

## COMMUNITY TOKEN SCHEMES:

### Text for Voting Pages (95 words):

Right now, an estimated 500,000 people in the UK are living with a lifelong disease that many people have never heard of. And the real number could be almost double that.

Our 50 Local Networks operate across the UK bringing local people affected by Crohn's and Colitis together and raising awareness of the conditions with members of the public. From educational talks to social events, we help give people the comfort and confidence to live freer and fuller lives. And together, we can make our voice heard.

[www.crohnsandcolitis.org.uk](http://www.crohnsandcolitis.org.uk)

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### Text for Community Matters landing page (300 words):

The number of people living with Crohn's and Colitis is huge and rising but too few people understand what they are. The consequences of these lifelong diseases can be devastating, from digestion to mental health, hormones to energy levels. There is also a huge stigma attached to them both, so people feel too ashamed or embarrassed to talk about it. This means that not only are they struggling with the devastating effects of this disease – they're doing so alone.

With your support, Crohn's & Colitis UK are here for everyone living with one of these conditions - From reassurance right now to hope for the future.

We're a unique source of support and advocacy for people affected by the conditions and create high-quality information for organisations with a duty of care, and policymakers and commissioners who are responsible for shaping healthcare services.

Our campaigns, It Takes Guts and Not Every Disability is Visible work to break the silence around Crohn's and Colitis and work towards changing public perception of what disability and illness look like for good.

Since 2008, we have awarded £5.2 million to world-class research seeking to find better treatments and, ultimately, a cure. Alongside providing training for IBD nurses across the country, your donation makes a real impact to people affected by Crohn's and Colitis where they really need it.

In your community, a Local Network brings people affected by Crohn's and Colitis together and raises awareness of the conditions with members of the public. From educational talks to social events, we help give people the comfort and confidence to live freer and fuller lives. And together, we can make our voice heard.