THAT GUT FEELING

Autumn/Winter 2026



What's inside?

Page 12
Discover how to beat winter bloating and distension

Page 15
Have your say in future research

Page 19
Bake up a treat with our festive recipe

Contents

3 Hello from our CEO

4 Getting to grips with diarrhoea and alcohol

6 Your gut-brain connection in winter

7 Mark's IBS story

8 Shaping the future of endoscopy research

10 From padel to paddle

12 Beat winter bloating and distension

14 Sophie's gastroparesis and Crohn's disease story

15 Get involved in future digestive health research

16 Meet your pancreas: small organ, big job

17 Georgie's heartfelt mission

18 Try our digestive discovery wordsearch

19 A festive tear-and-share treat

Get in touch

Need information and support for a digestive condition or symptoms? We're here for you.

Call our Helpline on **0300 102 4887** (Monday to Friday, 10am to 2pm, except bank holidays) or go to **gutscharity.org.uk/helpline** to complete our online form.

If you're contacting us about something else, call our main telephone line on **020 7486 0341** or go to **gutscharity.org.uk/contact-us.**

@gutscharityuk

www.gutscharity.org.uk

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Registered Charity Number: 1137029



Hello
from our CEO



As we near the end of the year, I'm immensely proud of what we've achieved.

More people than ever before are turning to us for information and support, highlighting just how needed our work really is. Despite demand for our services increasing, income generation has unfortunately not been as strong as we'd hoped. This is challenging and will impact our development and growth plans. There is so much more we need and want to do to improve diagnosis, treatment, and quality of life for those affected by digestive conditions, and we are forever grateful for your support.

One priority area is our Helpline. Launched in 2025, overall demand continues to rise. We increasingly hear that individuals have been recommended to contact us by healthcare professionals, who recognise that patients often need more time, reassurance and non-medical information than can be provided during a busy appointment. The feedback we receive continues to emphasise just how vital the service is, with over 90% of people telling us they feel listened to and that our support has enabled them to take the next steps.

A tool to help people record their digestive symptoms and understand their impact has been frequently requested by those accessing our services. I'm delighted to share we'll soon be launching a Guts UK symptoms log, available online and in print, to support people pre-diagnosis and beyond.

In July, our new national awareness campaign Let's Talk Guts focused on encouraging the nation to feel more comfortable and confident talking about their gut health. Hundreds of people downloaded our resources, shared them with others and started important conversations with family and friends, and in their workplaces and social and community groups. The response was fantastic and 2027 planning has already begun.

In May, I shared news of a new pancreatitis research funding call to accelerate medical research into a condition which has long been neglected, despite the often devastating impact it has on those affected. It was a great success, with high-quality applications from researchers keen to make a real difference and answer the questions identified in our pancreatitis priority setting partnership (PSP). This December, we'll announce the successful grant awards.

As the national charity for the digestive system, Guts UK is here for people when they need us. But we cannot do this alone. With an ever-growing demand for our services, your support has never been more important. Whether you donate or become a regular giver, take part in a sponsored challenge event, support our campaigns, or nominate us for support from your workplace, club or social group, you can help us reach more people, fund vital research, and ensure that no one has to face a digestive condition without the information and support they need. Every form of support makes a difference, and I'm incredibly grateful for everything you do for Guts UK.

Best wishes,

Suzanne

Getting to grips with **diarrhoea and alcohol**



As the nights draw in and winter approaches, our social calendars start to fill up with work parties, family gatherings and evenings in the pub. But for many of us, winter festivities can also bring an unwelcome guest to the party... diarrhoea!

What is diarrhoea?

Diarrhoea is sudden and loose or watery poo. It's a common digestive symptom that occurs when the normal process of digesting food and absorbing water gets disrupted. While it's often associated with food poisoning or winter sickness bugs like norovirus, seasonal changes and an increase in alcohol or rich, fatty foods can play a role in how well our guts behave during the winter months.

What happens when you drink alcohol?

From the moment you have an alcoholic drink, it begins to move through your digestive system. Unlike food which takes time to break down, alcohol is absorbed quickly. A small amount enters the bloodstream through your stomach lining but most moves into the small intestine where it rapidly travels to the liver.

Your liver processes the alcohol slowly at about one unit of alcohol per hour. When you drink faster than your liver can process, excess alcohol circulates throughout your digestive system.

Why does alcohol cause diarrhoea?

Diarrhoea is a symptom of a hangover and can become a long-term problem in people who depend on alcohol. Alcohol affects your gut in several ways.

