

**CROHN'S &  
COLITIS UK**



**Young  
Adults  
Advisory  
Panel**

February 2025

# Our Vision

Our vision is improved lives today, and a world free from Crohn's and Colitis tomorrow.

# Our Mission

- We break taboos.**
- We drive pioneering research.**
- We bring people together.**
- We campaign to improve lives.**
- We are leading the fight against Crohn's and Colitis.**

Founded in 1979 as a patient organisation, we've been there for people affected by Crohn's and Colitis when it matters, playing an instrumental part in providing support, increasing public awareness, and campaigning. But we're not finished yet. Here's a snapshot of our work:

## Campaigning

Every year, 25,000 people are diagnosed with Crohn's or Colitis. But we know that more than a quarter have waiting for a diagnosis for over a year. Nearly half end up in A&E while waiting for a diagnosis. Delays to diagnosis affect people's ability to continue education and work, limits their treatment options and increases their risk of being hospitalised or needing emergency surgery.



Our research showed that people aged 18–34 experiencing Crohn's or Colitis symptoms are less likely to visit their GP. Our Cut the Crap public awareness campaign was created to explain what to look out for and to direct people towards our online symptom checker, where they can check in just 30 seconds whether they should see their doctor.

Through our Cut the Crap Campaign, we're working with politicians and policy makers to make early diagnosis a reality: We are also working with healthcare professionals and health leaders to ensure people who are suspected of having one of the conditions are appropriately prioritised for diagnosis and receive the best possible treatment. Since its launch over 250,000 people have used our symptom checker.

## Advocacy

We campaign for a better quality of life for people with Crohn's and Colitis. And we speak up on issues from employment to health policy, and from transport to toilets. We work with the NHS to benchmark and improve standards of care, using the findings as a launchpad for our discussions with health leaders and governments to change things for the better.

## Services

People across the UK rely on our up-to-date information and helpline services to provide the reassurance and guidance they need to live well with Crohn's or Colitis. Our 58 publications and information pages cover many areas of life with the conditions, from medication to surgery, from school to employment and from relationships to mental health. All our information is peer reviewed, medically accurate and based on the latest research available.

Each year, our helpline team respond to over 9,500 queries via email, phone, social media, and live chat. We provide up-to-date, evidence-based information and can support you to live well with Crohn's or Colitis.

“

**I feel confident, regardless of outcome, I can live life well. It was a seriously life-changing call. I am deeply thankful! They referred me to relevant parts of your website and empowered me to know when to reach out to my GP. ”**

“

**On all occasions I've contacted them, they've helped me understand my disability better, thank you. ”**

## Our commitments

We're dedicated to our mission. We innovate and adapt to ensure we are finding new and improved ways to make a real difference to the lives of people with Crohn's and Colitis. For over forty years, we've supported the community and shaped the conversation about Crohn's and Colitis. We continue to be here to give people affected by Crohn's and Colitis hope, comfort, and confidence. We make their voices heard and help them live freer, fuller lives.



As we grow our ambitious plans, we are making strides to become fully inclusive in our approach and have commenced an anti-racism programme alongside our recently reviewed EDI policy. You can take a look at this, along with our public statement [www.crohnsandcolitis.org.uk/edi](https://www.crohnsandcolitis.org.uk/edi).

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**It's a pleasure to be a member of the EDI working group. Involving a diverse range of people in all areas of our work is vital. It helps ensure the research and services we fund helps all sections of our community. The focus being placed on diversity and inclusion by Crohn's & Colitis UK is both timely and important. ”**

**Nikul**



## Advocacy

In 2025 we are developing our new strategy. This will set out our goals until 2030 and beyond. Our Young Adults Advisory Panel have provided valuable insight in to this work and we continue to work with them to ensure the new strategy includes work programmes which are of importance to younger people.

In the meantime, we continue to deliver our current strategy which made promises to everyone affected by Crohn's and Colitis, and our staff are united in their commitment to see them through for the benefit of our community.

- We will advocate for the changes in everyday life that our community tell us they need and we will gather the evidence to back those changes.
- We will make our information and support more accessible than ever.
- We will drive vital research to deliver long-term solutions for long-term relief.
- We will ensure that everyone affected by Crohn's or Colitis can see themselves in our work and feel supported in a positive and professional way.

These goals give us the direction and drive for the charity's future, and we hope they'll inspire you to join us at the start of this exciting next chapter.

### So, what can you expect as we embark on this journey?

Despite our long history, this is a period of exciting change for Crohn's & Colitis UK. We need a strong, adaptable, and resilient team of individuals to help drive our work forward and create a step change for people with Crohn's and Colitis. It's a bright, ambitious future and you could be part of it.

