



YOUR HEALTH, YOUR VOICE

Crohn's, Colitis and Black communities

**CROHN'S &
COLITIS UK**

CAHN
Caribbean & African Health Network
Greater Manchester CIC 

The content of this leaflet was informed by Black people living with Crohn's or Colitis, Black healthcare professionals, and the Caribbean & African Health Network (CAHN).



CROHN'S, COLITIS AND BLACK COMMUNITIES

Crohn's Disease, Ulcerative Colitis, and Microscopic Colitis are types of Inflammatory Bowel Disease. Crohn's and Colitis used to be thought of as conditions that mainly affect people of European or Ashkenazi Jewish heritage. But, across the world, more Black people are being diagnosed.

Black people might have similar experiences of Crohn's or Colitis compared to other ethnic backgrounds. But being Black might affect the care you receive. This leaflet looks at how to speak up for yourself and get the care you deserve.

You can read the full resource that this leaflet is based on at crohnsandcolitis.org.uk/blackcommunities

ACCESSING HEALTHCARE

- If you are not familiar with the UK health system, [Doctors of the World](#) provide translated information on how the NHS works.
- If English is not your preferred language you have the right to a translator during appointments.
- Voluntary organisations can help with transport to appointments. You might also be able to get transport organised by the hospital or claim back any travel costs.

SPEAKING UP AND SELF-ADVOCACY IN APPOINTMENTS

Before:

- Make a list of what you want to talk about.
- Write a summary of your Crohn's or Colitis journey. Include any medicines you've tried or are taking.
- Take someone with you, if you think it might be helpful.

During:

- If something does not make sense, ask for it to be explained.

'Can you help me understand why...'

- Ask why your healthcare professional is recommending a certain plan.

'Why do you think this plan is best for me?'

'What are the benefits and risks?'

'Are there any other options?'

'Is there any research on how well this works for Black people?'

- Let your IBD team know if you are in pain.

After:

- Do not be afraid to ask for a second opinion.
- Stay informed and learn about your condition.

IF YOU ARE UNHAPPY WITH THE CARE YOU RECEIVE

To find out how to make a complaint about a GP surgery, visit your GP surgery website or ask your GP surgery receptionist.

For a complaint about a hospital contact:

- [PALS \(England\)](#)
- [Llais \(Wales\)](#)
- [PASS \(Scotland\)](#)
- [Patient Client Council \(Northern Ireland\)](#)



HOW WE CAN HELP

We're the UK's leading charity for Crohn's and Colitis. We want improved lives today, and a world free from Crohn's and Colitis tomorrow.

We work to improve diagnosis and treatment, and to fund research into a cure; to raise awareness and give people hope, comfort and confidence to live freer, fuller lives.

We're here for everyone affected by Crohn's and Colitis.

Call us on **0300 222 5700**

or email helpline@crohnsandcolitis.org.uk

Live Chat: crohnsandcolitis.org.uk/livechat

HELPLINE

Our confidential helpline offers information and support for anyone affected by Crohn's and Colitis.

We can:

- help you learn more about Crohn's and Colitis
- help you access disability benefits
- help you find support from other people living with Crohn's or Colitis



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Patient Information Forum

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