

Autumn / Winter 2019

**GUTS
UK!**

**Guts UK & Colin
the Inflatable Colon
Hit the Road!**



The charity for the digestive system

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Guts UK Income and Expenditure 2018

Income at a glance

With the help of the donations from our kind supporters over the previous years, we have been able to provide even more expert information, raise further awareness of gut health and fund additional research into conditions of the gut, liver and pancreas.

Total Expenditure £1,281,920

£948,242
Research

£133,115
Public information
& awareness

£177,126
Cost of
generating income

£23,437 Governance costs

Total Income £1,040,147

£461,853
Research partner funding

£340,357
Donations & legacies

£194,989
Investment income

£42,948 Other

Detailed audited accounts
for Guts UK charity are on
our website or
www.charitycommission.gov.uk

Don't take your Guts for Granted

Welcome to our Autumn / Winter 2019 newsletter

Welcome to our latest newsletter.

As we write to you, Guts UK's President, Professor Chris Hawkey, will be travelling 4,750 miles to Kamchatka, Russia to fundraise for us.

Chris was Guts UK's chair for 5 years and has contributed greatly to our cause and throughout his career as a gastroenterologist (gut doctor). The team at Guts UK wrongly thought that at 72 years young, Chris would gently ease into retirement. Instead, he will spend almost two weeks in another corner of the globe: rafting, climbing three volcanoes and absorbing the culture of one of the most remote places in the world.

"I'm travelling to Kamchatka to encourage you to do something that you may not just find challenging, but interesting too. As I have Parkinson's Disease, I want to show that having a disability or condition should not deter you from ticking off the next item on your bucket list!"

Evidence is mounting that some of the earliest changes that lead to conditions like Parkinson's may actually begin with the bacteria in our gut (microbiome). This discovery is still very recent, but highlights just how much we have yet to learn about our microbiome.

Whether you're aware of our work, or this is the first time you've heard of us, we hope you share our fascination about our guts and feel inspired to support our work at Guts UK.

Until Spring-time,

Team Guts UK

P.S. Keep an eye on our website for updates on Chris' Kamchatka journey.



GUTS AT A GLANCE

Don't be a stranger!

We love to hear from you; it's the best part of our job. Whether you have a story to share, a fundraising mission we can help you with or just need to speak with someone, get in touch with us today:



London: 020 7486 0341

Yorkshire: 01484 483 123



info@gutscharity.org.uk



www.gutscharity.org.uk

Registered Charity Number: 1137029

Autumn / Winter 2019 **3**

Alicia's Story Ulcerative Colitis

Alicia's journey with Ulcerative Colitis began in 2010. Here, she discusses the importance of research and awareness, her inspiring presence on social media and her travels across the globe.

When were you diagnosed with Ulcerative Colitis?

My first memory of Ulcerative Colitis was seeing blood in the toilet. I thought it'd pass. Days turned to weeks and months, each time I went the toilet more blood appeared, clots too. I remember being on the bus back from college one day and felt the most excruciating pain I'd ever had in my stomach. I had to get off and sit down at the next stop. Even this wasn't enough for me to raise my concerns, I was 17. Terrified. In pain.

I eventually told my Mum who got me to the GP the next day. After a rectal examination I was told it was most likely an anal tear, but my mother knew best and insisted on further investigations. Cutting a long story short, my test results showed I was anaemic and I was booked in for a sigmoidoscopy. In November 2010 I was misdiagnosed with Ulcerative Proctitis. It wasn't until November 2012 that I was diagnosed with Ulcerative Pancolitis (inflammation of the entire colon).

How did this diagnosis affect your life?

