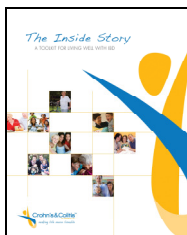


## **MEMBER BENEFITS**

As a member of CCA you are part of a caring community and have access to exclusive benefits. Some of these are outlined below.

### **The Inside Story – A Tool Kit for Living Well with IBD**



This comprehensive information kit is an extensive resource including information on over 20 different topics that can directly affect people living with Crohn's or ulcerative colitis. There are contributions from medical experts and it includes the latest detailed information regarding diet and nutrition, medications, surgery, emotional factors, children and IBD etc. This 160 page information kit is the first Australian publication of its kind.

### **Members Only Section on our Website**



We are currently developing a 'Members Only' section on our new website (to be launched mid 2009). As a member you will be given a password to be able to access this section. It will include the latest updated information including new treatments, medications, trials, etc. And will hold back copies of the national magazine for you to access at any time.

### **Can't Wait Card**



As a CCA member you will be issued a new look Can't Wait card requesting urgent use of toilet facilities. CCA has so far secured support from; Ritchie's Supermarkets, Australian Retailers Association, The Master Grocers Association, Service Station Association, Motor Trade Association of WA. We will continue to approach supermarket chains, service stations chains, retailers and cafes for their support. We encourage members to present this card and ask that it be recognised.

### **Free National Camps**



CCA is now offering camps for children and youth with Crohn's disease and ulcerative colitis. To date we have held camps in New South Wales and Victoria with camps planned for every state in Australia. All camps are provided free of charge to CCA members and as a member you will be notified when one is being held in your state.

### **Support Groups**

CCA offers sixteen support groups with trained facilitators nationwide. This number continues to grow as we continue to train facilitators in every state. Support groups are an environment where everyone can contribute, and where everyone can receive empathy, support and understanding. As a member of CCA you will have access to the full list of available support groups.

### **IBD Forums and State Symposiums**

We continue to conduct IBD Forums and have now introduced State Symposiums across Australia. The Symposiums offer a full day program with speakers across a range of topics including medical information as well as personal management strategies to help live well with IBD. As a member you will receive a personal notification when one is being held in your state.

### **Telephone Peer Support**

For those in regional areas of Australia who are unable to attend support groups, CCA also offers telephone support and counselling. Our peer support program allows for those living with IBD to be 'matched' to someone who has had similar experiences. This allows both parties to share advice and disease management strategies, as well as support and friendship during tough times.

### **New Look Magazine**

We continue to receive great feedback from our members about the quality of information and stories featured in our magazine **"Inside Insight"** This magazine is available free of charge to members only.