



## *Singing out - and raising vital research funds*

Crohn's Disease is a constant companion. Since being diagnosed at nine, I've had many operations, a drug regime as well as constantly feeling tired. Living with Crohn's could've stopped me in my tracks – but it hasn't stopped me pursuing my dreams.

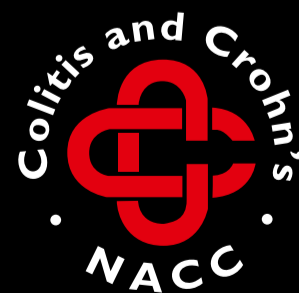
I've launched the RPJ Crohns Foundation, which aims to raise essential research funds for the National Association for Colitis and Crohn's Disease. Maybe, if we all join in with the fundraising, researchers will be able to find a cure – that's my goal.



Even though Crohn's impacts on my daily life in all sorts of ways, I'm able to cope better these days. I hope to raise awareness to inspire many others to fulfil their dreams.

Crohn's Disease may be something you have to live with, but don't let it stop you from living your life to the full. Don't ever give up.

*Rick Parfitt Jr*



Colitis and Crohn's are inflammatory bowel diseases that can have a devastating impact on education, work, social and family life. They can strike at any age but young people are most at risk and there is no known cure. The National Association for Colitis and Crohn's Disease (NACC) offers much-needed information and support to the 250,000 sufferers in the UK, and also funds vital research. Further information can be obtained at