

Here are various descriptors of key Network activity, with more to follow. These have been reworked to tie in with our brand and make sure we are selling what we do in the best possible way. The volunteering team will be using this wording when uploading your events to the website and emailing members so it really helps if you can send details of your event in line with what's below. This also gives you the opportunity to personalise the wording to your network and tailor to the audience that you know so well.

### What is a Network?

We're here for everyone affected by Crohn's and Colitis. Right now, over 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. Because of the stigma and misunderstanding surrounding these diseases, thousands of people are suffering in silence.

But they are not alone.

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.

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### Education event

We know what we're talking about and we understand what you're going through.

As your Local Network we're here to provide people affected by Crohn's or Colitis with reliable information, so you feel empowered to better manage your condition or support someone in managing theirs.

We'd like to invite you to join us at our next education meeting, '**INSERT TITLE**' at **INSERT LOCATION**. Our guest speaker will be **INSERT NAME AND ROLE IF RELEVANT**. After their talk there will be a Q+A and a chance to meet your local volunteers and others affected by Crohn's or Colitis.

The latest publications from Crohn's & Colitis UK will also be available and refreshments will be provided.

Please get in touch at [networks@crohnsandcolitis.org.uk](mailto:networks@crohnsandcolitis.org.uk) with any questions. Otherwise, we can't wait to see you there.

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### Recruitment

We need your support to help people living with Crohn's and Colitis.

You can make a real difference to people's lives by joining our team. We organise events for people living with Crohn's or Colitis and we help raise awareness of the conditions with general public - all in your local area.

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.

It's simple and rewarding to get involved, visit [crohnsandcolitis.org.uk/volunteering](http://crohnsandcolitis.org.uk/volunteering) or speak to a team member today. Together, we can make the greatest difference.