

Inflammatory Neuropathies UK

October
2026

INbrief

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IN this
together

@InflamNeuroUK



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Chief Executive's Welcome

A note from Rich

I'm writing this having just come back from Bristol, where we held this year's AGM and Big Get Together. As a result, I'm proper buzzing from the incredible interactions we had with everyone who attended in person or online. It was a day full of positive energy, laughs, joy and emotions. We celebrated the Community, got everyone involved and cried happy tears.

During the day, I was asked what my favourite bit of the job is, and I answered that it was days like this, when we get everyone together. And that's no lie. I see the importance of people interacting and the impact of loneliness every day. This is why people want to get together, and why we run in-person and online Get Togethers. Our latest Local Get Together met recently in East London, and our new Derbyshire Get Together is meeting on Saturday 17 October. We will keep building on these groups and adding new ones, so if you want to start up a Local Get Together, please get in touch.

In other news, I was gutted to receive Tansy Miller's resignation this month. Tansy has been offered another position, returning to the area where



“We celebrated the Community and cried happy tears.”

she has the most experience and passion, that of Welfare and Benefits. We wish her all the best for the future. The process to replace Tansy has begun already, and we hope to have a new Operations Manager in post very soon.

Back next month with more, but in the meantime, take care.

Warm wishes,
Rich Collins
Chief Executive

Coming in the next IN depth

We will do a full write up of the AGM and Big Get Together in the next edition of IN depth, which will be out mid December.

Your rights at work



We get lots of enquiries about rights at work after a diagnosis of an Inflammatory Neuropathy. Sadly, many of you report having been dismissed or made redundant, so here is a quick guide to some of your rights. This is general information rather than legal advice, so consider seeking independent advice from Acas, Citizens Advice, your trade union or an employment solicitor.

An employment contract cannot take away your legal employment rights. If you're impacted by long-term illness, you may have important legal protections.

If you've been off work for an extended period, an employer may consider whether you are able to continue in your role. At the time of writing, most employees need two years' continuous service to make an ordinary unfair dismissal claim. From 1 January 2027, this will reduce to six months. Employers should follow a fair process before dismissing someone because of long-term illness.

An Inflammatory Neuropathy may also meet the legal definition of a disability under the Equality Act 2010, depending on how it impacts you. There is no minimum length of service for protection from disability discrimination. If your employer knows, or could reasonably be expected to

know, that you are disabled, they have a duty to make reasonable adjustments where appropriate.

Before considering dismissal, employers should look at relevant medical information, whether and when you may be able to return to work, and ways to support you. These could include flexible hours, a phased return, lighter duties, home working or suitable alternative roles.

If you are too unwell to attend meetings about your employment, your employer should consider alternatives, such as postponing the meeting or accepting written evidence.

If you believe you have been unfairly dismissed or discriminated against, independent advice can help you understand your options. You may be able to bring a claim to an employment tribunal and receive compensation if successful.

For free, confidential support, contact:

Citizens Advice (citizensadvice.org.uk)

If your employer wants to dismiss you because of long-term sickness

Acas helpline ([0300 123 1100](https://www.acas.org.uk))

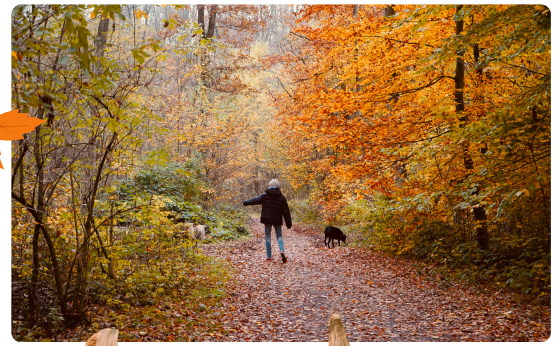
Get advice from the Acas helpline

Autumn fundraising ideas

Autumn is properly here. The nights are drawing in, the jumpers are coming out, and there is suddenly a very good excuse to eat more cake. So why not turn some of that autumn energy into fundraising for Inflammatory Neuropathies UK?

Fundraising does not have to mean running a marathon or organising a huge event. In fact, some of the best ideas are the simplest. You could hold an autumn coffee morning, with plenty of cake, obviously, organise a pumpkin carving competition, or get friends together for a quiz night. If you fancy getting outside, how about a sponsored autumn walk? Pick a local route, grab some friends and family, and enjoy the changing colours while raising a few pounds along the way.

October and November also bring Halloween and Bonfire Night. A fancy dress fundraiser, spooky bake sale, pumpkin trail or Bonfire Night collection could all be great fun. Or you could simply set yourself



a challenge for the month. Walk a certain number of miles, give something up, learn something new, or finally tackle that thing you have been putting off!

Every pound raised helps us support people impacted by inflammatory neuropathies across the UK. Just as importantly, every fundraiser helps get people talking about conditions that far too few people have heard of.

So, big or small, sensible or slightly ridiculous, your autumn fundraising idea could make a real difference.

Put the kettle on, grab your pumpkins and see where it takes you.

this together

We're here for people impacted by GBS, CDP, MMN and other Inflammatory Neuropathies



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Information, support and guidance



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