I felt I had missed out on a lot of the cliché rights of passages at university, like freshers. I missed out on the first few weeks of my 2nd year, recovering from a flare. This was an aspect that a part of me didn't want to miss, as everyone swapped their summer stories back home. Fast forward, a new treatment plan gave me 5 amazing years mostly in remission. I met my boyfriend (now fiancé), graduated, moved from the family home and found an industry I love working in. Most importantly – I travelled. I wish I could say this continued. It has been incredibly difficult to stay positive over the past year. It turned out that my treatment plan was causing toxicity. I felt out of control of my body again – and in July 2018 I entered a stubborn flare, so stubborn it lasted a year.

Things are beginning to look up again.

My IBD team have been incredibly supportive, building a new treatment plan that fits in with my lifestyle. I feel empowered. I'm in charge of my body again.

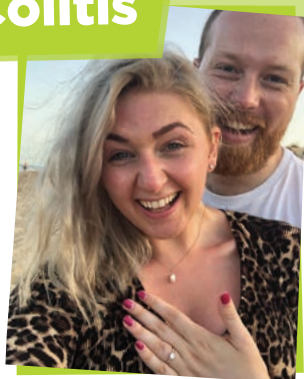
What encouraged you to set up on social media and share your story with the world?

Social media has been my constant support. The power of the internet is amazing. After reading so many people's worries about travelling with IBD (and worrying myself) I wanted to show the reality of travelling, not only in remission but also whilst flaring – instead of pressing pause. Sometimes that means resting, taking it easy or taking precautions, but sometimes it means not holding back. I hope I can at least inspire one person to see more of the world without letting their illness hinder them.

The world is ours to see, so don't let IBD get in the way!

What are your hopes for the future?

I'm a firm believer that awareness is key to a cure. It also lets people know they're not alone. Charities like Guts UK enable not only this, but research projects. Research that could get someone diagnosed quicker. Because the earlier you're diagnosed, the quicker it is to adapt and take control.



Follow Alicia's journey across the globe on Instagram: [@chronicallytravelled](https://www.instagram.com/chronicallytravelled)



The Vitality Big Half Marathon 2020

Tie your laces and be part of the fight to find answers and treatments for conditions of the gut, liver and pancreas.

Starting at Tower Bridge, the Big Half Marathon follows much of the world-famous London Marathon route in reverse. Take on this 13.1 mile challenge and follow in the footsteps of the world's best runners, taking in some spectacular views as you cross the river and finish by the Cutty Sark.

Jessica was supported by Guts UK after suffering from various digestive conditions from the age of 16. Along with her best friend Kristina, the pair set themselves the challenge of running the Big Half Marathon to fundraise for Guts UK.

Date: Sunday 1st March 2020

Location: Central London

Registration fee: £15

Fundraising Target: £350



“Running the Big Half for Guts UK was both emotional and inspiring. My best friend, Jessica, has suffered and still suffers from various types of gut and pancreas problems. To have completed 13.1 miles, crossing the finish line hand in hand with Jessica was something truly special and a memory we will be able to cherish forever.”

If you have been inspired by Jessica and Kristina, sign up today and join our proud and bold Gut Army.

Run the Vitality Big Half Marathon with Guts UK; have you got the guts?

events@gutscharity.org.uk

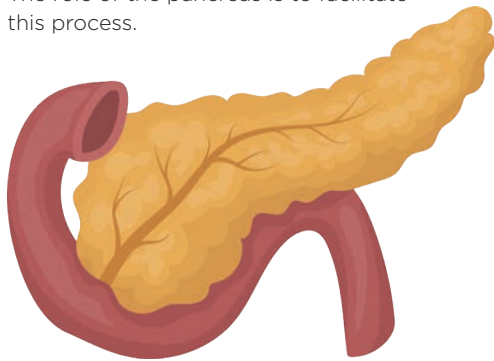
gutscharity.org.uk/events/thebighalf

01484 483123



The Pancreas

The role of the digestive system is to turn food and liquid into the building blocks that our bodies need to function effectively. To do this, a variety of enzymes and other substances are produced and utilised – breaking food down into smaller molecules. The role of the pancreas is to facilitate this process.



What is the pancreas?

