

How your lasting gift
could help beat Crohn's
and Colitis for good

**CROHN'S &
COLITIS UK**

Research is saving lives – thanks to gifts left to us in supporters' Wills

Crohn's & Colitis UK is the UK's leading charity funding research into Crohn's Disease and Ulcerative Colitis.

Since we were founded in 1979, we have invested almost £10 million into world-class research that is striving for improved lives today and a world free from these conditions.

Through our ground-breaking research, we aim to do four crucial things.

- **Uncover the causes** by funding the best research teams around the UK.
- **Develop better care** by using evidence to improve treatments and health services.
- **Improve lives** by driving research that reduces the medical, social and psychological impact of the disease.
- **And, ultimately, find a cure.**

Your generosity goes so far

Funding research is a costly endeavour. And a staggering 98% of all our funding comes from our generous supporters like you. Whether it's from donations, membership or fundraising, every penny counts.


But gifts left to Crohn's & Colitis UK in our supporters' Wills can help us achieve so much more. The security they provide enables us to commit to funding more research projects, which could lead to new and better treatments and one day a cure.



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We've funded over 80 groundbreaking research projects into Crohn's and Colitis in the last 10 years.





Dr James Lee is just one of the dedicated scientists who rely on funding from Crohn's & Colitis UK – and your generosity.

“

We've been here for people with Crohn's and Colitis for 40 years and – with your support – we will continue to invest in world-leading researchers and centres of excellence in Crohn's and Colitis research.”

Dr Jon Rhodes

Specialist IBD Nurses can make such a difference Gifts in Wills help make all their vital work possible

IBD nurses are a lifeline, providing vital information and support for people living with Crohn's and Colitis all over the UK.

The care IBD nurses deliver is invaluable and helps hundreds of thousands of people better manage their life with the diseases.

But there still aren't enough of them. Across the UK, at least 100,000 people with Crohn's and Colitis don't have access to a Specialist IBD Nurse and 63% of IBD services in the UK don't have enough specialist nurses to meet the needs of everyone affected.

It's exactly why, with your help, our More IBD Nurses – Better Care campaign highlighted the importance of Specialist IBD Nurses to ensure that more patients have access to them – and more people's lives are improved.



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Crohn's & Colitis UK are committed to quality patient care and have been so supportive for the IBD nurse specialist roles in improving patient experience. ”

Isobel Mason, Specialist IBD Nurse

“My IBD nurse was amazing. I never would’ve made it through the hardest time in my life without him!”

“I wish that others were also able to benefit from this wonderful service – it really makes a difference.”



“People do not realise how invaluable an IBD nurse would be to people who suffer with this debilitating disease.”

“Please, please, please never underestimate the value of IBD nurses.”

Our campaigning work has made incredible progress – thanks to people like you

We believe that not one person with Crohn's or Colitis should have to put up with second-class treatment or inadequate services. We won't stop campaigning until we've achieved that goal.

With your kind help, we've already seen how campaigning can bring about real change and improve the lives of people with Crohn's and Colitis.

Not Every Disability is Visible

Our award-winning anti-stigma campaign continues to go from strength to strength thanks to the powerful voice of our community.

With over 50% of people with Crohn's or Colitis facing abuse for just using the accessible toilets they urgently need, we are on a mission to change public perceptions of disability and end this stigma by installing new accessible toilet signage showing that – *Not Every Disability is Visible*.



By encouraging our supporters to write to the CEOs of UK major businesses since 2016, our new signage has now been installed in nearly 2,500 nationwide supermarkets, 17 major travel hubs, 150 retail areas and major national venues like Wembley stadium.

Crucially, we know it's having an impact where it matters with 80% of respondents in our recent survey saying they feel more comfortable visiting places with the signage installed. This is the difference we can make together and we're not stopping there.

More IBD Nurses – Better Care

Your support helped us highlight the importance of Specialist IBD Nurses, who make such a difference to the lives of people with Crohn's and Colitis.

With the help of supporters campaigning alongside us, the number of IBD nurses has increased by 50% over the last three years.