- **It affects the speed of digestion:** The rate at which food passes through your stomach and intestines can get faster or slower depending on the type and strength of the alcoholic drink. Because waste moves through your large intestine (colon) too quickly, your bowel doesn't have enough time to absorb fluids and salts, leaving you with loose, watery poo.
- **It can irritate your gut lining:** Alcohol acts as an irritant throughout your digestive system. This irritation can disrupt your gut's normal absorption and if consumed in high amounts regularly, can cause inflammation.
- **Fizzy mixers can result in gas build-up in your bowel:** This can lead to excess bloating, making digestive symptoms like diarrhoea worse.

How do you navigate winter stomach bugs and alcohol?

Winter is also the prime season for infectious bugs such as norovirus. If your diarrhoea is accompanied by fever, stomach cramps, or vomiting, a virus or food poisoning may be the culprit instead. Drinking alcohol while recovering from a stomach bug will only make your digestive symptoms worse and last longer.

When should you seek help for diarrhoea?

Most episodes of acute diarrhoea come on suddenly and usually last days to weeks.

You should speak to your GP if:

- Symptoms persist for more than seven days.
- You notice severe pain.
- You experience warning signs like persistent vomiting, unexplained weight loss, or blood in your poo.

Gut-friendly tips for the winter season

Looking after your gut doesn't mean missing out on winter socialising. A few simple adjustments can help keep your digestion on track:

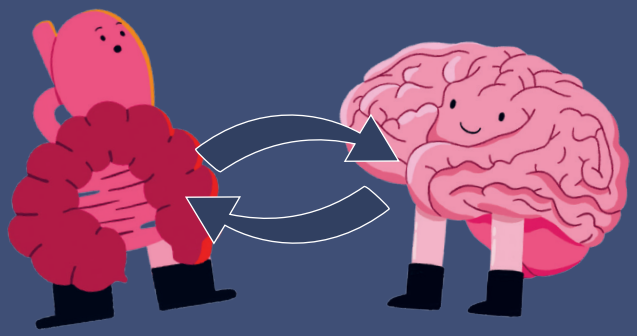
1. **Pace yourself and hydrate:** Alcohol dehydrates your body, and diarrhoea causes further fluid loss. Alternate alcoholic drinks with water or soft drinks to keep yourself hydrated and give your liver time to process each drink.
2. **Don't drink on an empty stomach:** Enjoying a balanced meal before heading out slows down the absorption of alcohol, easing the stress on your stomach and intestines.
3. **Know your limits:** The UK Chief Medical Officer advises drinking no more than 14 units of alcohol a week, spread over three or more days, with several drink-free days each week.
4. **Ease back into eating:** If you do experience diarrhoea, stay well-hydrated with fluids. Stick to gentle, bland foods like toast, plain rice or crackers until your stomach settles. Temporarily avoid alcohol, caffeine and rich or spicy foods.

Please note: This information is intended for people without a diagnosed digestive condition. If you live with a digestive condition and need information and support for diarrhoea, please speak to your healthcare team.

For more information

on diarrhoea, alcohol and looking after your digestive health, visit **gutscharity.org.uk/information**.

Your **gut-brain** connection in **winter**



Shorter days and chilly weather often mean wrapping up warm and wanting to hibernate. But while you are getting cosy, your gut and brain are constantly communicating.

This happens through the vagus nerve and chemically through neurotransmitters. This is called the gut-brain axis.

When winter brings less daylight your mood and energy can dip, and your digestive system feels that shift alongside your mind. At the same time, lifestyle changes like enjoying hearty winter meals and spending more time indoors can drive seasonal changes in your gut microbiome.

Your gut is home to trillions of tiny residents. These microbes link directly with your brain to help support digestion and overall wellbeing, so looking after yourself is a brilliant way to support your gut over the colder months.

Your cosy winter gut checklist

- ☑ **Load up on seasonal plants:** Focus on a colourful variety of winter vegetables, root veg, and wholegrains to feed your microbiome a healthy mix of plant fibres.
- ☑ **Embrace gentle movement:** A bit of daily stretching or a short walk can keep things moving smoothly in your digestive tract.
- ☑ **Chase the daylight:** Pop outside for a breath of fresh air during your day. Getting natural light helps reset your body clock, which loves routine just as much as your tummy does.
- ☑ **Listen to your body:** Winter social calendars can get hectic. Pace yourself, get plenty of rest, and give your digestive system some downtime.
- ☑ **Stay hydrated:** It is easy to forget to drink enough water when the weather cools down, but staying hydrated helps support your digestion.

Please note: This information is intended for people without a diagnosed digestive condition.

Mark's IBS story



We caught up with Mark, 35 from Doncaster following his diagnosis of irritable bowel syndrome (IBS) earlier this year.

"As a bloke, I was quite stubborn and just wanted to deal with it myself. I found talking about bowel symptoms embarrassing."

When did your symptoms of IBS begin and what were they?

"Around three years ago I started experiencing stomach cramps, bloating and the odd bout of diarrhoea."

How did your symptoms affect your day-to-day life?