The pancreas is a gland that lies in the upper half of the abdomen (behind the stomach and in front of the spine). It's salmon pink, 9 inches long and about as thick as your wrist at its widest part.

Why do we have a pancreas?

The pancreas has two main functions. One is to produce digestive enzymes, that pass into the small intestine to aid the chemical digestion of fat, carbohydrates and protein. The second is to produce hormones, such as insulin.

What can go wrong?

Pancreatitis is an inflammation of the pancreas. It can present as acutely inflamed (acute pancreatitis) or chronically inflamed (chronic pancreatitis).

Acute pancreatitis is a sudden inflammation of the pancreas gland, beginning in the cells in the pancreas that produce the digestive enzymes. The pancreas becomes red, angry and swollen. In severe cases, the pancreas and fatty tissue surrounding it can be damaged beyond recovery. Gallstones and alcohol account for approximately 8 in 10 acute pancreatitis attacks, but for 1 in 10 people – no cause will be identified.

Chronic pancreatitis is a long-standing inflammation of the pancreas. A normal pancreas is soft with a smooth surface. In chronic pancreatitis, this surface becomes harder and knobbly.

There is no single cause of chronic pancreatitis. In most sufferers, there is probably a combination of genetic and environmental factors. Although heavy smoking and drinking are risk factors, it is rare even that heavy smokers/drinkers develop chronic pancreatitis.

Research

Pancreatitis is a relatively under-researched area, especially when considering the devastating impact it can have upon families. At Guts UK, we're proud to be the only charity funding a research fellowship into pancreatitis. We must do more to help families affected by this dreadful condition.

Support our crucial research programme today

Sam's Story

Meet Sam. Sam has had a number of episodes of acute pancreatitis and is the manager of a sports club in Haywards Heath, Disco Balls. Disco Balls chose Guts UK as their Charity of the Year to support our vital research into pancreatitis, and they're having the best of fun doing so!



Disco Balls Rugby Team

When you mention pancreatitis, what is the usual reaction?

When I talk about my episodes with pancreatitis, the majority say they've never heard of it. To be honest, I wasn't that aware of it before it happened and admit I'm still learning to this day about the role of the pancreas and how it is affected.

I made lifestyle changes (including zero alcohol intake) over 3 years ago. Friends and family have fully supported me, but on every social occasion it would still be a subject of discussion. As you can imagine, being part of the rugby and sports scene the social side of things plays a very big role!

What have Disco Balls been doing over the previous months?

We've been busy throughout the summer playing in competitions and festivals across the country. On our travels, we always make sure to bring our 'Guts Gear' with us, raise awareness and spread the gut health love. Guts UK's logo has completed our kits this year, and we've loved flying their flag wherever we go.

How did you come across Guts UK?

I saw the Kranky Panky Campaign in November 2018. I read the 30 pancreatitis stories and found it refreshing to know I'm not alone. I was amazed at the amount of valuable content.

It was relevant for personal reasons, but bearing in mind the feedback from friends and family – it was apparent that the subject surrounding digestive diseases was not as highly regarded or known about as it should be.

Sam



Disco Balls Rugby Team

Kranky Panky 2019

We're working on our Kranky Panky Pancreatitis Awareness Campaign for November 2019. This year is going to be **bigger and better** than before. Share your story and join our Kranky Panky community today.

Get in touch with us:

info@gutscharity.org.uk • 01484 483123



Research Update

Earlier this year in June, Guts UK was delighted to announce the winners of our joint research awards, in collaboration with Dr Falk. We have joined forces with Dr Falk for the past 13 years to invest into future researchers and recognise bright, young minds who bring new insight into the field of gastroenterology, hepatology and pancreatology.

Meet Ms Elinor Roderick, the winner of one of the Medical Student Prizes for her work into autoimmune hepatitis.



How did you feel when you discovered you'd won the medical student prize?

