



# IA UPDATE



November 2025

## Welcome

As the end of the year approaches, we're busy planning events and projects for IA's 70th year and invite you to share any anniversary plans your group may have in store too, so we can help promote them.

Our November round-up covers events from around the network, volunteering news and more. Don't forget, we love hearing from you too so please get in touch, whether it's to share your story, give us feedback or let us know about your events: [marketing@iasupport.org](mailto:marketing@iasupport.org)

## Nominations for IA Lifetime Achievement Award



To celebrate our platinum year in 2026, and in recognition of the extraordinary work IA's volunteers have contributed to the charity, we will be awarding a number of Lifetime Achievement Awards at our Information Day on 25 April, and we invite you to nominate those who you consider to be the most deserving of recognition.

Nominations could be due to a culmination of efforts and/or achievements or due to a single act that has had a lasting, positive affect at a local or national level.

This is your opportunity to recommend a fellow volunteer to be honoured for their outstanding contribution to IA. Every entry will be given the utmost consideration, and those selected will be announced during the celebrations at IA's Information Day 2026.



### How to submit a nomination

Please email [info@iasupport.org](mailto:info@iasupport.org) providing the name of the nominee, the group to which they belong, the reasons for their nomination and the person(s) proposing the nomination.

## Member organisation annual reports

If you have already sent in your annual reports, thank you! However, if you have yet to submit yours, please keep in mind the deadline of 19 December. We would appreciate your reports being submitted on time and as a reminder, the requested reports are:

- Membership report (affiliate groups only)
- One2One Support
- Data collection
- Annual written report – your opportunity to provide an update of your group's initiatives and achievements from 1 October 2024 – 30 September 2025.



Where possible, please email your reports to: [info@iasupport.org](mailto:info@iasupport.org) and as always, we appreciate your support and thank you for your efforts.

# 70 activity challenge to mark 70 years: #70for70

It cannot have escaped your notice that IA turns 70 next year – so we're finding any excuse to mark the occasion!

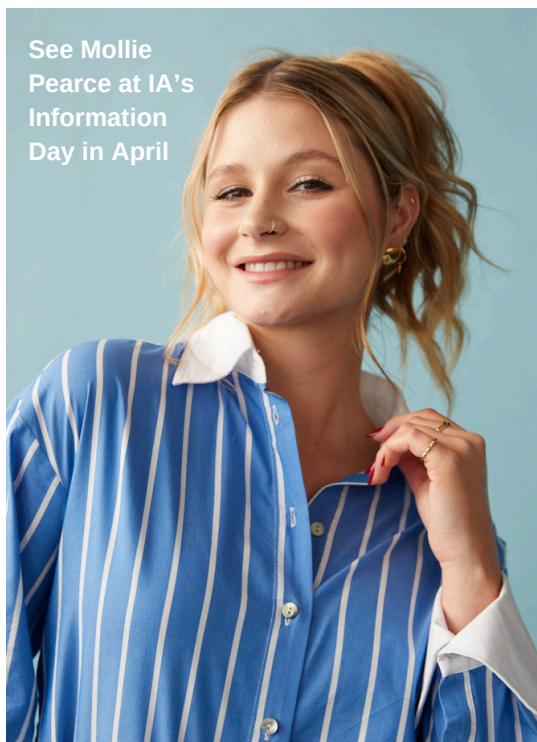
If you have any time to spare and energy to expend, we'd love you to help us raise awareness of IA and our milestone by undertaking 70 activities of your choice, highlighting your efforts on social media using the hashtag **#70for70** and tagging us in @IASupport on X, @iasupport on Facebook and @ia.support on Instagram.



## #70for70

Over the next year, whether you decide to cycle 70 miles, swim 70 laps, dance for 70 minutes, or volunteer for 70 minutes (or hours!) keep us posted – and please send us footage and/or photos for us to share to inspire others into action!

## IA's 70th anniversary celebrations, 25 April 2026



See Mollie Pearce at IA's Information Day in April

We'll shortly begin IA's platinum year, and we're excited to celebrate this 70-year milestone in style at our Information Day on Saturday 25 April 2026 in Warwickshire.

The event will comprise presentations from medical professionals and health and wellbeing specialists, alongside special guest speakers, including TV personality and disability campaigner **Mollie Pearce** and world champion fitness model **Zoey Wright**.

Catch up with friends, take part in workshops, hear about the latest developments in stoma and internal pouch management and care, and meet a host of product exhibitors.

After a day of information gathering, we hope you'll stay on to let us entertain you into the evening with live music after a black-tie gala dinner.



We invite you to be part of this memorable occasion and to **book your place at Information Day 2026.**

**Information Day, 25 April 2026**  
**Chesford Grange Hotel, Kenilworth,**  
**Warwickshire CV8 2LD.**

**Date:** IA's AGM (*for company law members and board members only*): Friday 24 April.

Information Day: Saturday 25 April, from 9am to 5pm; where booked, gala dinner from 7pm.

