WALK IT summer events in Edinburgh

Leading charity, Crohn's & Colitis UK, have announced their fundraising WALK IT events are back in Edinburgh for summer 2017.

Taking place throughout the summer months WALK IT invites anyone to join and walk either 5km or 10km to show their support for the fight against Inflammatory Bowel Disease (IBD). T

The first WALK IT Edinburgh event takes place today at Princes Street Gardens but there are more throughout the summer

Annie Scott, 27, from Edinburgh who has been diagnosed with Ulcerative Colitis, will be taking part in the WALK IT Event in Edinburgh today.

The charity aims to reunite the country together to raise awareness of IBD, and fight for the 300,000 people in the UK with the condition to achieve a better quality of life.

Crohn's Disease and Ulcerative Colitis are the two main forms of Inflammatory Bowel Disease causing inflammation and ulcers in the bowel which can lead to urgent and frequent diarrhoea, rectal bleeding, pain, profound fatigue and anaemia. It is largely a hidden disease that can cause stigma, fear and isolation.

Sam Afhim, Director of Income Generation, Crohn's and Colitis UK, said: "We want to raise vital funds and awareness for the people struggling with IBD and the devastating effects it can

have on people and their families. At Crohn's & Colitis UK, we want to spread the word that there is support and there are other people in the same situation – which is why our WALK IT fundraising events are so important in bringing everyone together."

Funds raised through WALK IT directly enable the charity to carry out vital new research, answer more calls from people needing help and provide patient packs to hospitals across the UK, amongst others.

With music, entertainment and refreshments at each walk, the events will have a fun, feel-good atmosphere. Join us as we Walk IT together; challenging stigma, standing strong and raising vital funds for the fight against Inflammatory Bowel Disease.

To find your nearest WALK IT location, and to sign up to the event. [Click here](#)