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## Fred. Olsen Cruise Lines' Emma White to raise funds for Crohn's & Colitis UK through sponsored head shave

Fred. Olsen Cruise Lines' Ipswich-based Sales Promotion Executive, Emma White, will be taking the brave step of having her head shaved on Sunday 2nd June 2013, in aid of Crohn's & Colitis UK.

Emma, a long-term supporter of Crohn's & Colitis UK, is hoping to raise over £1,000 through the sponsored head shave. Emma's head will be shaved at 1.30pm on Sunday 2nd June 2013 at Bohemia hair salon in Ipswich, and a dedicated team of friends, family and fundraisers will be on hand throughout to lend their support and witness the amazing end result! Emma's friend

Gavin Lawley will also be providing moral support by having not just his head shaved, but also his beard – and if £2,000 is raised, he will lose his eyebrows, too!

Emma White, Sales Promotion Executive for Fred. Olsen Cruise Lines, said:

"This charity is close to my heart, as I have Crohn's disease, but thankfully I am currently in remission. The disease has been scary for me in the past and flared up, resulting in quite a few serious operations.

"It's important to speak openly about these diseases, as most people know someone whose life is affected by Inflammatory Bowel Disease (IBD). It is a roller-coaster having a chronic disease like this, and currently there is no cure. So please dig deep and donate now! It means a lot to me and everyone who is affected by IBD – thank you."

Crohn's and Colitis UK aims to improve the quality of life for everyone affected by Inflammatory Bowel Disease (IBD), the most common forms being Crohn's Disease and Ulcerative Colitis. Together, these conditions affect about 250,000 people in the UK. The charity brings together people of all ages who have been diagnosed with IBD, their families and the health professionals involved in their care.

Find out more about Crohn's & Colitis UK at <a href="www.nacc.org.uk">www.nacc.org.uk</a> Emma White's fundraising page can be found at <a href="www.justgiving.com/shavingheads">www.justgiving.com/shavingheads</a> for anyone wishing to make a donation, and anyone is free to watch the sponsored head shave at Bohemia hair salon, Ipswich at 1.30pm on Sunday 2nd June 2013. <a href="www.bohemia-hair.co.uk">www.bohemia-hair.co.uk</a>

Fred. Olsen Cruise Line operates in the UK with four intimately sized ships for a more personal cruising experience.

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