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FIND OUT MORE:
crohnsandcolitis.org.uk/campaigning



Support Services change lives And gifts in Wills make them happen

For too many people living with Crohn's and Colitis, the stigma and lack of understanding surrounding these diseases mean they suffer in silence.

But our Support Services offer a vital ray of hope – and make day-to-day life so much better for so many people.

Publications

We have produced dozens of free information sheets, booklets and guides that explain Crohn's and Colitis and provide clear, comprehensive information on a range of subjects including symptoms, treatment, diet, financial matters and employment.

These publications are an invaluable resource not just for everyone living with Crohn's and Colitis but also for their friends, partners, parents, employers

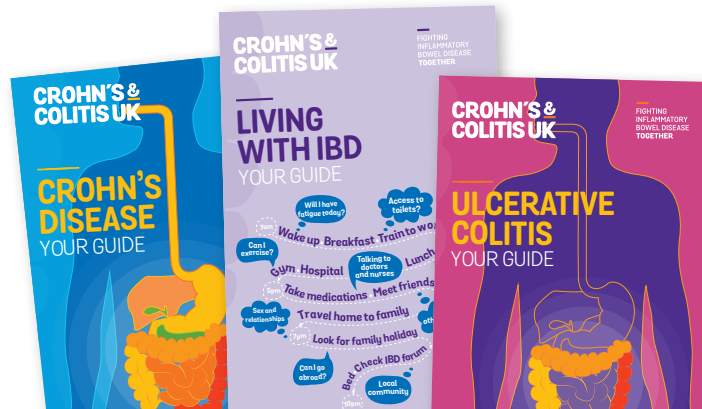
and even the healthcare professionals who manage their treatment.

We know we can be doing more. With 1 in 4 people of those newly diagnosed being under 16, we want to make excellent publications for young people that will empower them.

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Extremely comprehensive and covered feelings I've always struggled to put into words, articulated hang-ups I barely even knew I had. This is the first help for my family I've seen in five years of being sick.”

”



Helplines

Our telephone helplines offer support to anyone affected by IBD.

For callers needing clear, practical information or just someone to talk to, the information helpline and emotional support helpline can make such a difference.

Every 30 minutes someone in the UK is diagnosed with Crohn's or Colitis. Gifts left in Wills mean we can increase the days and hours we are open to meet this need whilst maintaining a standard of excellence.

All our life-changing Support Services rely on gifts from kind friends like you. Gifts left in supporters' Wills help give us the security we need to plan and maintain vital work like this.

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Thank you very much for all the information, which has been most helpful for myself and my daughter. Your support will certainly make a difference to us.

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Helpline caller

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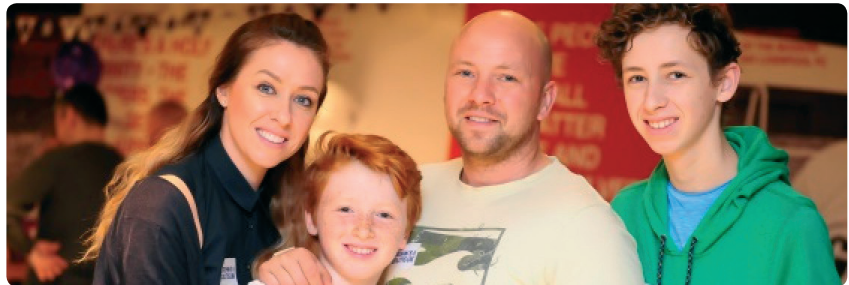
I am feeling very emotional about your supportive reply thank you so much! I'm really looking forward to becoming a member. ”