Winning the Dr Falk Guts UK Award Medical Student prize was a great honour and a terrific confidence boost at this early stage of my career. Perhaps just as valuable was how much I learned from the actual process of entering the awards.

How do you feel these awards supported you as a trainee?

A great thing about these awards is that they are given for shorter projects. This is unusual, as most prizes tend to be targeted at longer, PhD type projects. This generally excludes medical students and Specialist Registrar Trainees (SpRs) who tend to be working within a clinical rather than pure research environment.

As a medical student, it was fantastic to have my work reviewed and approved by such eminent people and it made me understand how I could incorporate research into my career. There is no doubt either, that being able to put the award on my CV will be really useful for my future career prospects.



What would you say to others who may be thinking of applying for the awards in 2020?

I would encourage anyone who is researching in gastroenterology or hepatology (liver) to enter the awards. You learn so much, you widen your skill set and of course, it opens up so many opportunities for your career.

We're passionate about investing in future researchers who will become the bright stars and leaders of tomorrow in gastroenterology. Let's keep this programme going strong for future generations to come. Support our work today.

BREAKING NEWS:

Guts UK has just awarded two new grants to researchers involved in paediatric gastroenterology, jointly funded by BSPGHAN. Stay tuned.

BSPGHAN are the British Society of Paediatric Gastroenterology, Hepatology & Nutrition. Paediatric (childhood) gastroenterology is a priority area for Guts UK.

Meet the Researcher:

Dr Varinder Athwal - Liver



Dr Varinder Athwal was recently awarded a Guts UK-funded development grant with a value of £33,011 to begin research into Cystic Fibrosis related liver disease. Based in Manchester, the team are investigating whether they can improve clinical detection and management of the condition. See what we found out when we spoke with Dr Athwal.

Can you give us a brief outline of your research?

When we think of Cystic Fibrosis (CF), we tend to think about it as a genetic disorder that directly affects the lungs, due to the build-up of thick, sticky mucus. Treatment and management of symptoms has therefore been aimed primarily at the lungs, which has seen huge improvements in life expectancy and quality of life. This is fantastic: however, CF is a disease that has effects throughout the body. What we've been finding is that about one third of people with CF have an advanced stage of liver disease. In fact, CF has a huge impact on the digestive system. This is becoming the next challenge to improving patients' quality of life. We've begun our research to determine the cause of scarring on the liver, how we can better diagnose and treat patients, and manage these symptoms.

You're now well underway with your research. How has it been going?

There are always a few hiccups with research, due to factors that you can't anticipate beforehand. However, it's been going really well. The first part of our research is based in the laboratory and we are also working with patients in CF clinics. In Manchester, we have one of the largest and longest established clinics for adults with CF in the UK. We hope to work out why some get liver disease and others do not: there's certainly lots to do over the next few months.

How long have you been involved in gastroenterology?

I have been involved in hepatology (liver) for a long time, training in the North West, Midlands and in the USA. My PhD and research interests looked at liver fibrosis (scarring), and I work in clinic as a consultant hepatologist. I am also a senior lecturer at the University of Manchester. As a researcher, this topic is definitely fresh for us, and we hope it will lead to great developments for the care, treatment and lives of all those affected by cystic fibrosis.

What does the future hold after completing this Guts UK-funded research?

This very generous grant from Guts UK is an opportunity for us to kickstart research into an area that desperately needs treatments and answers. I aim to set a model in place with which we can continue our research. I hope our Guts UK-funded study can become a springboard to secure future funding and investment into such a promising area.

Watch this space for future developments!

Superstar supporter Yasmin visited her local hospital and college to raise awareness for World Digestive Health Day and fundraise for Guts UK. She raised a whopping £149.00 over one weekend! Great going, Yasmin.



The Guts and The Glory:

YOU make it all possible

There are so many people who make Guts UK's work possible. From awareness raising at school to challenge events in the Peak District, our supporters are nothing short of incredible.

