



October Newsletter

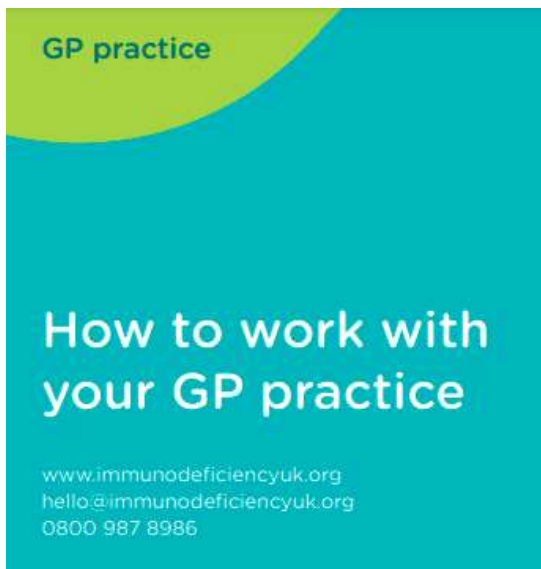
About Us

Donate

Get Involved

Many apologies but due to staff illness we were unable to send out an October newsletter. In its place we are sending you this abridged version today highlighting our fantastic fundraisers and the availability of a new leaflet. Later this month we will return to our 'normal' service and be sending you our usual more comprehensive newsletter. Thank you for your understanding.

Introducing our newest leaflet



People with an immunodeficiency have to work with and visit their GP more than most. Your GP is a vital part of your healthcare team and it is important to have a strong doctor-patient relationship. This new downloadable leaflet offers advice about how to develop and maintain a good relationship with your GP as well as other practice staff.

[Download free](#)



We have some amazing supporters here at Immunodeficiency UK and we couldn't continue to operate without their invaluable support. In this issue of the

newsletter, we'd like to shine a spotlight on a few of them.

Charitable Car Boot Sale



Immunodeficiency UK supporters Lesa Ingleston, Michael Ingleston, Kathleen Ingleston and Cecil Aitken raised £200 from a car boot sale at St Marks Church of Ireland, Ballymacash, Lisburn. Michael, who is our Patient Representative Panel member in Northern Ireland, said 'The sunny weather must have put people in a generous mood – some parishioners came and made donations without buying anything at all. It was a great opportunity to have a clear out, raise some money and spread the word about our charity. ' Particular thanks go to Elizabeth Aitken, a talented sewer who donated some of her beautiful creations for sale.

Diane's Olympic Triathlon



Immunodeficiency UK trustee Diane completed an Olympic triathlon on August 28th – this consisted of swimming 1.5km, cycling 40km and running 10km – to raise funds for our helpline.

Both Diane and her daughter Rachel are affected by immunodeficiencies so this is a cause close to her heart. The pandemic has been a particularly difficult time for people who are especially vulnerable to Covid, many of whom, like her daughter Rachel, don't react to the vaccines and some are still shielding. Immunodeficiency UK has advocated for these patients, keeping them informed and supported in many ways, but especially through its helpline and Diane's

fundraising was to further support this work. Many find it to be a lifeline for advice, guidance and emotional support.

Diane has raised over £1500 for the helpline so far but there's still time to help her raise even more. Just head to her JustGiving page via the link below:

[Dianes Triathlon for Immunodeficiency UK](#)

The work we do is only possible thanks to the generosity of supporters like Michael and Diane and we are so incredibly lucky to have such great support.

FUNDRAISING IDEAS



Christmas is the perfect time to fundraise for Immunodeficiency UK. It is the season for giving after all. It's also the perfect time to get creative whilst also having fun and below we have listed some cool ways to fundraise for us this festive season.

Festive Decor

Why not involve your community in any fundraising efforts whilst also brightening up the area. Ask your neighbours to take part in a Xmas decorating competition. Adorn your gardens, porches or the outside of your houses with festive decorations and ask everyone to pay a small fee to take part. And let everyone choose a winner for the most creative festive décor.

Gift wrapping service

Getting prepared for Christmas involves a lot of wrapping of gifts. Why not offer a wrapping service for those short on time? Just charge a small fee for each present wrapped.

Christmas shopping

Don't forget that you can also fundraise for us while buying your Christmas gifts. Rather than buying via amazon.co.uk shop through Amazon Smile (smile.amazon.co.uk) and simply select Immunodeficiency UK as your charity of choice, then Amazon will make a donation directly to us! You can also support us if you shop online in other places too. Just sign up to [Easy Fundraising](#) and select Immunodeficiency UK as your charity of choice, there are 1000s of retailers to choose from and it doesn't cost you anything extra.

If you'd like any support with your fundraising efforts don't hesitate to get in touch with us at fay.fagon@immunodeficiencyuk.org

Take care and stay safe,
Best Wishes,
Susan and Fay
The Immunodeficiency UK Team

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