"The biggest impact was the urgency and unpredictability. Sometimes I would only have seconds to get to a toilet. The symptoms also stopped me doing things I enjoy, such as playing sports, for fear of not getting to a toilet in time."

Tell us about your experience with your GP

"It was my wife who pushed me to see a doctor after I kept asking her to buy lactose and gluten free products. I had blood tests and did some stool samples. One stool sample was abnormal, so I was referred for a colonoscopy."

When did you receive your diagnosis and how did you feel?

"During the colonoscopy they found a few polyps (fleshy growths) in my bowel, which they removed there and then. The polyps were tested and thankfully came back benign (non-cancerous). Following my colonoscopy results which showed no signs of other digestive conditions, I was diagnosed with IBS. Having a diagnosis gave it a name and an explanation, which gave me reassurance. From my GP through to the hospital team, I always felt listened to and taken seriously."

What treatment have you received for IBS?

"I was prescribed medication to help manage my symptoms. I have gone from years of constant diarrhoea and urgency to having solid stools at a predictable time. I've also been able to eat and drink things I've not touched in years."

What would you say to others with undiagnosed digestive symptoms?

"Stop being stubborn and get yourself checked out. I know a lot of people, especially men, like to think they can deal with things themselves, but some things need professional help. There are treatments available and plenty of support out there, but you won't know unless you speak to someone."

For more information

on IBS, visit **gutscharity.org.uk/info/ibs** or call our Helpline on **0300 102 4887.**

Shaping the future of endoscopy research

For the first time, people with experience of endoscopy procedures have helped identify the research questions they want answered.

Endoscopy is vital for diagnosing and treating some digestive conditions, as well as ruling others out. More than 1.5 million endoscopies are carried out in the UK each year. Yet, there are still unanswered questions about how to improve patient experience and make them safer and more comfortable.

Guts UK, alongside Crohn's & Colitis UK and the British Society of Gastroenterology, brought patients, carers and healthcare professionals together through an Endoscopy Priority Setting Partnership (PSP).

Discover the top 10 priorities and read the final report at **gutscharity.org.uk/psps**.

Why does this matter?

Digestive health is an underfunded area of research, so it is important that it focuses on questions that could make the biggest difference.

These priorities give researchers and funders a clear direction for future endoscopy research, while ensuring the perspectives of patients, carers and healthcare professionals are included.

Being part of the conversation

Beverly, a Guts UK Expert by Experience, took part in the final workshop.



For Beverly, the PSP was an opportunity to share her perspective alongside healthcare professionals and other patients with lived experience. Being listened to was just as important as having the chance to speak. Ultimately, Beverly hopes the conversations will lead to a better experience for everyone undergoing an endoscopy.

> *Endoscopy has become a regular event in my life due to my health issue and at times, I felt as if I was being ignored at my own party. My hope is that the points I expressed and the things we learned from each other will make for a better experience for everyone having an endoscopy in the future.*
>
> *If as a patient, we don't express our concerns to the medical team, then how will they know? And they really listened...I truly hope they appreciated that I took on their perspective on performing the procedure, and made me realise things I thought were minor, were higher in their priorities."*

What happens next?

The priorities will be shared with researchers, funders and organisations working in digestive health, helping to highlight where further research could have the greatest impact.

We hope they will inspire new research and help improve endoscopy for patients across the UK.



The practical stuff

What is an endoscopy?
An endoscopy is a test that looks at your digestive system, usually via your mouth or bottom. Different types are used to examine different parts of the digestive system, including gastroscopy (looks at the oesophagus, stomach and upper small intestine), colonoscopy (looks at the large intestine and rectum) and capsule endoscopy (where you swallow a small camera capsule to take pictures of your digestive system).

Why might I need one?
An endoscopy can help find the cause of digestive symptoms and identify problems such as inflammation, ulcers, bleeding or blockages. It can also be used to take biopsies (tissue samples) for further testing, or in some cases, treat digestive issues. If nothing is found, it may help rule out some digestive conditions.

What happens during an endoscopy?
Before the procedure, you'll usually speak to a nurse about your health and what to expect, and can ask any questions. You'll then be taken to the endoscopy room for the procedure.

The experience varies depending on the type of endoscopy. You may be offered sedation, a throat spray or, sometimes, gas and air. Your healthcare team will explain your options.

Will it hurt?
An endoscopy can feel uncomfortable, but it shouldn't be painful. You may experience cramping or bloating, depending on the procedure. During a gastroscopy, you may feel like gagging or retching.

Remember, you can let the endoscopy team know if you're uncomfortable or need them to stop.

How do I prepare?
Your hospital will give you specific instructions. These can vary depending on the type of procedure, so follow the guidance you've been given. If you're unsure about anything, contact your endoscopy department.

What happens afterwards?
Most endoscopies are done as day procedures. You may feel bloated, have some cramping or have a sore throat afterwards, depending on the type of endoscopy.

