

CROHN'S & COLITIS UK

To whom it may concern,

This letter is to advise you that the person applying for a Blue Badge has been diagnosed with a form of Inflammatory Bowel Disease (IBD). This may include Crohn's Disease, Ulcerative Colitis or Microscopic Colitis.

What are the conditions?

These are lifelong conditions of the gut, but they can affect other parts of the body too. They are painful, debilitating and widely misunderstood. There is no known cure, and the conditions may flare up unpredictably. People who live with IBD may look well but may need extra support or assistance. Find out more at crohnsandcolitis.org.uk/information.

The impact of pain and fatigue

Some people living with these conditions may find walking very difficult due to joint pain, significant tummy pain and extreme fatigue. These symptoms may make walking any distance and undertaking journeys safely very difficult. In a survey of 4,000 people with Crohn's and Colitis, three in every ten respondents stated that their condition means they can't undertake any journey without the threat of considerable harm to their health and safety.

The impact of severe diarrhoea

This can be unpredictable, uncontrollable, urgent and frequent. The sudden and uncontrollable need to use a toilet is a genuine and recognised symptom of IBD and not just 'over-anxiety'.

Having an 'accident' in public is many people's worst fear. This can affect their ability to undertake everyday activities away from home, such as going to work, shopping or socialising. When an 'accident' happens, it can be devastating and can lead to anxiety and overwhelming psychological distress. Many people have to limit their use of public transport and rely on travelling by car.

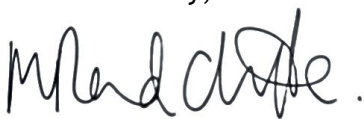
Even when using a car, people with IBD may need urgent access to a toilet because of multiple bouts of diarrhoea. Three in four people with IBD said they, or a family member living with IBD, have experienced an 'accident' in public because they couldn't find parking in time to reach a toilet.

The impact of having a Blue Badge

Having a Blue Badge and the means to park more easily could:

- Reduce the distance walked by people experiencing extreme fatigue or severe pain
- Reduce anxiety and distress when walking and urgently needing the toilet
- Reduce concerns over parking options when urgently needing the toilet
- Prevent future public 'accidents'
- Give people living with IBD the confidence to leave their homes and reduce social isolation

Yours faithfully,



Marianne Radcliffe, Chief Executive, Crohn's & Colitis UK