Feeling inspired? Join our community, champion our cause and help us to fight digestive diseases. Together we can shout loud and proud, so nobody suffers in silence.

Contact the Guts UK fundraising team
01484 483123
events@gutscharity.org.uk



Smiles were all around when the Pierce Family came together to support Guts UK. Amy's mum Elaine, has pancreatitis and proudly supports our Kranky Panky campaign. In May, Amy ran the Hackney Half Marathon for Guts UK to spread some gut love.



Meet the Catling Family, who are soon coming together to tackle the Great East Half Marathon in memory of their mum and nannie, Carol - in a bid to change the landscape for others.



Power-couple Mark and Margaret decided to be environmentally conscious and combine their summer holiday with the Peak District Challenge. Margaret is a specialist nurse in a nutrition support team, and after seeing how digestive diseases affect the everyday lives of ordinary people, they decided to support and fundraise for Guts UK.



The Doctor who Infected himself to Solve a Medical Mystery

The fascinating story of the discovery of a corkscrew-shaped bacteria (*helicobacter pylori*) and its link to stomach ulcers and stomach cancer.

Australian doctors Barry Marshall and Robin Warren discovered that *H. pylori* could lead to peptic (stomach and duodenal) ulcers. Having taken biopsies from patients with stomach ulcers and culturing the organisms in the lab, the doctors discovered the bacteria and its link to stomach ulcers following a clinical trial with 100 patients in 1982.

H. pylori was previously thought to be due to stress or lifestyle factors, and when the pair discussed their findings with the medical community, they were met with scepticism and criticism. They struggled to make their case and their attempts to infect animals with the bacteria hadn't worked.

Marshall took matters into his own hands and cultured the bacteria from a patient with gastritis. He treated the patient with antibiotics and confirmed the infection was gone. But that wasn't all...

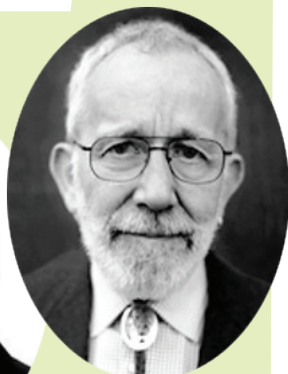
Marshall drank the organisms himself in a "cloudy broth" the following morning. He vomited for days and felt generally unwell. After 10 days, his endoscopy confirmed that the bacteria were everywhere and gastritis had developed.

Marshall and Warren's work was debated by gastroenterologists across the globe about for around 10 years after it was first published. It wasn't until a PR company came across the research and published it as a mainstream story that interest in the pair's work built.

The pair battled for years for this phenomenon to be accepted by the international medical community.

In 2005, Marshall and Warren's work was finally recognised. The pair were awarded the Nobel Prize in Physiology for their pioneering work.

Dr. Barry Marshall



Dr. Robin Warren

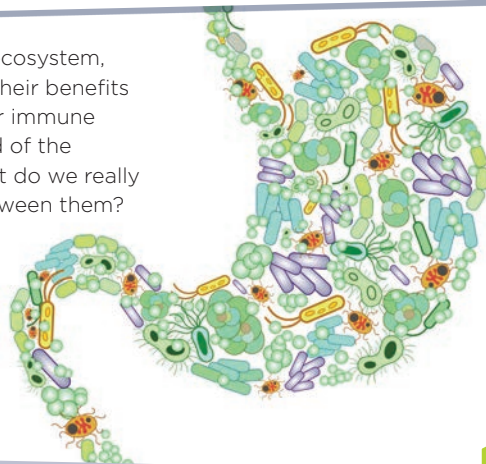


We're still discovering just how influential our microbiome (gut bacteria) is; not just for our digestive health but impacting upon our entire body. We need more research to solve the mystery surrounding the bacteria in our guts. Donate to our research programme today.

Prebiotics, Probiotics...

What's all the Fuss?

