take a look...

At the start of December 2016 we launch our new look website. It has been designed for an easier view and access to all our support pages and information we have to offer you. Visit www.bamsupportuk.org and have a look.



Just some of the Information you can find on here are **Types and Classification**, to help



you find out what type of BAM or BAD you have. **What are the symptoms?**, we can help you answer those questions if you think you have BAM or know someone who may be showing signs. **Treatments**, what is available to you, and what can you try. **GP Information**, downloads are available for you to print off at home and take with you to your GP. Some GPs are still learning about BAM and BAD, they may not be able to provide you with the help you need until they know more about this condition. **Life with Bile Acid Diarrhoea**, understand your diagnosis and how you need to look after yourself. **Trustees**, find out more about the people behind BAM Support UK, read their stories and how they can help you. You can contact them via e-mail for a chat and support, us find us on Facebook, we love answering your questions!

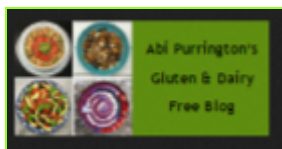


Our New Website, more features....

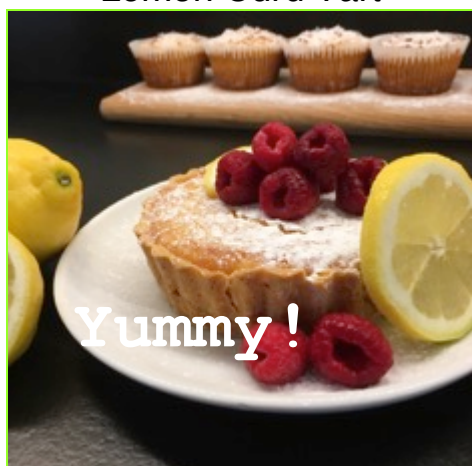


On our Home page you can find the link to our fellow BAM member's blog. Abi Purrington has given us special access to

her Blog page, **gdfree**, where she shares gluten and dairy free recipes. She also talks about how she copes with BAM and Hashimoto's disease, 'What is that?' I hear you say, well just visit **www.bamsupportuk.org** and click on Abi's link to find out more.



Lemon Curd Tart



Our Website Shop

The following items can be purchased from our website shop using payment by Paypal.

Disabled Toilet Radar Keys –



Standard Key
£6.00

Large Handle Key
£6.50

All Prices Include
P&P

Just Can't Wait - Toilet Cards

Toilet Card
£4.00

Price Include P&P



From our Patient Support Group meeting you can also purchase **Poo-Pourri**, or **Happy Flush** the before you go toilet sprays.



If you cannot make our meetings you can also purchase Happy Flush from **www.happyflush.com**



Writing for the Newsletter

We want your story! We are looking for people to write an article or their story that we can post on our website and feature in our newsletter. We would like people to share their experience with BAM and how a proper diagnosis and medication has helped, we know from attending the meeting and hearing

other people's stories really helped others when they were first diagnosed with BAM, so can you help us help others?

Please send your story to;
info@bamsupportuk.org



Midlands Gastroenterology Conference

On the 11th November BAM Support UK attended their first NHS conference. It was at the Midlands Gastroenterology Society Conference which was held in Birmingham. The event was a special celebration for the society with the event being held for their 50th year anniversary and 100th meeting. For the first time patient groups and Charities were asked to join the Gastroenterology Nurses and Doctors and we were delighted to be invited to attend. We were also given a few additional places so 3 members of the BAM Support UK - Coventry Patient Group were able to come along too.

We all had a great day talking to Gastroenterologists, nurses and other patient groups about the aims of BAM Support UK and the ongoing impact BAD has from the patient's perspective post diagnosis. We were encouraged to hear that there is increasing research interest in BAD, other consultants are keen to support our Charity's work and a couple of other organizations have offered their support in helping us get the word on BAD out there.



We would like to thank everyone for your ongoing encouragement and support to BAM Support UK. Huge thanks to those whom have supported through donations or purchasing our toilet cards and keys, this support went towards funding the materials for our stand.

Thanks to Jonathan Briscoe, Alex Hardwick, Michelle O'Connor, Nicola O'Connell and Nealee Hardwick our stand well and truly stood out. Also a very special thanks to Professor Ramesh Arasaradnam (Consultant Gastroenterologist) and his team for their support in helping and encouraging us to take our first step in raising awareness with NHS clinicians.





Next Meeting - BAM Support UK Coventry

The next meeting will be held on,
Friday 24th February 2017

5.30pm - 7.30pm
CSB, University Hospital,
Coventry.

If people would like to come early at 5.30pm and talk to us and each other about the condition, please feel free.

Main Meeting starts at 6.00pm

Please feel free to just turn up but it would be appreciated if you could Email us to and let us know you will be attending, so we to have an idea of numbers and a big enough room. Please e-mail;

info@bamsupportuk.org



Please bring your own drinks as refreshments are not supplied.

There is also charge for using the car park



A sad farewell and biggest Thank You....



All the trustees at BAM Support UK would like to say a fond farewell to Penny Clarke, who has come to the tough decision to leave her position as BAM Support UK Treasurer.

Penny joined the charity when it first started in 2015, after suffering from BAM herself she wanted to help raising awareness and get sufferers diagnoses quicker. We would like to take this opportunity to thank Penny for all her hard work and dedication to helping get BAM Support set up as a charity and hope to see her soon at the support groups.



BAM Donations

We are now able to take Donations through PayPal and Givey



BAM Support UK