# COME CLOSER TO THE REALITY OF LIVING WITH CROHN'S OR COLITIS



"I do random shifts and that can be really tough for things like fatigue, but when it comes to unpredictability, the stoma has made things easier."

*Belle*

**CROHN'S AND COLITIS AWARENESS WEEK** 1-7 December 2026

**SOME OF THE HARDEST PARTS OF CROHN'S AND COLITIS HAPPEN OUT OF SIGHT.**

**Come closer to the experiences you don't always hear about.**
crohnsandcolitis.org.uk/awarenessweek

A registered charity in England & Wales (1117148) and Scotland (SC038632).

CROHN'S & COLITIS UK