Your endoscopist will let you know when to expect your results.

From padel to paddle



How Rob and Richard took on 1,000 miles of the Yukon River to raise over £26,000 for Guts UK...

How did a friendship forged over a racket and a ball lead to what Rob describes as 'the longest paddle race on earth'? With the help of a manuscript Rob wrote himself, we're filling in the blanks and telling the story of how the pair went from the padel court to their paddling challenge.

In case you're unfamiliar with the challenge, the Yukon 1000 covers 1,000 miles of river from Whitehorse in Canada's Yukon Territory to Alaska. Teams of two paddle for up to 18 hours a day, stopping for just six hours to sleep and rest.

The idea was born, appropriately enough, on a padel holiday in Spain. And yes, we're talking about the racket sport, nothing to do with kayaks, rivers or thousands of miles of wilderness.

Richard had known about the Yukon 1000 since it began in 2009 and had wanted to take part for years but had never found anyone 'foolish enough' to join him. Then, several drinks into an evening with friends on holiday, he mentioned the challenge. Rob was intrigued and, despite knowing little about it, said he was interested. By the next morning, he was all in and the pair set about crafting their application.

The odds of getting in were slim. Around 3,000 teams apply each year, with just 32 selected. They submitted their application in July 2025 and following interviews and video calls, learnt they had been selected and would take on the challenge in July 2026.

For Rob and Richard, the challenge was about more than endurance. They took on the race to raise funds and awareness for Guts UK, motivated by the impact that digestive cancers have had on people close to them, including Rob's brother, two of his friends and a close friend of Richard's.

"Bowel cancer has touched our lives in the most direct and painful of ways. Not once, but four times over.

My brother, Mark, has been fighting colon cancer for the past six months and has just completed his fifth round of chemotherapy. Watching someone so close to you endure that treatment, the exhaustion, the uncertainty, the sheer courage it takes changes your perspective on everything.

As preparations for the race were underway, a dear friend of Richard's shared the difficult news that he had been diagnosed with bowel cancer. It was a stark reminder of how quickly life can change and it inspired Richard to use this challenge as an opportunity to join forces with me and raise funds and awareness for a cause that is now very close to home on many fronts."

Together, they have raised an incredible £26,000 for Guts UK.



Preparing for 1,000 miles

With just nine months between being selected and the start line, the pair had plenty to learn. Richard had some kayaking experience, while Rob had barely kayaked before. They combined time on the water with kayak ergometer sessions, strength and conditioning work, and longer practice trips around the UK. They also rehearsed everything from capsize drills to pitching their tents and packing their kayak, while spending hours planning their route through the ever-changing Yukon River.

Race week

The reality was tougher than even their extensive preparation suggested. They paddled for hours at a time with almost no sleep, dealing with blisters, aching backs, hallucinations and the physical strain of remaining in a kayak for most of the day. The river itself presented many challenges, from waves, currents and the constantly changing channels of the Yukon river.

At one point, Richard dropped their satellite phone into the river while getting out of the kayak. They still had two emergency trackers, so decided to continue. Later, a storm forced them to cling to a tree root on an island while torrential rain, strong winds and waves passed over them.

At around 9:55 pm, after six days and 15 hours of paddling, they crossed the finish line. Rob and Richard staggered ashore to be met by Richard's wife Elaine and son Harrison. Their legs could barely function, but they had done it. They had beaten their target by more than a day!

A four-hour penalty was later added for losing the satellite phone, giving them an official time of six days and 19 hours. On the water, they officially finished 10th and were the eighth fastest kayak.

Looking back, Rob describes the race as 'brutal', but also funny, humbling, exhilarating and 'genuinely epic'.

Take on your own challenge from the Guts UK calendar

May 2027

Edinburgh Marathon Festival – Choose a half or full marathon, enjoying some of Edinburgh's most iconic streets and sights throughout the route.

June 2027

Great North Swim – Dive into this open-water swim in the stunning waters of lake Windermere.

Anytime

Skydive – Fly high in the skies and freefall from 10,000 feet. Choose your own date and location.

Tough Mudder – Make your way through a muddy obstacle course packed with challenges that test your stamina and strength. Choose your own date and location.

Kiltwalk – Take on a long distance walk through Scotland's most scenic locations. Various dates.

Looking for something else?

Check out more upcoming challenge events at **gutscharity.org.uk/events** or plan your own and choose a date, place and pace that suits you!

Beat **winter bloating** and **distension**



At Guts UK, we know that talking about our digestive health can still sometimes feel taboo, but we're here to flush away the stigma.

Understanding what happens in your gut is the first step towards feeling comfortable and confident all season long.

What's the difference between bloating and distension?