Helpline caller

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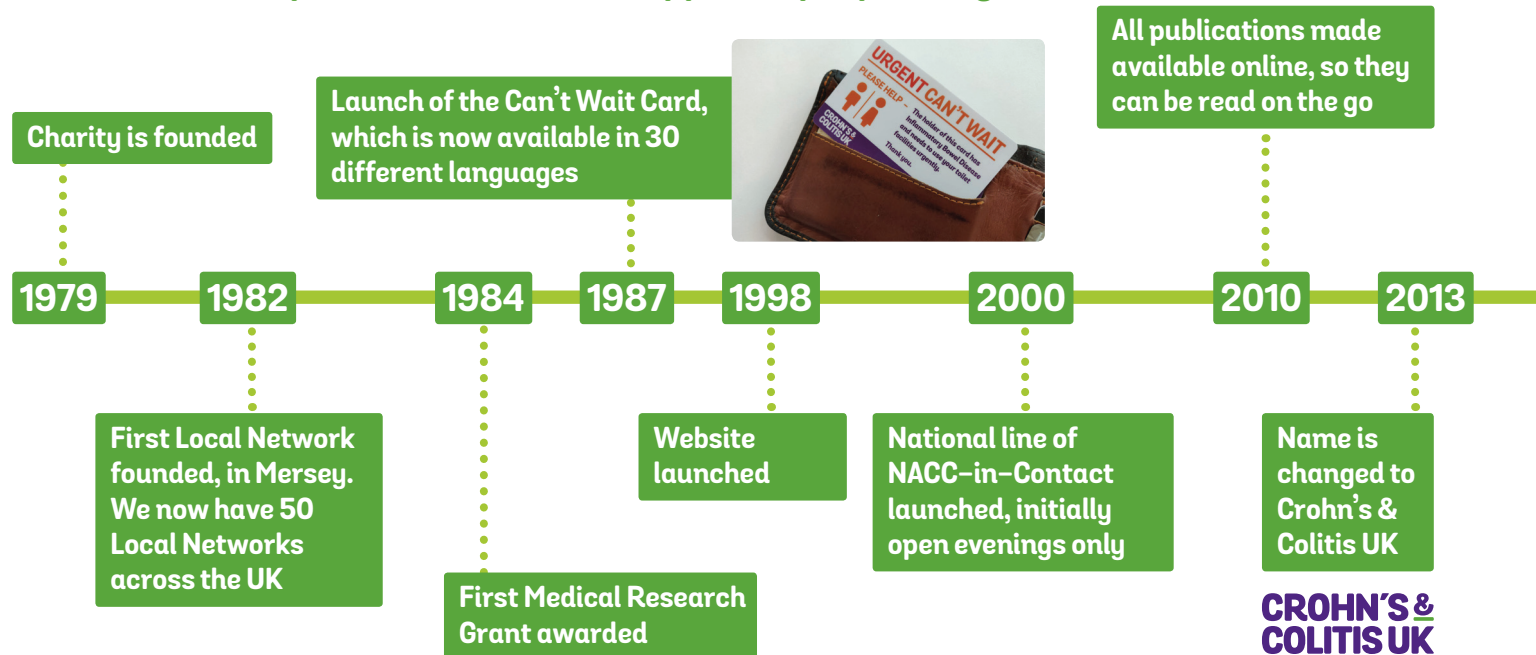
Thank you so much for the information, that is so useful. I feel more at ease now until I can see a specialist. Crohn's & Colitis UK do such a fantastic job, so massive thank you to you all for your advice and support. ”

Helpline caller



Our history

Over the last 40 years, with your help, we have had an incredible impact on those affected by Crohn's and Colitis. None of this would have been possible without the support of people like you.



Our booklets and information packs are made free for hospitals to order so all patients can get the information they need to manage their condition

Connect Magazine launched



Reach 40,000 members

2015

2016

2018

2019



We celebrate our 40th anniversary, with a total of £10 million given to research

To improve so many people's lives in the years ahead, we need supporters to choose to continue their support after they have gone, with a gift in their Will.



“ Gifts in Wills make our vision of a world free from Crohn's and Colitis possible. Without the thoughtfulness of those who remember us in their Will, we would simply not be in the position that we are today to improve diagnosis and treatment; fund research into a cure; raise awareness and to give people hope, comfort and confidence to live freer, fuller lives. A gift in your will to Crohn's & Colitis UK– no matter how big or small– is a legacy of hope for each person affected by Crohn's and Colitis now and in the future. ”

Sarah Sleet
Chief Executive, Crohn's & Colitis UK

Projects made possible by Gifts in Wills

More Specialist IBD Nurses for you.

