

“Before I joined the IBS Network, I was desperate. You have given me my life back.”

We want to grow our network and develop our services across the country, as well as raising funds to support research so we ask members to donate via an annual membership fee of £24.00. Help us help you by becoming a member of the IBS Network today. To join simply...

 **Join on-line - www.theibsnetwork.org**

 **Request a membership form via email - info@theibsnetwork.org**

 **If you would prefer to have a membership form sent to you please call - 0114 272 32 53**



**The ibs network
Unit 5
53 Mowbray Street
Sheffield, S3 8EN**

The IBS Network is a registered charity in England and Wales. Charity No. 1057563



ibsnetwork

Supporting people living with irritable bowel syndrome

“When I joined the IBS Network I found the support I needed to manage my symptoms and live life to the full again.”



www.theibsnetwork.org

First things first...have you seen your GP?

If you have been experiencing the symptoms described here regularly for several months, we strongly recommend that your first port of call is to visit your GP to get a proper diagnosis rather than trying to self diagnose yourself. Your GP will exclude other medical conditions before giving you a diagnosis of IBS.

Come and join us ... you don't have to cope alone

- Our **self management programme** is a unique guide to managing, living and controlling your Irritable Bowel Syndrome
- Our IBS Network **helpline** offers confidential support and guidance from trained advisors
- Our **website** provides comprehensive information on IBS
- Our on-line **community** is there for you and your fellow IBS sufferers to share experiences and offer practical support and advice to one another
- You will receive **Gut Reaction**, our regular magazine, and request newsletters'.
- We support **research** to find the cause and a cure for IBS
- Our healthcare professionals will give you medical **advice** by email

At the IBS Network we understand how difficult it can be to talk about your bowel habits, how embarrassing it can be, how it can impact on your life, and how miserable it can make your feel...

With 1 in 3 of us experiencing one of these symptoms at some point in our lives we have made it our mission to break this last taboo and improve the quality of life of people living with IBS.

Once you join the IBS Network you become part of a powerful community of support. You'll find that we will always try to answer your questions and provide you with help and advice when you need it most. We can help you understand how the treatments for your individual symptoms work and introduce you to proven lifestyle and wellbeing techniques which can be of real benefit and often can transform your life.

For further information on how we can help please visit www.theibsnetwork.org