Though often used interchangeably, bloating and distension are two distinct digestive symptoms:

- **Bloating:** A subjective feeling. It's that uncomfortable, tight or full sensation inside your tummy, often accompanied by trapped wind, gurgling or rumbling. Your tummy might feel packed full, even if it doesn't look any different on the outside.
- **Distension:** The visible, physical swelling of your tummy. Your waistline expands outwardly, making clothes feel much tighter than they did earlier in the day. Not everyone with bloating will experience distension.

Symptoms occur when gas builds up in your digestive system or when your gut is particularly sensitive to normal amounts of gas.

Why does winter trigger digestive symptoms?

- **Richer meals and larger portions:** Big hearty meals, pulses and high-fat meals can lead to increased gas production.
- **Reduced physical activity:** Colder weather often means moving less, which can slow down your gut's natural movements.
- **Winter stress and changes in routine:** Seasonal holidays, stress and disrupted eating habits directly affect your gut and its sensitivity.
- **Constipation:** When your gut gets backed up, gas trapped behind poo makes bloating and distension worse.

How to manage and prevent symptoms at home

If you experience short-term symptoms, simple everyday habits can offer significant relief:

- **Mindful eating:** Eat smaller meals regularly, chew thoroughly and avoid talking while chewing to prevent swallowing excess air. Sit up straight whilst eating.
- **Gentle movement:** A short walk after meals or simple yoga stretches (like bringing your knees to your chest while lying down) encourages trapped wind to move through your gut.
- **Hydration and recognising your triggers:** Drink plenty of water while limiting fizzy drinks, alcohol and artificial sweeteners. Keep a food diary to spot your triggers.
- **Over-the-counter support:** Gas-relieving medicines like simethicone work by breaking up gas bubbles to reduce bloating. Peppermint oil capsules can also help soothe symptoms. A pharmacist can recommend the best option for you.

Please note: This information is intended for people without a diagnosed digestive condition. If you live with a digestive condition and need information and support, please speak to your healthcare team.

What's normal?

Getting to know your own normal is key. Paying attention to how your body feels and regularly checking your poo helps you spot changes early. Try our online Poo-Torial tool at **gutscharity.org.uk/poo-torial** to check the consistency, colour and frequency.



When should you seek help?

If your symptoms last for several weeks despite lifestyle changes, consult your GP. Seek prompt medical advice from your doctor or NHS 111 if you notice:

- Blood in your poo or from your bottom.
- Unexplained weight loss.
- Severe, constant or worsening abdominal pain.
- A lump or swelling in your tummy.
- Unexplained changes in bowel habits such as ongoing diarrhoea or constipation.
- Constant nausea or vomiting.

For more information

visit **gutscharity.org.uk/information** or call our Helpline on **0300 102 4887.**

Sophie's gastroparesis and Crohn's disease **story**



Sophie, 30, is a clinical exercise physiologist. She lives in Walsall with her partner Craig and their dog, Diesel.

When did your digestive symptoms begin and what were they?

"I've been going to the GP with digestive symptoms since I was 16. For years, symptoms such as reflux, pain, vomiting and extreme bloating were all put down to IBS."

When were you diagnosed with Crohn's disease?

"By my early twenties I developed joint pains, eye inflammation, bleeding bowels, mucus in my stools, mouth ulcers and weight loss. Following investigations, including a colonoscopy, I was diagnosed with Crohn's disease in 2022."

When did your first symptoms of gastroparesis begin?

"When I suddenly started vomiting hours after eating and experienced pain, it was put down to a Crohn's flare up, which had often caused sickness. For me, these episodes of vomiting felt different to Crohn's. The pain, which I now know to be gastroparesis, was much higher up.

Even if I'd only had something small, it felt like I'd eaten a four-course Sunday dinner. My stomach would swell up, and up to eight hours later, I'd throw up food that was still undigested in my stomach."

Can you tell us about your gastroparesis diagnosis?

"Last September, I was already in hospital with what was believed to be a Crohn's flare up. I started throwing up food hours after eating and couldn't keep anything down. To support with nutrition, I had a feeding tube put in and was sent home.

I was readmitted to hospital in March this year. I couldn't keep any fluids in, I couldn't eat and my bowels weren't opening. The doctors could see that every time I ate, I would swell up. That prompted them to book a gastric emptying study, which confirmed gastroparesis."

How did you feel about being diagnosed with gastroparesis?

"For me, getting the diagnosis of gastroparesis was validating because it meant there was a physical reason for my symptoms."



"I think people need to realise that people aren't faking being sick, we're faking being well. Just because I don't look sick, doesn't mean I'm not."

Get involved in future digestive health research



Do you live with a digestive condition or care for someone who does? Register your interest in patient and public involvement opportunities to share your views and influence future research.

Too often, research doesn't focus on the questions that matter most to people affected by digestive conditions. At Guts UK, we're putting their voices at the heart of research.

