



Your gift will help support people living with IBS



A gift to The IBS Network makes a huge difference to our future work and helps support people like Lara

We receive **ALL** our money through donations. We do not receive any government grants or NHS funding.

To help us continue to support those living with IBS and raise the profile of this debilitating long-term condition, so that people do not feel alone and isolated, please make a donation to The IBS Network.

For more information on the work of the charity and how you may donate please go to www.theibsnetwork.org and follow the links to 'Donate'.

We know how devastating IBS can be and how confusing it is trying to find the right support and reliable information.

The IBS Network works continuously to support those living with IBS by providing up to date information and advice through its comprehensive website and other channels. We offer an IBS Self Care Programme; a helpline staffed by specialist IBS trained nurses; a personal one-to-one email service; access to the growing number of support groups around the UK; a quarterly magazine; monthly enewsletter and recipes developed for the sensitive gut. In addition, we are constantly working with healthcare professionals to change the perception of this debilitating condition.



A guide to leaving gifts to The IBS Network in your Will



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The IBS Network is a registered charity in England and Wales. Charity no. 1173208





Lara's story

I'd suffered with digestive problems since early childhood, but my IBS symptoms really started when I went to university and I was diagnosed a few years later. IBS affects every part of my life and it's a constant

battle. Some days are easier than others, the smallest trigger can set me off and I cannot leave the house. My IBS is heavily linked to anxiety and stress so I have to make sure I remain as calm and relaxed as possible. I've completely changed my lifestyle. The key to coping is having good support and listening to your body. With the help of The IBS Network I know I am not alone and can ask for help and advice when I need it.



Some people get nervous when they start thinking about Wills and legacies believing it to be complicated and costly. It doesn't have to be either!

We would recommend you find an adviser, usually a solicitor, to draft your Will. You will be able to discuss with them the type of gift you would like to leave to The IBS Network. Gifts vary from a 'Specific Bequest', for example the contents/share of a savings account to a 'Pecuniary Legacy', that's leaving a stated amount of money to the charity. You might like to consider leaving The IBS Network a share of the 'Residuary Estate', that's what's left when all the debts and other expenses are paid or you may elect to ask people to send a donation to The IBS Network in lieu of having flowers at your funeral.

You can talk this through with your adviser who will be able to explain all the options open to you.

For more information on making a donation to The IBS Network please go to www.theibsnetwork.org/donation

What your donation means to us

£5 will help towards producing factsheets to help doctors and dietitians support their patients and signpost them to us.

£20 enables us to staff the IBS Specialist Nurse Helpline for one hour.

£100 means we can support volunteers in setting up a support group in your area.

All donations are vital in helping us continue our work and are hugely appreciated