



THE IBD CORNER
ISSUE 8



Need to talk?

Need support?

We are here to help you 24/7.

The CCR team has reached out to and supported growing numbers of people of all ages, affected by Crohn's Disease and Ulcerative Colitis over the past 12 months.

You can email us or call anonymously for support!

CCR has a dedicated team of loyal volunteers who work closely with medical professional experts and highly experienced Gastroenologists, to guide you with the best choice of treatment.

"We are here with you every step of your journey to speed recovery."

Our Services Include:

- Adult support Groups
- Children Support Groups
- Hospital Advocacy
- Dietitians and Diet Groups
- Support with Medical Referrals
- Social & Welfare Support
- Private Health Insurance



When diagnosed with a IBD - IBS related conditions we know it is extremely difficult to come forward for support. Please don't suffer in silence, when there is the state of the art medical resources available to help you get better.

We encourage you to come forward, talk to us and let us help you by making your life and health condition easier.

We Are Here For You All The Way!

All calls and cases are kept strictly confidential.

Did you know?

There's no known cure for IBD/IBS disease. However, you can take steps to reduce your symptoms. In addition to following a special diet, try to manage your stress levels.

Stress can affect your digestive tract and cause flare ups.

Exercising regularly can help you relieve stress and may also promote good digestion.



Brought to you by:
Crohn's Colitis Relief
Fighting the illness with love and care

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