When people think about research, they may picture scientists, clinicians and laboratories. Yet some of the most important insights come from the people living with digestive conditions and the carers and family members supporting them. They bring first-hand insight into the day-to-day realities, challenges and unanswered questions that research aims to address.

That's where patient and public involvement (PPI) comes in. People with lived experience can actively contribute to research. They might help set research priorities, review information and share their views on projects.

You don't need to be a scientist or researcher to get involved. Whether you're living with a digestive condition, caring for someone who is, or supporting a family member, your experience and perspective matter.

"I get involved in PPI because I want to give something back and make a positive contribution to the work of Guts UK. I also enjoy learning more about digestive health and research, meeting other people with an interest in improving patient care, and knowing that my contribution is valued. I would strongly encourage others to get involved. You can make a real difference to others, while gaining a great deal from the experience yourself."

David, Volunteer

By getting involved, you could help make sure research addresses the questions and priorities that mean most to those impacted.

Ready to get involved?

Registering your interest doesn't commit you to anything. You'll simply hear about relevant opportunities and can decide whether they're right for you.

Find out more at **gutscharity.org.uk/PPI.**

Meet your pancreas: **small organ, big job!**



Say hello to your pancreas. It might not get much attention, but this small organ has a lot on its plate, from helping digest our food to keeping our blood sugar in check. This November, for Pancreatitis Awareness Month, we're giving the pancreas the attention it deserves and shining a light on what happens when things go wrong.

What does the pancreas do?

Tucked behind your stomach, the pancreas has two important jobs:

1. To produce digestive enzymes that help break down food.
2. To produce hormones such as insulin that help control blood sugar.

What is pancreatitis?

When the pancreas becomes inflamed, it's called pancreatitis. It can happen suddenly (acute pancreatitis) or continue over time (chronic pancreatitis). For some people, it can mean repeated attacks, ongoing pain and serious complications

What is pancreatic exocrine insufficiency (PEI)?

Serious damage to the pancreas can mean it no longer produces enough digestive enzymes. This can lead to pancreatic exocrine insufficiency (PEI), making it harder for the body to digest food and absorb nutrients.

In fact, 8 in 10 people with chronic pancreatitis may eventually develop PEI. Symptoms can include bloating, abdominal discomfort, wind, fatty stools and weight loss.

The good news? PEI can be managed. Pancreatic enzyme replacement therapy (PERT) can replace the enzymes the pancreas is no longer producing in sufficient amounts.

Find out more in our PEI information on our website at **gutscharity.org.uk/information**.

We're getting to grips with pancreatitis

Our Kranky Panky awareness campaign is a chance to talk about a condition that is often misunderstood.

We share powerful, real-life stories from people and families affected by the condition. Their experiences help show what pancreatitis can really mean beyond the medical terminology.

Hear more from people affected by pancreatitis on our website at **gutscharity.org.uk/kranky-panky.**

We also want people to have access to clear, accessible information. Our Getting to Grips with Pancreatitis webinar took place earlier this month and brought expert information and lived experience together to explore pancreatitis, its impact and the support available.

Watch the webinar recording on our website at **gutscharity.org.uk/webinars.**

Georgie's **heartfelt** mission



"I'd like to think Dad would be really proud."

Beauty products might not be the first thing that come to mind when you think about fundraising for Guts UK. But for Georgie, who works in the beauty industry and is often gifted high-value products, they've become a way to raise thousands of pounds in memory of her dad, who died suddenly following a pancreatitis attack.

When Georgie was 12, her mum Nikki was diagnosed with pancreatitis. Just a year later, her dad David developed the same condition.

"Mum was in hospital for quite a few months, she was really not well," Georgie recalls. "Then the next year, my dad fell ill with it and doctors said, 'This is weird.' Not only two people in the same community, but the same family having the same thing."

Both of Georgie's parents experienced gallstones, which is thought to have caused their pancreatitis, and both had their gallbladders removed.

While her mum's pancreatitis stabilised, her dad went on to have further attacks, sometimes spending months in hospital. After each attack, David would come home and slowly rebuild his strength, eventually returning to work and normal family life.

But in 2019, David suffered a fatal pancreatitis attack. He had been perfectly well just days earlier.

"The week before we were at a wedding, having a great time. I was with him the night before too, we went out for dinner." says Georgie. "There was nothing wrong with him. He was well."

Within 24 hours of being admitted to hospital, David's organs were shutting down and he was placed into an induced coma. Three days later, he died.

"It was a shock to us, it was a shock to every single person that knew him," says Georgie. "I didn't know at all that pancreatitis could do this."

Determined to turn her experience into something positive, Georgie began fundraising for Guts UK.

Through her at-home discounted beauty sales, Georgie has raised more than £20,000 over the past four years.