We believe everyone should have an IBD nurse and access to high-quality, sustainable IBD care. That's why we have launched an ambitious new programme to equip 100 Specialist IBD Nurses in the next five years.

For £10,000 per nurse we will fund 10 Masters Qualifications in advanced nursing practice each year, and help accredit 10 qualified nurse specialists, who will become Crohn's & Colitis UK Nurse Specialists.

Once a Specialist IBD Nurse, they will be able to prescribe medication, do telephone clinics and so much more that will relieve pressure on consultants and improve the quality of care to those affected by these conditions.



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We know through evidence that where patients have access to a Specialist IBD Nurse, that service has better outcomes for patients and patients have a better experience. That service is then able to treat more people and can innovate and continually improve in terms of quality of care too. ”

**Rukshana Kapasi,
Director of Health Service Development**



“

We are delighted that Dr Gwo-Tzer has secured £800,000 to build on his existing important work. This is an excellent example of how our research funding can lead to big projects, and more importantly, projects that directly impact patients. This upcoming study could result in a new treatment for Colitis in a relatively short period of time. Without your gifts and donations this would not be possible, so thank you. ”

Helen Terry,
Director of Research

Our research acts as a springboard for £800,000 funding

Dr Gwo-Tzer Ho was awarded an £8,000 project grant from us in 2016, and another grant of £118,767 starting in 2019. Our project grants and a letter of support have leveraged a grant of £800,000 for Dr Ho to conduct an innovative clinical trial, building on what was learnt from the projects we have funded, that may directly benefit people with Colitis.

For the past few years, Dr Gwo-Tzer Ho and his team at Edinburgh University have been researching the causes of gut inflammation. The team has found out that when gut cells are damaged, they leak the contents – the DNA – of the mitochondria, the ‘batteries’ inside living cells. This leakage gives off ‘danger signals’ to inflammatory cells to begin the process of repairing the gut. However, it leads to an overly aggressive immune response.

The next step of Dr Gwo-Tzer Ho’s research will be to test whether the signals from the mitochondria can be blocked, leading to new treatments for Crohn’s and Colitis.



Gillian's gift, left in her Will to Crohn's & Colitis UK, will help us do so much

Gillian told us exactly why she's decided to leave a special gift to Crohn's & Colitis UK.

"I probably had Crohn's for many years – maybe 20 even – before I actually got a diagnosis and realised it was something that needed looking at. I have suffered for years from diarrhoea and pain, and I suffer very severely from crippling fatigue.

I picked up a Crohn's & Colitis UK leaflet from the hospital and then went along to a meeting. It was so reassuring: people were going through the same thing as me, I didn't have to explain it, they knew exactly what I was talking about. That was an enormous help to me.

They also have an amazing telephone advice line, which I've used to find out about things. The support is so important.

Giving something back

I'd been meaning to write a Will for a long time. Then I hit 70. I thought, I'll leave some money in my Will to Crohn's & Colitis UK to help ongoing research.

The support and help I've received from the charity are the fundamental reasons why I wanted to leave a bequest.

It's so important to be able to give to other people. It's not just about the good feeling. It's about knowing that your money is going to something that's really worthwhile."

“

I don't have a great deal of money but I think it's important. If everyone gave a little, that's what builds up. ”

Gillian

Gifts in Wills: your questions answered

Making or changing your Will to include Crohn's & Colitis UK is a quick and easy thing to do – but it could help improve people's lives, now and for generations to come.

Why should I make a Will?

A Will is the only way of making sure your loved ones are provided for after your death, in the way you wish. If you die without a Will, the courts will divide up everything you own according to strict rules that you have no control over.

How can I be sure my Will is valid and accurate?

It is always best to have your Will drawn up by an experienced solicitor. A Will is a legal document and trying to write your own can be tricky. One small slip can ruin the whole document.

