

Cystic Fibrosis grateful for your support

Here are all the ingredients you need to throw your own

Bubble BBQ

With shielding guidelines being paused from 1 August (16 August in Wales), why not safely make the most of time with friends and family this summer by throwing a Bubble BBQ, while raising vital funds to fight cystic fibrosis?

1 A bubble of your closest friends or family

You may choose to stick to your own household or bubble or to meet in a socially-distanced way with family or friends from different households. It's really important to follow Government guidelines on meeting up outdoors and social distancing. The guidance varies depending on where you are in the UK – see the box opposite for a handy guide, or visit our website.

2 Buns, BBQ bites and other goodies

Cater for all your crew with a delicious menu and don't forget....

3 ... some bubbles to wash it down with!

Wash down your meal with something refreshing, whether that's soft drinks, mocktails, cocktails or a glass of bubbly.

4 Popping party tunes

Pop, disco or rock'n'roll, you'll need a party playlist that gets all your guests in the mood for food!

5 A Bubble BBQ fundraising pack bursting with fun!

Let us know about your BBQ by emailing events@cysticfibrosis.org.uk, and we'll send you a Bubble BBQ Fundraising Pack that's bursting with fun surprises.

Please remember to adhere to Government guidelines at all times.

Shielding guidelines are being relaxed on 1 August for those in [England](#), [Scotland](#) and [Northern Ireland](#) and 16 August for those in [Wales](#). It is important to socially distance, maintain strict hygiene measures and follow the Government's latest guidelines. You can find advice on how many people you can meet up with outdoors on our website: cysticfibrosis.org.uk/bubblebbq.

Guidance on shielding: cysticfibrosis.org.uk/COVIDstayinghome

Don't forget to take photos of your Bubble BBQ fun and tag us on social media!