**Booking:** <https://iasupport.org/infoday26>



## IA's UK airport survey still open: your opinion counts

Just a little reminder that IA's airport survey is still open, if you wish to share your personal experiences at UK airports. For those with a complaint about an airport, this should be taken up with the airport in the first instance, but further action is available through the CAA if you are dissatisfied with the response.

In order to ascertain the extent of the issues ostomates are encountering at UK airports, **please complete IA's survey**.



## Cheerleaders for IA's runners at London Landmarks

Fancy a day out in London to cheer on IA's dedicated half-marathon runners in April?

Sunday 12 April will see an assembly of runners race past the capital's most iconic sights for the popular London Landmarks half marathon. Two weeks ahead of the London Marathon, the Landmarks half marathon offers a demanding challenge coupled with the thrill of racing around the city as part of a prestigious event.



To help our brilliant runners on their way, IA is seeking individuals who would like to cheer them on and congratulate them at the finish line. For more information, please email: [caroline.bramwell@iasupport.org](mailto:caroline.bramwell@iasupport.org)

## Internal pouch video presentations

If you were unable to join the internal pouch team at their Information Day in Birmingham in September, all is not lost! Head to the IA website to see the latest presentations by subject matter experts, or direct to YouTube for:

- **When Pouches Go Wrong (Miss Abi Patel):** <https://youtu.be/gO3aF2fvhLc>
- **Restorative Surgery (Mr Richard Lovegrove):** <https://youtu.be/vGfU7p8JATo>
- **Medication Matters (Anita Sangera):** <https://youtu.be/tRRiAWAPW1Y>
- **Dietary Advice for People with Pouches (Sophie Turigel):** <https://youtu.be/ug1P03A8SxA>
- **Mental Health Matters (Carrie Helman):** <https://youtu.be/9yDtYybJXJc>

## National Office Christmas closure dates

Following another busy year, IA's office will close on Wednesday 24 December to give our team some well-deserved time off over Christmas and new year, and we'll reopen on Monday 5 January.

Office communications will be periodically monitored over this period, but we cannot guarantee a timely response. If there's anything you require, please let us know before the Christmas period, otherwise, may we take this opportunity to wish you a merry Christmas and a happy new year.





## IA Group News from Roy Bustin, Group Relationship Lead

5 December marks International Volunteer Day. It's an ideal time to acknowledge the efforts of volunteers and their impact on making the world a better place. At IA, we work alongside over 100 volunteers who get involved in a variety of roles. In communities across the UK, volunteers give their time to directly offer support, raise awareness and help the charity to achieve its mission.

Whether you have recently joined as a volunteer, or been involved for many years, the value of your contributions cannot be underestimated, and we thank you for your support.

It's been a good year for volunteering at IA, and our group network has been central to this. I've enjoyed visiting active groups, as well as helping to relaunch others.

The annual reports have started to come through, and this is your group's opportunity to show the difference you have made in your area. If you've not yet submitted one for your group, do reach out to us if you need any help. The deadline for submissions is Friday 19 December 2025.

Many groups will be starting to schedule their activities for the year ahead.

We are always keen to hear about what you've got planned, whether big or small, so do let us know if there is anything that we can do to support you.

### New IA volunteer cards

Look out for IA's printed cards to help groups encourage new volunteers, available by request from National Office and sent out in new member packs too.



### Shared resources for groups

This year we launched our IA Groups Shared Resources portal, allowing volunteers to access templates, guides and policies that support their roles. This is the first port of call if you need further information, and we will be further populating the portal over time to reflect the needs of volunteers.

If you have not yet received details about how to access the portal, please email us at [volunteering@iasupport.org](mailto:volunteering@iasupport.org) and we can give you all the details to get started.

### Volunteer recruitment

You may have noticed a couple of tweaks that we have introduced recently to encourage more people to consider volunteering with us. Firstly, we've added a 'volunteer' button on the homepage of our website. This will take people directly through to the enquiry page so that they receive a quick response when expressing an interest in volunteering.

For new members and those who are renewing, we've included a question about whether they would like to volunteer.

This means that we can have an initial chat with members looking to get involved and easily signpost them to volunteering opportunities in their area.

We know recruiting new volunteers can be a challenge for our group network. Hopefully, these changes will lead to more people considering volunteering with us and that we can find the right role for them.

We'll bring you further updates of other initiatives that will support volunteer recruitment in 2026, so do look out for further details.

## Volunteering in action: opportunities to support awareness events in December

**Crohn's and Colitis Awareness Week, 1-7 December 2025** – This week is a chance to raise awareness of your group and show your support to members affected by Crohn's and Colitis.

**The action:** *To get in touch with your group's local network of Crohn's and Colitis UK, to exchange information about any activities happening that could benefit members. Details of local networks can be found on Crohn's and Colitis UK's website.*

**International Volunteer Day, 5 December 2025** – This is a day where volunteers are acknowledged, and the spirit of volunteerism is promoted at the local, national and international levels.

**The action:** *To record a short film clip to let members know why you volunteer with IA.*