"I'm not a girl that's going to run a marathon," Georgie laughs. "The beauty sales are my way of doing something that's easy for me and that I'm a bit more passionate about. I wanted to give back to charity and hopefully raise awareness of pancreatitis."

Feeling inspired?

Take on your own fundraiser for Guts UK. Head to our website and get started with our free fundraising guide at **gutscharity.org.uk/support-us**.

The **digestive discovery** wordsearch

Take a breather, get comfortable and put your digestive discovery skills to the test!

All 10 words listed are featured inside this issue of That Gut Feeling.

Can you find them all?

bloating
diarrhoea
endoscopy
gut brain
hydration
paddle
pancreas
peppermint
recipe
reflux

E	N	D	O	S	C	O	P	Y	H	A	W	O	J	R	L
P	P	A	D	D	L	E	W	I	Y	K	S	B	G	V	F
E	M	A	X	U	L	F	E	R	D	E	V	Q	Z	C	A
P	X	T	V	B	N	C	M	R	R	R	W	P	S	R	N
P	D	I	A	R	R	H	O	E	A	O	Y	A	M	E	T
E	Q	W	F	U	K	L	O	P	T	I	X	N	A	E	E
R	C	O	V	N	S	G	U	T	B	R	A	I	N	L	P
M	N	S	A	L	D	F	G	H	J	K	L	Z	C	U	I
I	U	H	Y	D	R	A	T	I	O	N	M	P	R	X	C
N	E	T	Y	U	I	G	N	I	T	A	O	L	B	J	E
T	P	A	N	C	R	E	A	S	K	L	Z	X	C	V	R

Solutions: BLOATING (Row 10, Right-to-Left) | DIARRHOEA (Row 5, Left-to-Right) | ENDOSCOPY (Row 1, Left-to-Right) | GUT BRAIN (Row 7, Left-to-Right) | HYDRATION (Row 9, Left-to-Right) | PADDLE (Row 2, Left-to-Right) | PANCREAS (Row 11, Left-to-Right) | PEPPERMINT (Col 1, Top-to-Bottom) | RECIPE (Column 16, Bottom-to-Top) | REFLUX (Row 3, Right-to-Left)

A festive tear-and-share treat!



A colourful take on gluten-free pastry, packed with seasonal root veg. Enjoy on a cosy winter night in with family or serve at a festive dinner party with friends.

Baking time: 15 to 20 minutes
Serves: 6

Nutritional breakdown per serving:

476	18g	39.9g	11g	8g
kcal	protein	fat	carbohydrate	fibre

Please note: This recipe is suitable for a gluten-free diet and a low FODMAP diet.

Tip: This recipe is high in fat so is suitable for an occasional treat. The key to good pastry making is to have all the ingredients cold. If you have no time to make the pastry from scratch, you can use shop-bought, gluten-free puff pastry.

Ingredients

- 200g gluten-free plain flour
- 150g margarine
- 1/2 teaspoon xanthan gum
- 1 teaspoon gluten-free baking powder
- 50ml water
- A pinch of salt
- Gluten-free flour to roll out the pastry
- 100g cheddar cheese
- 2 Heritage carrots purple and orange (or standard ones will do just fine!)
- 1 small parsnip
- 30g pine nuts
- Spray oil

Let's get baking

1. Sieve flour, baking powder, xanthan gum and salt into a bowl and mix.
2. Weigh out the margarine and divide into three.
3. Rub 1/3 of the margarine into the flour and then add the water.
4. Bring the ingredients together and roll into a rectangle. Mark out into three sections. Add blobs of margarine to the bottom 2/3 of the dough.
5. Bring the bottom 1/3 of the pastry over the middle third and then fold that over the top third. Rotate a quarter turn, roll and repeat this step at least three times.
6. Rest for 30 minutes before use. Or freeze at this stage if planning to use the pastry later.
7. Roll out the pastry into a rectangle and score around the edges with a sharp knife, taking care not to score through.
8. Prick the pastry with a fork in the places where you are planning to place the vegetables.
9. Grate the cheese and sprinkle over the pastry.
10. Wash and slice the carrots and parsnip thinly.
11. Arrange the carrots and parsnip on the pastry and spray with oil.
12. Cook in an oven at 220°C or Gas Mark 7 for 15 to 20 minutes.
13. Five minutes before the end of the cooking time, sprinkle the pastry with pine nuts.
14. Serve and enjoy!

For more free, tasty recipes visit **gutscharity.org.uk/recipes.**

Information leaflets

Guts UK is the national charity for the digestive system, providing information and support for a range of conditions and symptoms. Go to **gutscharity.org.uk/information** to find our information online or order a free copy through our online shop at **shop.gutscharity.org.uk**.

