

cicra

better lives for children with crohns and colitis



research



information



support

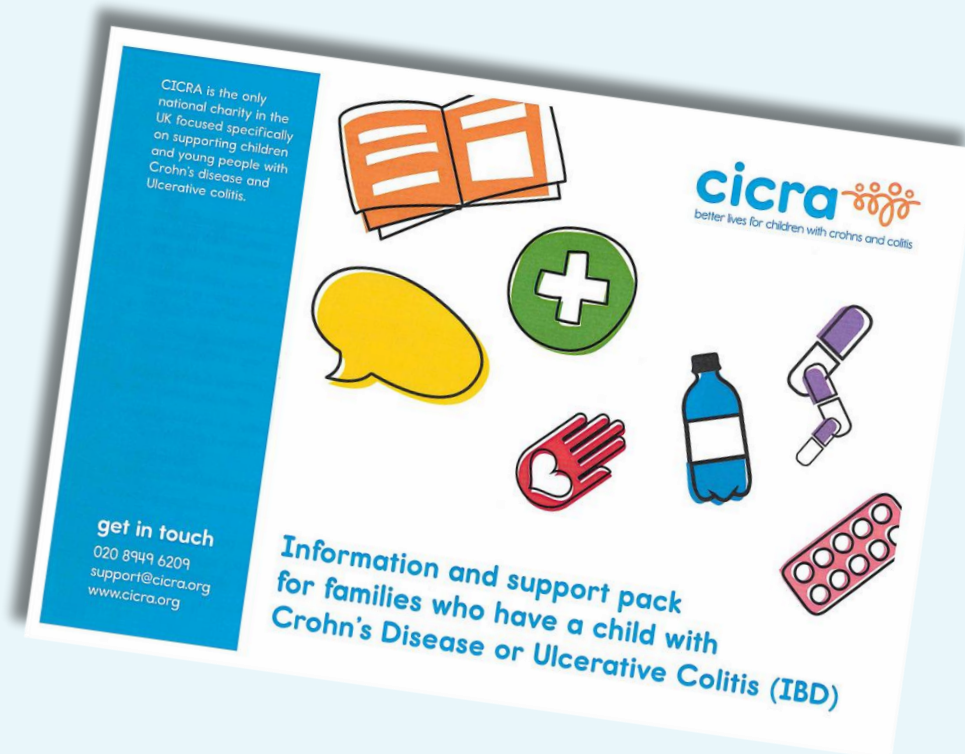
support

Parent Packs

CICRA supports children and families affected by all forms of Inflammatory Bowel Disease (IBD). Whilst we will never turn away anyone requiring support, our focus is supporting children before they transition to adult services.

Parent Packs are sent to approximately 65 hospitals across the UK and are given to families upon diagnosis. These packs include details on membership, an up to date newsletter, and some information leaflets.

Hospitals can request parent packs by emailing support@cicra.org



support

membership

There is no fee to register as a CICRA member. People can apply online at www.cicra.org/membership, or by completing the form provided in the Parent Pack. Benefits of membership include:

- Receiving up to date **information and advice** in our newsletters and Ezines
- Being the first to hear about our in person **Family Day events**
- **A can't wait card** - which can be used to discreetly communicate that a person needs urgent access to toilet facilities
- **Radar key** - which allow users access to locked, accessible public toilets



support

CICRA family days are extremely popular and are a great way for families to meet others affected by IBD.

They include talks from IBD specialists on various topics, such as VEOIBD, diet and nutrition, and updates on treatment and research. They also host a Q and A panel.

There are smaller group sessions for young people with IBD to meet others.