In our last issue we spoke about our gut's diverse ecosystem, which is made up of trillions of different bacteria. Their benefits reach far beyond the gut, playing a huge role in our immune system and even our mental health. We've all heard of the benefit of prebiotics and probiotics in our diets, but do we really understand what these are and the differences between them? With thousands of news articles, blogs and opinions, it can be difficult to pinpoint exact definitions and find reliable information sources. To tackle this tricky subject, we've put together an 'all you need to know' guide about prebiotics and probiotics.



Prebiotics

A good way to explain prebiotics is by thinking of them as fertilizers in our gardens, to help feed and grow all our plants. By adding a prebiotic into our diet, we can similarly feed and help our gut bacteria grow strong to benefit our overall gut ecosystem. Many plant foods contain different types of prebiotics. Artichokes, asparagus, bananas, berries, tomatoes, garlic, onions, legumes, green vegetables and wholegrain cereals are some examples. Prebiotics can also be manufactured artificially and added into foods or supplements.

INFORMATION

Probiotics

In Europe, probiotics are considered food supplements and products cannot be labelled as probiotics at present. Research has shown that some probiotics can help to improve diarrhoea caused by infection or by treatment with antibiotics. Probiotics might also relieve some digestive symptoms. At present, there isn't enough evidence to support other health claims for probiotics, or the evidence for their usefulness is inconclusive.

Probiotics are generally considered safe for people with a normal immune system. If you want to try a probiotic for a health problem you should ask your GP or dietitian for advice. The specific type of bacteria, dose and composition of the probiotic are important.



More information on probiotics:

www.nhs.uk/conditions/probiotics/

www.bda.uk.com/foodfacts/probiotics

www.nutrition.org.uk/nutritionscience/foodfacts/functional-foods.html?start=6

RideLondon for Guts UK

Guts UK places in the 2020 RideLondon are now open!
Contact the fundraising team at events@gutscharity.org.uk
or call us on 01484 483123 to secure your place!

Date: 16th August 2020

Location: London and Surrey

Registration fee: £15

Fundraising Target: £400

In August, our Guts UK cyclists used their pedal power to take on one of the greatest cycling challenges in the world: the Prudential RideLondon!

At either 46 miles or 100 miles, the course poses a challenge for any cycling enthusiast. Taking in all the beautiful sights London and Surrey have to offer, this is one grand challenge.

Congratulations to all our riders, now you've conquered the Prudential RideLondon for Guts UK, we hope that you're enjoying a well-deserved rest!

We're hoping to make our 2020 team the biggest yet! Spread the word, tell your friends and colleagues about this epic ride and encourage them to join Team Guts UK; do you have the guts?



Your update:

The Less Survivable Cancers Taskforce

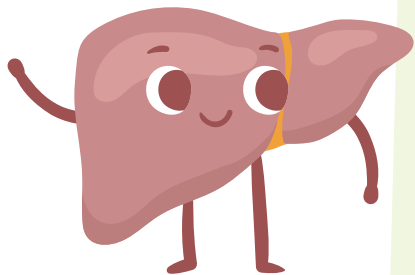


As a founding charity member of The Less Survivable Cancers Taskforce (LSCT), Guts UK has been hard at work fighting to improve the earlier diagnosis of the less survivable cancers, four of which are digestive. This includes liver, pancreatic, oesophageal, stomach, lung and brain cancer. The taskforce was set up to improve survival rates for these cancers – which make up around 50% of cancer deaths in the UK, campaigning for earlier diagnosis and increased research in this area.

Guts UK's CEO, Julie Harrington recently visited Scottish Parliament in a bid to put the less survivable cancers on the national agenda and prioritise investment and research in this area.



The Liver: Non-alcoholic fatty liver disease



With over 500 crucial functions, our liver plays a pivotal role in our bodies. Our liver even has the incredible ability to regenerate and replace itself. But what happens when our liver becomes so damaged that the harm can't be reversed?

