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PINNT is a UK based charity which supports people who rely on artificial nutrition. At the beginning of every August PINNT hosts its national awareness week - Home Artificial Nutrition (HAN) week. Numerous events take place to help raise funds and awareness for the charity.

HAN 2020 week starts on Monday the 3rd of August with the launch of the HAN week animation to engage and help people learn. As many patients are affected by the government's shielding advice, PINNT has been finding inventive ways to raise awareness, keep everyone safe and meet the demands of coronavirus and lockdown.

Gary, a PINNT ambassador and HAN patient, had planned to cycle 375 miles from Christchurch to Durham, to raise awareness for the charity. "I was always planning to do an on-road bike challenge to raise awareness of PINNT during this week" he said, "but my plans were completely derailed by the coronavirus outbreak." Instead, he is going to take on the same challenge but from the comfort of his own living room, using Swift bike technology. The Captain's Club Hotel, where Gary was due to kick-start his ride is honouring their commitment to the week with activity on their social media account.

To overcome the lack of physical contact, PINNT also have an engaging social media schedule planned. Daily events will be happening on PINNT's Facebook page. HAN patients will be able to set themselves a small challenge and share the results on Twitter and Facebook. The theme for this online campaign is 'This is Me', highlighting how unique each patient is.

**Carolyn Wheatley, who is a Christchurch resident and founder of PINNT** says "PINNT was faced with a huge challenge when coronavirus hit. We are just delighted that we've been able to find creative ways to engage patients, carers and the public, without compromising safety. It is also tremendously inspiring to see our ambassadors press on with their challenges in spite of the odds! I am very grateful to be part of such a resilient and positive organisation."

Carolyn established PINNT in 1985, when she herself began her home artificial nutrition journey. Carolyn relies on 'home parenteral nutrition' (HPN), meaning that she receives all her nutrients through her central venous catheter, and is connected to her feed for 12-14 hours every day, seven days a week.

Before her medical team put her forward as a candidate for HPN - which at the time was a new form of home treatment - Carolyn was suffering from disease related malnutrition due to intestinal failure. Her weight had dropped to just four stone and she had been given a prognosis of only months to live. Once established on HPN, and learning to live her life within its new boundaries, Carolyn regained her weight and strength and set about helping others to find support through PINNT.

**Carolyn** says, "Life on home artificial nutrition isn't easy, but through PINNT we try to make it manageable. I volunteer for the organisation, but I am a patient just like everybody else. PINNT is my lifeline too. Although almost 50,000 people in the UK receive home artificial nutrition, there is little general awareness or understanding of what it is. HAN patients are each unique, with very different treatment plans and underlying conditions. They can sometimes feel isolated and misunderstood, even by healthcare professionals. PINNT and

HAN Week have gone a long way to ensuring that patients are well connected to those undergoing similar treatment, helping them to feel less alone. They also promote understanding of HAN in the medical profession, so that patients receive the best possible medical, practical and emotional care."

For more information about HAN Week please visit:

<https://pinnt.com/News/HAN-Week-2020.aspx>

<https://www.facebook.com/PINNTcharity/>

<https://twitter.com/pinntcharity>

PINNT (a support and advocacy group for people on home artificial nutrition) is a national, independent, not for profit membership charity established over 30 years ago. PINNT provides support and understanding to hundreds of adults, children and their families adapting to life on home artificial nutrition. PINNT provides this support directly via local and regional groups, online via forums and literature, and a national telephone and email helpline.

Donations can be made to PINNT via: <https://bit.ly/2Zun67N>

Home Artificial Nutrition (HAN) Awareness Week: 3-9 August 2020		
Monday 3 August	#MotivationalMonday	HAN week launch by 7-year-old Ezekiel, home tube feeder, setting us all a challenge...
Tuesday 4 August	#Tubeiversary	Gary set off on his 375 off road cycle challenge fuelled by enteral nutrition...
Wednesday 5 August	#WinItWednesday	HAN week video... 'This is Me' social media profile... Daily stories... Daily activities... New launches...
Thursday 6 August	#TransitionThursday	Photo competition on 5 August... Zoom quiz on 7 August... Gary's finish on #SuperSunday AGM and general Q&A on #SuperSunday
Friday 7 August	#FeelgoodFriday	
Saturday 8 August	#SurveySaturday	<b>Plus, lots more...</b>
Sunday 9 August	#SuperSunday	<b>The Main Event:</b> Sharing your story, taking part in the activities where you can... your experience and story is the true message of HAN week.
Saturday 1 August	Virtual Workshop	<b>11am - 12.30pm</b> A professional coach is hosting a session with PINNT. Reset, Reimagine and Rebuild: How to successfully manage change and regain control in these turbulent times.  For further info email: <a href="mailto:secretary@pinnt.com">secretary@pinnt.com</a> Information is on the website