2026 days are likely to be in Southampton, Norfolk and Glasgow - dates to be confirmed soon.

family days



support

“I have loved being a part of it and have made loads of new friends. The best thing about E-pals is being able to talk to people who understand me”

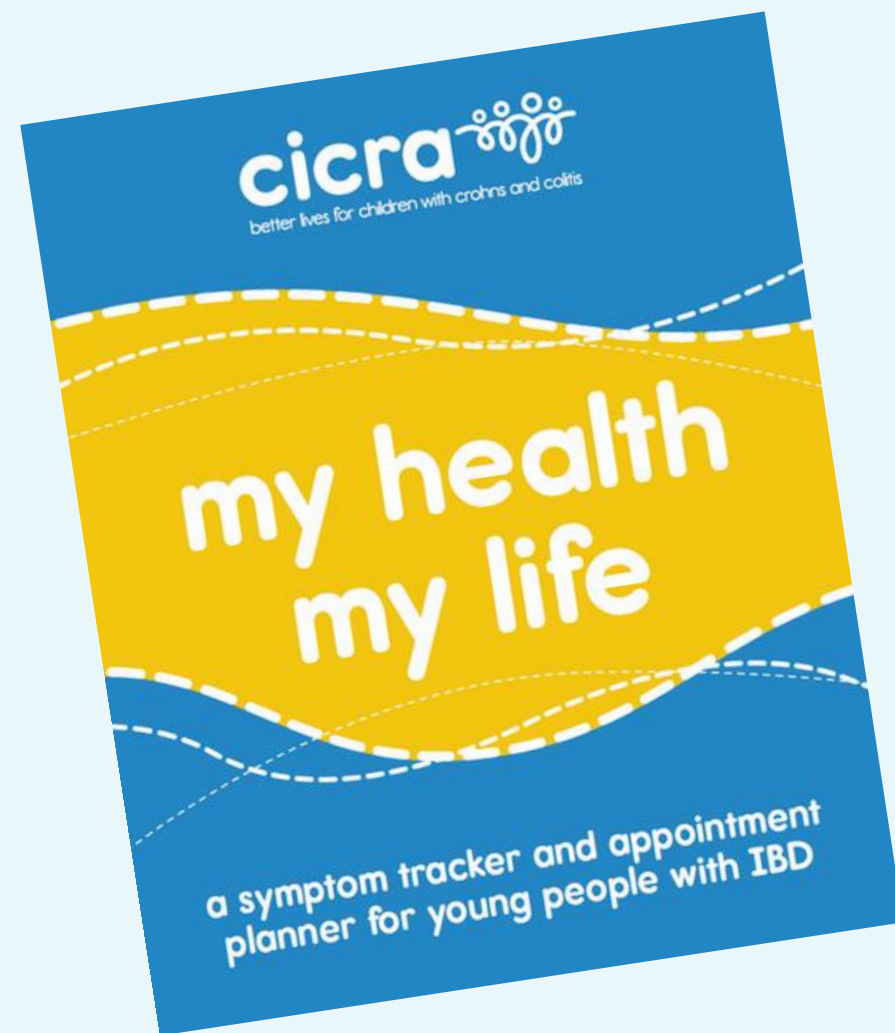
E pals

E-pals is an email based penpal scheme, designed for **CICRA members with IBD** to connect with others of a similar age, going through the same thing.

All E-pals adhere to a code of conduct, fostering a kind and supportive community that has led to the formation of numerous friendships.

support

We have a selection of leaflets available with **information about IBD, and practical advice and guidance**. We can send paper copies, or they can be downloaded and printed directly from our website.



Our **Symptom Impact Tracker** allows young people to track appointments, symptoms, and side effects.