What types of gifts are there?

There are three main types of gift that you can leave to individuals and organisations in your Will.

A cash gift

This is when you make a gift of a specific sum of money to Crohn's & Colitis UK. You can speak to your solicitor about making sure that your gift is inflation-proof so it's always worth as much as you intended.

A specific gift

This is when you make a gift of a specific item, such as a property or jewellery, to Crohn's & Colitis UK.

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If it wasn't for the person I spoke to on the helpline, my son would not have been diagnosed with Ulcerative Colitis and now be on the road to recovery.

”

Helpline caller



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The research we've funded has featured in almost 100 peer-reviewed scientific publications.

A residuary gift

This is when you make a gift of all or part of what is left of your estate after taxes and debts are paid and all your other gifts have been distributed – known as the 'residue.' After making sure loved ones are taken care of, a residuary gift is easily the most effective way of remembering us in your Will.

To discuss this, or any other aspect of leaving a gift to Crohn's & Colitis UK in your will, please feel free to call us on 01727 734485. We will be happy to help.

What information does my solicitor need?

You would need to let your solicitor know our charity name, registered address and charity number which can be found on the back page of this brochure. Why not bring this brochure with you when you go.

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It is comforting to know that organisations like you – and the support that you give – exists. ”

Helpline caller

How a gift in your Will could help

£1,000

could pay for us to answer 100 calls to our helpline so that people affected by Crohn's and Colitis can get the reassurance, support and information they need.

£10,000

could pay for 563 people affected by Crohn's and Colitis to attend a Patient Education Programme, where IBD nurses and doctors can help them better manage their condition.

£35,000

could cover the cost of training seven IBD specialist nurses so they can provide the highest quality care for people affected by Crohn's and Colitis.

£120,000

could fund a research grant for three years, which could lead to new and better treatments and even a cure for Crohn's and Colitis.

Leaving a gift in your Will gives you more than peace of mind

When you leave a gift in your Will to Crohn's & Colitis UK, you'll have the peace of mind.

But that's not all you get.

As a very special thank you, you'll receive an exclusive pin badge that you can wear with pride.

We'll also send you a yearly newsletter to keep you up to date on all our essential work, a copy of our Annual Report and invitations to special events throughout the year.

Will you make a special gift for future generations? Your chance to leave a lasting legacy that will improve people's lives for many years to come.

We're so grateful for all the wonderful support you've already given Crohn's & Colitis UK. Thanks to you, we've come so far.



Crohn's & Colitis UK campaigns to achieve a better quality of life for the 300,000 people in the UK suffering physically and emotionally due to Inflammatory Bowel Disease. Their work has been highly effective in raising the profile of the disease and in securing higher standards of care for patients.

Melanie Onn MP, Chair of the All Party Parliamentary Group on Inflammatory Bowel Disease

Our Legacy Promise

1.

Your family and friends come first, we understand that completely.

2.

We will use your special gift wisely and effectively, so it has the greatest impact on those affected by Crohn's and Colitis and if you would like it to be used in a particular way, we will endeavour to do this.

3.

You don't have to tell us about your decision, we respect your privacy.

4.

We won't put you under pressure, it's a big decision to be made in your own time.

5.

You have the absolute right to change your mind and if you would like to know more about what your gift can help achieve or how to leave a gift, we are here for you.



Legacy tree of hope

Our legacy tree of hope proudly displays the names of people who have kindly left a substantial gift in their Will to Crohn's & Colitis UK. The tree is located in the waiting area of our office and is the first thing visitors see when entering. It seems only fitting given the incredible thoughtfulness and generosity of the gifts they've provided.



**CROHN'S &
COLITIS UK**



 crohnsandcolitis.org.uk/legacy

 /crohnsandcolitisuk  @CrohnsColitisUK  @crohnsandcolitisuk

Crohn's and Colitis UK – a registered charity in England and Wales (117148) and Scotland (SC038632).
1 Bishops Square, Hatfield Business Park, Hertfordshire, AL10 9NE



The tree of hope in our reception