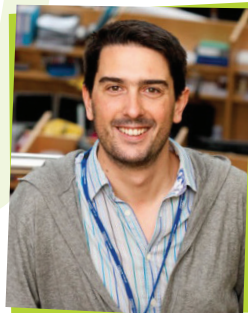
Non Alcoholic Fatty Liver Disease (NAFLD) is one condition that can cause irreversible liver damage if undetected and left untreated. It starts with the build-up of fat in the liver and can lead to scarring (known

as fibrosis) and cirrhosis, where the scarred liver eventually shrinks and the risks of organ failure and cancer increase.

One in three of us may have early stages of NAFLD. While NAFLD can be diagnosed through an ultrasound scan, it may not be detected until there is significant, potentially irreversible, liver damage. If detected early enough, any initial damage is reversible.

Research into NAFLD:

Guts UK actively funds research into NAFLD. Led by Dr Marc-Emmanuel Dumas at Imperial College London, the team there are trying to answer questions about key markers of fatty liver disease that can help identify, treat and prevent NAFLD. You can read more about Dr Dumas' work on our website.



INFORMATION & RESEARCH UPDATE

How to prevent NAFLD:

Although we've all heard it before, a healthy lifestyle can be one of the best ways to prevent the onset of NAFLD. Maintaining a healthy weight, eating a well-balanced diet and exercising is the best way to prevent NAFLD. Generally, the more overweight you are – the more likely you are to develop the disease. However, genetics are another factor that can play a role.

The Alarming Impact of Liver Disease in the UK

A recently published report from the British Liver Trust has shone a light on the huge impact that liver disease has in the UK. The report states:

In a public poll by the charity, the public perceptions of liver disease were explored and found that **91%** of respondents cited alcohol as the biggest risk factor for liver disease.

However only **58%** recognised that obesity and being overweight increased the risk too.

It's time to talk about liver disease and take practical measures for our digestive health. Our Healthy Eating and the Digestive System leaflet gives a good insight into our digestive system and how to lead a healthier lifestyle. You can view this online or request your copy today. You can also read this report in full via the British Liver Trust's website.

“Alcohol consumption is the leading cause of deaths due to liver disease in the UK, but non-alcohol related fatty liver (NAFLD) is likely to overtake alcohol as the leading cause in the next few years.”



Guts for Life

Thank you to all those who have honoured and celebrated the lives of their loved ones by donating to Guts UK

Robert's cousin, Richard

Barry Lowe

June Villiers

Stephen Brueford

David May

Dennis Woolliscroft

John Burgess

Brian Narramore

Ian Wall's father

Bridgette Callaghan

Billy Riding

Les Jordan

Catherine Howells

Julie Myra Ross Higgison

Gordon Liso

We wish to acknowledge the following people for remembering Guts UK with a gift in their will:

Mrs Falmai McGowen

We'd like to acknowledge two notable individuals within gastroenterology who have recently passed, and we send our sincere condolences to their loved ones:

Professor John Lennard-Jones

Mr Christopher Venables

Pass on something wonderful

Earlier diagnosis. A better treatment. A cure.

Guts UK is uniquely placed to transform the landscape for treating conditions of the gut, liver and pancreas. Pass on something wonderful by leaving a gift to Guts UK in your will.

“Money invested in research today saves lives in the future, and gifts in wills play a huge part in future research.”

**REMEMBER US IN
YOUR WILL**
Help our work live on...



Busting the Common Myths Surrounding Gifts in Wills

1 Leaving gifts in wills is only for the wealthy

This simply isn't true. At Guts UK, we're incredibly grateful for every gift we receive, no matter the size. A gift of any amount makes a very real difference to the future of tomorrow.

2 Charities would be fine without gifts in wills

Gifts in wills are absolutely vital to charities. Gifts left to Guts UK allow us to fund innovative, exciting and promising research projects. We're so thankful for the gifts we receive, which play a fundamental role in shaping our research programme.