literature



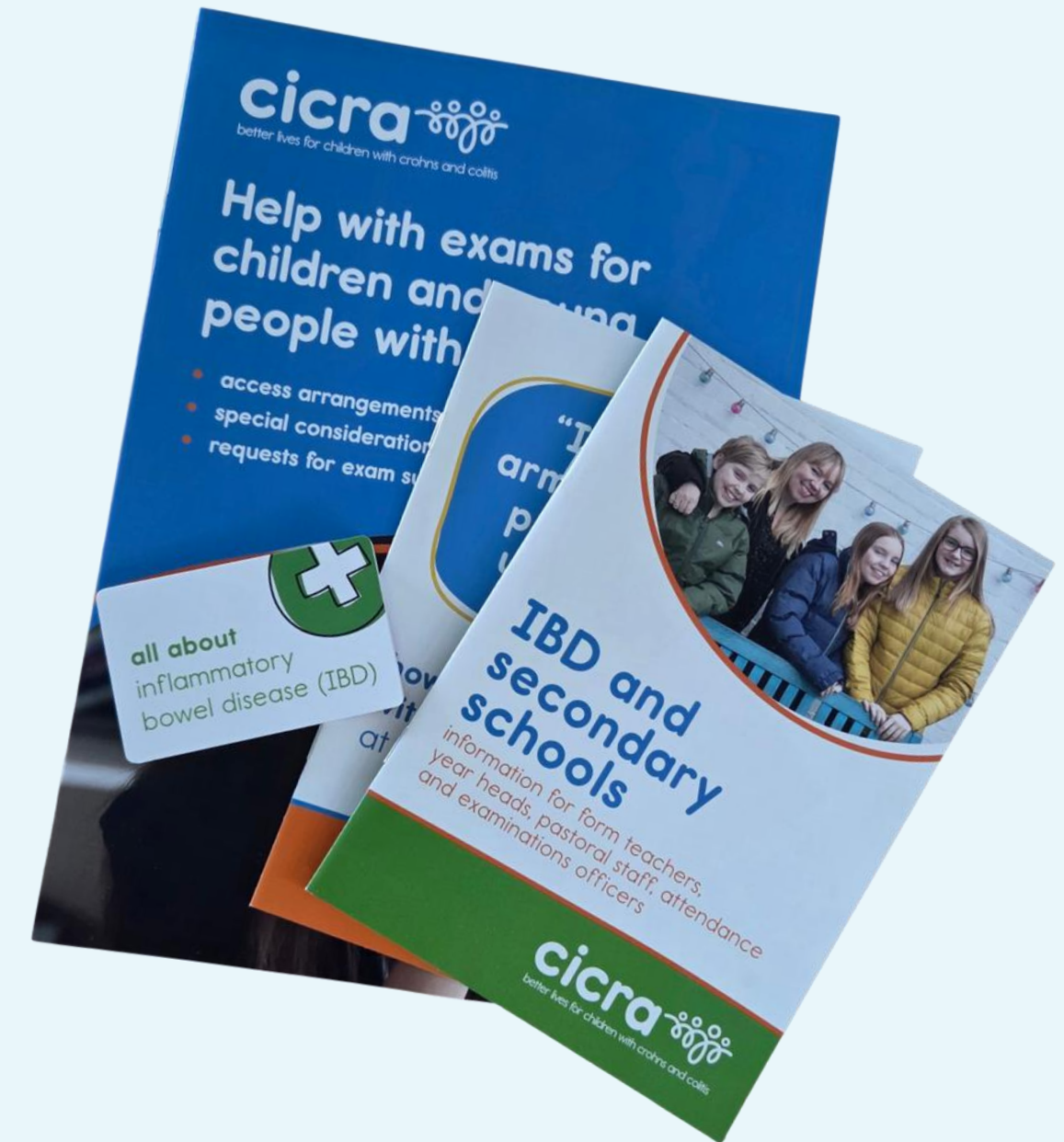
support

Our school support leaflets cover different stages of education, and help to ensure schools and staff understand their statutory duties to support pupils with medical conditions and put the right adjustments in place.

We also provide advice around:

- **Individual Health Care Plans** - an arrangement between the school and family, so that support needs are met
- **Access arrangements** and **special consideration** for exams
- what to do when a school is **not meeting support needs**

school support



support

Our advice line and email support is available **five days a week**.

- Open to families, schools and health professionals
- Can offer practical advice/guidance
- A listening ear and emotional support
- Signpost to other organisations for more specialist support, such as financial advice.

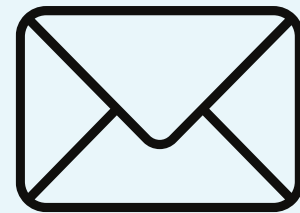
support/advice

The information was invaluable to us, particularly at a time when we were trying to come to terms with her diagnosis, deal with her symptoms, understand the implications and manage the practicalities of daily and school life. It's actually made it possible for her to attend school when otherwise she may have felt she couldn't.

contact us



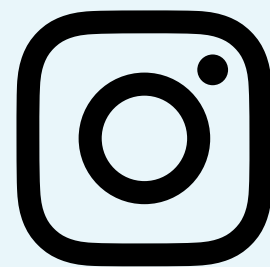
www.cicra.org



support@cicra.org



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