Conditions

- Achalasia
- Acute Pancreatitis
- Adhesions
- Anal Fistulas
- Ascites
- Barrett's Oesophagus
- Belching Disorders
- Bile Acid Diarrhoea (BAD)
- Bile Duct Cancer
- Biliary Sphincter Disorders
- Bowel Cancer
- Chronic Intestinal Pseudo-Obstruction
- Chronic Pancreatitis
- Coeliac Disease
- Crohn's Disease
- Diverticular Disease
- Dumping Syndrome
- Eosinophilic Diseases
- Faecal Incontinence
- Functional Dyspepsia
- Gallstones
- Gastritis
- Gastroparesis
- Gilbert's Syndrome
- Helicobacter Pylori
- Hirschprung's Disease
- Irritable Bowel Syndrome (IBS)
- Liver Cancer
- Microscopic Colitis
- Oesophageal Cancer
- Oesophageal Motility Disorders **(New)**
- Pancreatic Exocrine Insufficiency (PEI)
- Pelvic Radiation Disease
- Perianal Disease
- Polyps in the Bowel
- Primary Sclerosing Cholangitis
- Rumination Syndrome
- Small Intestinal Bacterial Overgrowth (SIBO)
- Stomach Cancer
- Type 3c Diabetes **(New)**
- Ulcerative Colitis

Symptoms

- Bloating & Distension
- Constipation
- Diarrhoea
- Heartburn & Reflux
- Indigestion
- Painkillers Causing Constipation & Digestive Symptoms
- Wind

Information

- Alcohol & The Digestive System **(Updated)**
- Fibre
- Faecal Microbiota Transplantation
- Food Intolerance Testing
- Gut Microbiome (Poo Testing) **(Updated)**
- The Role of the Gut Microbiomes in Health and Disease
- Healthy Eating
- Introduction to the Gut Microbiome **(Updated)**
- The Mediterranean Diet **(Updated)**
- Our Personal Plumbing System **(Updated)**
- Prebiotics and Probiotics
- Surveillance for Gastric Atrophy and Gastric Intestinal Metaplasia

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Donation Form

I'm getting to grips with guts!

Please return this form to:
Freepost GUTS-UK-CHARITY

MAKE A ONE-OFF DONATION

I would like to support Guts UK with a donation of

£10 ☐ £25 ☐ £50 ☐ £100 ☐ Other £ _____

YOUR DETAILS

Name _____

Address _____

_____

_____ Postcode _____

Tel _____

Email _____

Please tick here if you have enclosed a cheque. ☐
Cheques should be made payable to Guts UK Charity.

If you would like to make your donation by phone, call our fundraising team on **020 7486 0341**. Our lines are open Monday to Friday, 9am to 5pm.

YOUR CARD DETAILS FOR A ONE-OFF DONATION

Name _____

Card No. _____

Expiry ____ / ____ Security Code _____

Address (if different from above) _____

To acknowledge your donation and thank you for your support, we will usually send a letter in the post. If you do not wish to receive this, please tick here. ☐

If you would like to add Gift Aid to your donation, please fill in the details overleaf.

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If you would like to make your donation a regular gift, please tick here: ☐

Frequency of regular gift (please tick one):

Monthly ☐ Quarterly ☐ Annually ☐

Please indicate your preferred month to start:
Commencing on (please tick one): 1st of the month ☐ or 15th of the month ☐

YOUR BANK DETAILS FOR A REGULAR DONATION

DIRECT Debit

Name(s) of Account Holder(s)

Bank/Building Society Acc No. Sort Code

Instruction to your Bank or Building Society

Please pay Guts UK Direct Debits from the account detailed in this instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this instruction may remain with Guts UK and, if so, details will be passed electronically to my Bank/Building Society.

Signature Date

Direct Debit guarantee:

A full Direct Debit guarantee will be sent you once your order has been processed.
Please ensure you have included your postal address earlier on the form.

Boost your donation by 25p for every £1 you donate with Gift Aid.

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I want to Gift Aid this donation (please tick) ☐

I am happy for all gifts of money that I have made to Guts UK charity in the last four years and all future gifts of money that I make to be Gift Aid donations. I am a UK taxpayer and understand that if I pay less Tax & Capital Gains Tax in that tax year than the amount of Gift Aid claimed on all my donations across all charities, it is my responsibility to pay any difference. Guts UK charity claims 25p for every £1 you donate from the tax you pay for the current tax year. If your circumstances, name or address change, please do let us know.

Signature Date

Staying in touch

We would love to send you the latest updates on our information, research, campaigns, fundraising and more, highlighting the important impact your support is having on our work. We may contact you by phone or post, unless you select 'no' below.

Email: Yes/No SMS: Yes/No Post: No Telephone: No

☐ Please tick here if you would like to hear from Guts UK about legacy giving and gifts in Wills.

To make any changes to your preferences at any time, email us at **info@gutscharity.org.uk** or call us on **020 7486 0341**.