3 Wouldn't a donation now be better than a gift in my will?

Each donation has a real impact on the lives of those affected by diseases of the gut, liver and pancreas. The benefit of a gift in your will is that it costs you nothing in your lifetime, but you pass something wonderful and invaluable forward for the generations to come.



“The more research, the better it will be for everybody, for our children, our grandchildren. Isn't this what it's all about, learning now for the future?”

From birth to old age, our guts are central to our wellbeing and act as our own personal plumbing system. Many of us take them for granted – that is until something goes wrong.

Research into the gut, liver and pancreas has been woefully underfunded for decades, despite digestive disorders being widespread amongst the UK population. Digestive cancers of the liver, pancreas, oesophagus and stomach remain some of the least survivable cancers, where they have languished for decades.

Any gift in your will to Guts UK would make a powerful and lasting difference to the lives of those affected by digestive disorders, and could be the single most effective gift you give.

Help us diagnose earlier, improve treatments and find a cure by leaving a gift in your will to Guts UK.

Let your values live on



Guts on the Go

Recently, Guts UK has been working on spreading the gut love with our existing supporters and meeting lots of new faces. We've visited local festivals with stands full of information, even bringing along our famous friend, Colin the Inflatable Colon. Colin very rightly sparked fascination amongst visitors about our gut health and is a great tool to talk about why we can't take our guts for granted.

At a local food and drink festival, we enlisted the help of the Audrey Spencer School of Dance to go one step further: singing **'Let's Talk About Guts, Baby'** from the stage! Watch this space for more...



Did you know that Colin can come to a town near you? If you think your work or town could benefit from a Guts UK visit, we want to hear from you. Email info@gutscharity.org.uk or call 01484 483123 for more information.



Donate to Guts UK

Donate to Guts UK today so we can continue delivering our programme to fund research, provide expert information and raise awareness of digestive disorders. Your gift helps us ensure that no-one with a digestive condition suffers in silence.

It's as simple as sending a donation via post, visiting our website or texting GUTS followed by your chosen amount to 70085.

Share your story

Stories from patients, family and friends not only bring important matters to light, but stop others from feeling so alone. Share your story and get in touch today.



Fundraise for us

Why not host a delicious dinner party for Guts UK? Hold a village get-together or a bake sale at work. Our incredible supporters are always approaching us with wonderful and fun-filled fundraising ideas. What would you like to do for Guts UK?



Spread the word

Can you raise the banner for digestive health in your local community? Become an ambassador for Guts UK: raise awareness and help us share the gut love.

HOW
CAN

YOU
HELP

Get up and Groove for Guts UK

Put on your dancing shoes, throw a disco party and groove the night away. All while raising money and showing some love for Guts UK.



We're just a phone call away

Yorkshire office:



Guts UK
The Media Centre
7 Northumberland St
Huddersfield
HD1 1RL



01484 483123

London office:



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3 St Andrew's Place
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NW1 4LB



020 7486 0341



Info@gutscharity.org.uk

Feeling inspired but don't know how best you can help? Contact our friendly team today - we'd be delighted to lend a hand.

THE CHARITY FOR THE DIGESTIVE SYSTEM

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- Acute Diarrhoea
- Barrett's Oesophagus
- Bowel Cancer
- Chronic Intestinal Pseudo-Obstruction
- Coeliac Disease
- Constipation
- Crohn's Disease
- Diverticular Disease
- Healthy Eating & The Digestive System
- Heartburn & Reflux
- Helicobacter Pylori
- Indigestion
- Irritable Bowel Syndrome (IBS)
- Pelvic Radiation Disease
- Polyps in the Bowel
- The Role of Gut Bacteria in Health & Disease
- Ulcerative Colitis



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The Role of
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Much more information on conditions, health and lifestyle tips can all be found at gutscharity.org.uk

You can request your free of charge hardcopy in the post by emailing info@gutscharity.org.uk or calling 0207 486 0341.

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