Hear more from Selan, one of our Young Adults Advisory Panel:



### “

YAAP has been an empowering and supportive experience – enabling me to advocate for myself with healthcare professionals and open up about my Crohn's to more than my family and friends. Everyone from fellow panel members, to trustees, to the charity are keen to hear the insights of young adults with IBD, and each story helps guide the charity in a more inclusive direction. Without the panel, I doubt that I would be as confident talking about my IBD as I am now. ”

Selan, YAAP member



# Young Adults Advisory Panel

We are looking for enthusiastic young adults who want to help shape the work of the charity to meet the needs of all young adults living with Crohn's and Colitis. You will join a strong, passionate and committed group of people on the Young Adults Advisory Panel, which provides strategic advice to the Board of Trustees on issues where a young adult's voice is required.

## Who are the Board of Trustees?

The Board of Trustees is an appointed or elected group of individuals that have overall responsibility for the management of the organisation. The Board is typically the governing body of an organisation and hold the Senior Leadership Team accountable for the organisation's performance, strategy and policy.

## The role

- This volunteer role will be a dynamic role and will involve providing advice on various broad programmes of work undertaken by the charity and the development of strategic plans
- Contributing actively to Panel meetings
- Using any specific experience or knowledge to help the Panel reach sound decisions

## Who we are looking for

- People aged 18 to around 29 years old, who either have Crohn's or Colitis, or are closely connected to someone who has Crohn's or Colitis
- Ambitious individuals who are committed to the values and goals of Crohn's & Colitis UK
- A confident communicator and listener
- Strong ability to share not only your views but represent other young adults' views in the Crohn's and Colitis Community





# Current Young Adults Advisory Panel

The primary focus of the Panel is to provide strategic input and recommendations on issues where a young adult's voice is required to understand and meet the needs of young adults with Crohn's and Colitis.



**Paige  
Karadag**



**Samah  
Rafiq**



**Ethan  
Tolan**



**Kate  
Coventry**



**Nell  
Gordon-Hall**



**Matthew  
Monaghan**



**Selan  
Lee**



**Ali  
Sidat**



**Megan  
Masters**



**Ross  
Axworthy**



**Lisa  
Donaldson**



## Diversity at Crohn's & Colitis UK

Our people are our most important asset and we value and respect diversity in all its forms. Our panel should represent the diverse Crohn's and Colitis community, and therefore we want to hear from people of all backgrounds and with a range of experiences. We offer equal opportunities to all, regardless of an individual's age, disability, gender identity, marriage or civil partnership status, race, religion or belief, sex and sexual orientation. Our current panel has a higher number of members who identify as female and are over 25 years old. To ensure a balanced representation, we particularly encourage applications from individuals between 18-24 years old, and people of different genders.

### What we can offer you

- Support and training, as needed, to carry out the role successfully
- Opportunity to develop your communication, listening and strategy skills
- Gain valuable experience in how charities are organised and run
- Develop new contacts as well as the knowledge that you are making a valuable contribution to the work of the charity.

### Other information

- This is a one-two year role
- Meetings will generally be held virtually, with at least one face to face meeting per year held in our Hatfield office, London or another city which is convenient for panel members.
- There will be a minimum of two meetings per year and a maximum of six. Meetings are usually around 2 hours long. To prepare for meetings panel members will be required to review papers, this should take around 30 minutes per meeting.
- Expenses for travel and any overnight stays will be covered.

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My experience on the YAAP has been the most positive thing to come out of my journey with Crohn's disease. I cannot recommend the opportunity enough to anyone who is passionate about advocating for young people and wants to give back to the charity. It has gifted me with the opportunity to meet some amazing and likeminded people and has been incredibly valuable for my own personal growth. ”

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Lisa, YAAP member

# How to apply

Valued Recruitment is working with Crohn's & Colitis UK to recruit our new Young Adults Advisory Panel members. They are an ethical recruitment company, intent on hiring inclusively and transparently.

Please send us an expression of interest in any of these forms:

- Video
- Audio
- Written

We'd love to hear why you would like to be a member of the Panel and what you can bring to the role. Video and audio applications should be no more than a couple of minutes and written applications should be no more than a page.

Please email your interest to [anna@youarevalued.co.uk](mailto:anna@youarevalued.co.uk) and please include your name and contact number.




We would also like you to complete our **Panel Member Application Form**. Please attach this to your email. We look forward to hearing from you.

## Schedule

- **Closing Date:** 10<sup>th</sup> March, 10am
- **Interviews:** week of the 17<sup>th</sup> March (evenings 4:00pm – 7:00pm)
- **First Young Adults Advisory Panel meeting:** 3<sup>rd</sup> April, 4:30pm – 6:30pm

Thank  
you for  
your  
interest

### You can follow us on social media

 /crohnsandcolitisuk  @CrohnsColitisUK  @crohnsandcolitisuk

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

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