



## IT'S A "NACC"OUT!

### THE NATIONAL ASSOCIATION FOR COLITIS & CROHN'S DISEASE (NACC) KICKS OFF THE SUMMER WITH "IT'S A KNOCKOUT" FAMILY FUN FOR ALL



On **Sunday 25 July 2010**, locally based charity, **NACC** (National Association for Colitis & Crohn's Disease) who celebrate their 30<sup>th</sup> anniversary this year, will be kicking off your summer holidays with fun for all the family when it holds its first "**It's a Knockout!**" event to raise awareness of Crohn's and Colitis at the OA sports ground, Woollam Playing Fields, 160 Harpenden Road, St Albans.

Following the imminent grip of World Cup fever, when emotions run high, this event promises to be a fantastic team building opportunity for colleagues in corporate sectors, community businesses and charities. With "knockout" games designed for **all abilities**, no training required and extra points to score for those teams who bring cheerleaders or wear fancy dress costume, this is an event not to be missed! Twenty teams of up to ten fun loving adults per team can take part and really let their hair down, enjoy the summer and raise money for NACC and other charities.

**Children** are also encouraged to take part and NACC are looking for local children's sports and youth clubs to enter teams of up to six children per team for a special children's only knockout event also scheduled to appear on the programme.

This special event will be open to the general public on the day. Spectators, cheerleaders, supporters and families with younger children will be able to enjoy the excitement of the games and other activities on offer such as bouncy castles, face painting, side stalls, BBQ and refreshments.

Colitis and Crohns are two conditions that can strike any one at any age, although teenagers and young adults are most at risk. There is no known cure and symptoms last a lifetime. The conditions are painful, exhausting and unpredictable, causing a destructive impact on daily life and they affect 1 in 250 people in the UK.

For further information on registering a team of adults or children, please contact Anna Rowntree at Cerco Communications 01727 847407 or email [anna@cercocommunications.com](mailto:anna@cercocommunications.com)

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## NOTES FOR EDITORS

Colitis and Crohn's are inflammatory bowel diseases (IBD) that last a lifetime and for which there is no known cure. They can strike at any age but children and young people are most at risk.

Nearly a quarter of a million people in the UK suffer with these painful, exhausting and unpredictable conditions, symptoms of which include diarrhoea, bleeding, severe pain and fatigue, inflamed joints, eye and skin problems. The impact these have on education, work, social and family life can be devastating.

The National Association for Colitis and Crohn's Disease (NACC) is the major UK charity providing information and support to those affected. NACC also raises awareness of their needs, campaigns for better healthcare and funds vital research.

Ongoing fund raising is vital to the charity to enable them to continue their work. Runs, walks, challenges and special events are just some of the ways in which money is raised. The "It's a Knockout" event is the first to be held in Hertfordshire where the charity's headquarters are located.

For further information on NACC or the It's A Knockout event, please contact:

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