

join us today

Your Details

First Name Surname

Address

Post Code Home Phone

E-mail

Date of Birth / / Male Female

Ethnicity (for instance, British White, British Afro Caribbean)

Payment Details

Card Type **VISA** **VISA ELECTRON** **MasterCard** **Maestro** **Solo** **American Express**

Card Number

Start Date / Expires / Issue No (if present)

Card Verification Number

Your Card Verification Number is the last 3 digits on your card's signature strip, or the 4 digits printed on the front of your American Express.

If you do not wish to pay by credit or debit card please enclose a cheque or postal order for £34 made payable to The Gut Trust.

Please find enclosed a cheque postal order for £

Donate

I would also like to enclose an additional donation of £

I don't wish to join now but enclose a donation of £

giftaid it

GIFT AID DECLARATION

If you are a UK tax payer, the value of your donation can increase by nearly a third under the Gift Aid scheme - at no additional cost to you. Please tick the box below to join the Gift Aid scheme.

I am a UK tax payer and I want The Gut Trust to treat all donations I make to The IBS Network & The Gut Trust from 15th September 2007, until I notify you otherwise, as Gift Aid donations.

Occasionally The Gut Trust contacts members & donors about campaigns, fundraising and events. I am happy to be contacted by The Gut Trust.

! Irritable Bowel Syndrome should always be diagnosed by a qualified medical professional. Please do not attempt to self-diagnose.

The Gut Trust, Unit 5, Mowbray Street, Sheffield S3 8EN

Ref. Charity No. 1057563, Company Limited by Guarantee No. 3142632

The Gut Trust is a business name of the IBS Network

the gut trust

the national charity for irritable bowel syndrome



Information | Support | Advice | Campaigns

HELPLINE 0114 272 3253

Tuesday & Thursday, 7.30 pm - 9.30 pm. All calls are answered by health professionals

it takes guts to manage your illness

There's only one charity in the UK dedicated to helping people with Irritable Bowel Syndrome: a membership organisation, it provides members with the help and support they need.

It's called The Gut Trust.

We work with medical professionals, whether GPs in your local surgery or consultant gastroenterologists, to provide useful and usable information not only about Irritable Bowel Syndrome itself but also the best ways to manage your specific symptoms.

Irritable Bowel Syndrome has no cure. But it can be lived with. The vision of The Gut Trust is "live life to the full with IBS". The self management programme is freely available to members and it's unique worldwide - a complete guide to managing, living with and controlling your Irritable Bowel Syndrome.

membership benefits

- Member's Magazine
- Self Management Programme
- Fact Sheets
- Can't Wait card
- International Travel Card
- Member's Website
- Email List
- Helpline
- Research
- Reviews
- Local Self Help Groups
- Media & Press Campaigns
- IBS Awareness Week
- Volunteering
- Recipe Archive
- Befrienders
- Penfriends
- Telephone Contacts
- Junior Network
- Self Help CDs and Books

gut reaction

All members receive our magazine, which is packed full of advice and information.



can't wait card

All members receive our "Can't wait card" which doubles as a membership card.

fact sheets

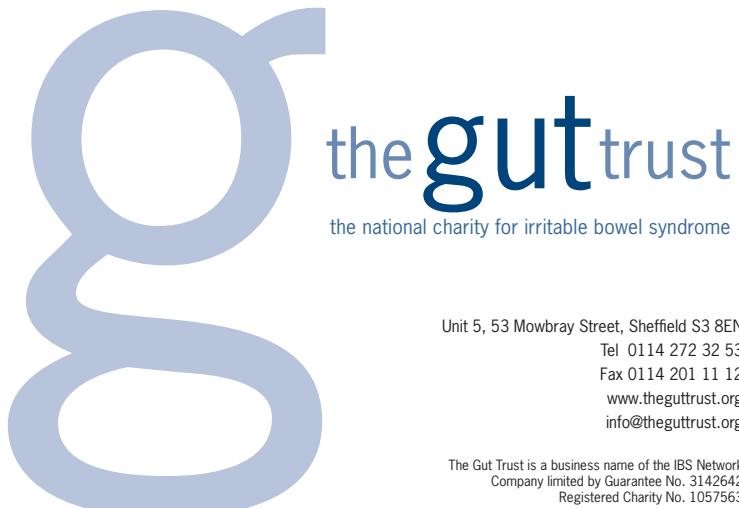
Our members receive all 16 fact sheets from our constantly growing series.

travel card

A series of travel cards is available to members to help you find toilets when abroad (£5 each).

self management programme

The self management programme is a unique and effective approach to managing your Irritable Bowel Syndrome - and it's exclusively available to members of The Gut Trust. Written by Professor Nick Read, The Gut Trust's medical advisor, it takes you stage by stage through an understanding of the illness, of its symptoms and causes and what you can do to help yourself manage your IBS.



Unit 5, 53 Mowbray Street, Sheffield S3 8EN

Tel 0114 272 32 53

Fax 0114 201 11 12

www.theguttrust.org

info@theguttrust.org

The Gut Trust is a business name of the IBS Network
Company limited by Guarantee No. 3142642
Registered Charity No. 1057563