

Cystic Fibrosis calling all heroes

Team CF Superheroes Vol 2

Join our fight for a life unlimited
(Lycra optional)



Fighting for a
Life Unlimited

Be a Team CF Superhero

Team CF Superheroes are ordinary people with an extraordinary purpose – to use their passion, powers and skills to help people living with cystic fibrosis (CF).

Last year we called upon you to don your capes and join us, and you delivered.

Over 6,000 of you ran, walked, abseiled, swam, cycled, bounced, quizzed, baked, dressed in yellow and so much more. Together, you raised a mighty £4 million to help us fight – and ultimately beat – this life-limiting condition.

Thanks to your support, we have been able to:

- End 2019 in celebration, with access arrangements for Orkambi and Symkevi finally being agreed in all four nations.
- Launch our new five-year research strategy, investing in the exploration of lung infection and airway-clearance and develop new innovative opportunities in the field.
- Help people with CF and their families access over £1.1 million in benefits they were entitled to, and award over 950 grants to those affected by cystic fibrosis.

**Read more about
how your fundraising
made a difference at
[cysticfibrosis.org.uk/
impactreport](https://cysticfibrosis.org.uk/impactreport)**

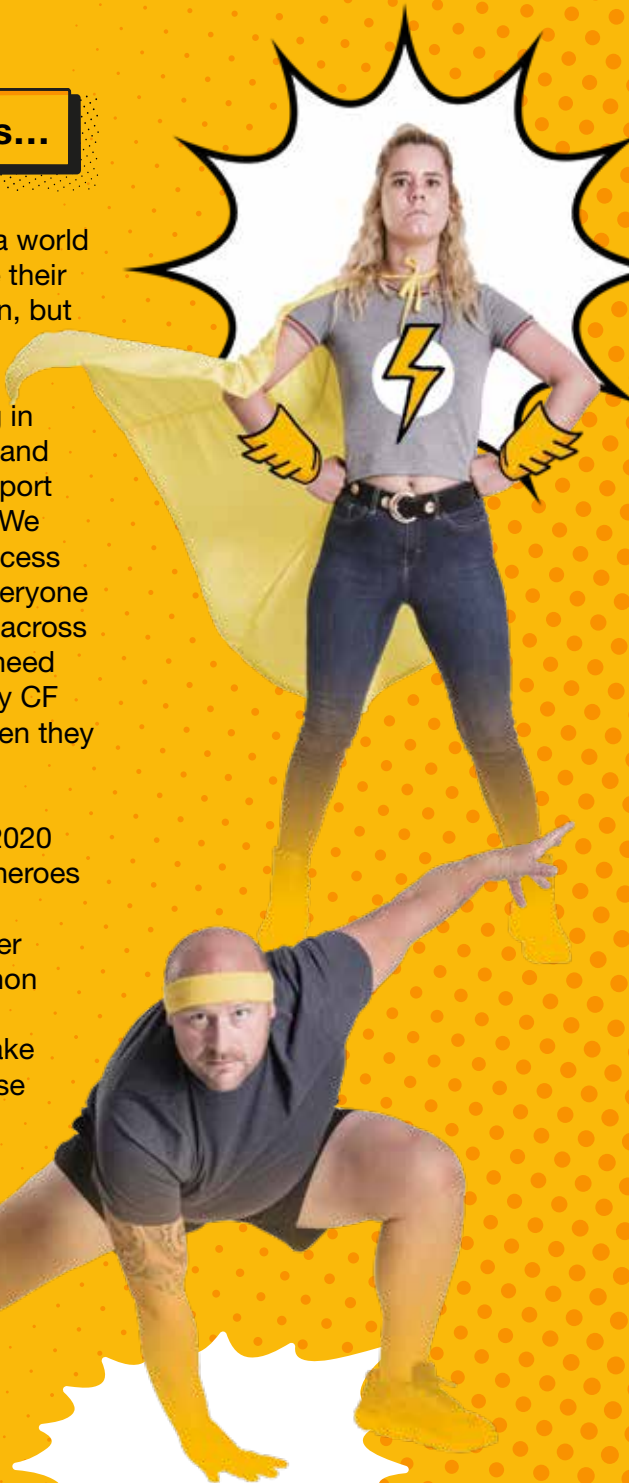


But the fight continues...

Every day we move closer to a world where people with CF can live their lives unlimited by the condition, but we still have a long way to go.

We need to continue investing in ground-breaking CF research and providing information and support resources for our community. We need to keep crusading for access to life-saving medicines for everyone who could benefit from them, across the whole of the UK. And we need to ensure everyone affected by CF has the best possible care when they need it most.

With your help we can make 2020 even more of a smash. Superheroes of all ages, shapes, sizes and backgrounds – join us! Whether you're running an ultra-marathon or throwing an amazing cake bake, every superhero can make a difference to the lives of those affected by cystic fibrosis.



Your handy superhero guide

Whatever your superpower and however you want to get involved, no challenge is too big or small to be a part of Team CF. We have something for everyone to take part in and we'll support you every step of the way.

Use this booklet as your handy superhero guide to help you find the right event for you.

Look out for...

- The return of the Villain Rating, helping you get to grips with an event's degree of difficulty.
- Our real-life superheroes, sharing their stories about what it means to be a part of Team CF.
- The launch of our downloadable superhero badges, to share with your friends and family when you sign up to support us through a challenge event.



Villain Rating



Very Easy
(all clear!)



Easy
(no sweat)



Average
(no problemo)



Tough
(step it up,
you've got this)



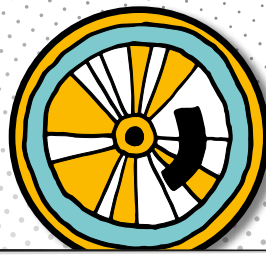
Extremely Tough
(woah, epic
showdown!)

Our superhero badges



Resilient Runner

One foot in front of the other



Powerful Pedaller

Saddle up and cycle away



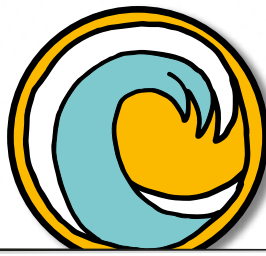
Heroic Hiker

Take every summit in your stride



Courageous Crusader

Embrace your inner daredevil



Super Swimmer

Make every stroke count

This booklet is just a taster - check out all our other activities and events happening across the UK at cysticfibrosis.org.uk/events or speak to us directly (see page 19).

Run

Lace up your trainers and line up with Team CF. Whether you're running your first 5k or taking on a mighty marathon, choose your challenge and join the race to beat cystic fibrosis.



Belfast City Marathon

Belfast

3 May



Edinburgh Marathon Festival

Edinburgh

23-24 May



Great Manchester Run

Manchester

24 May



Vitality London 10,000

London

25 May



Great Strides Ultra

Surrey Hills

6 June



Great North Run

Newcastle-upon-Tyne

13 September



Cardiff Half Marathon

Cardiff

4 October



Royal Parks Half Marathon

London

11 October



WH



BOOM!

Naomi (Nim), who has CF, has completed six half marathons, with four more booked in this year.

"If I had a superpower, I think it would have to be speed! This would be very helpful with all my races." - Nim

"As a child I always felt so normal. I knew I had CF, but I didn't see myself as any different from other children. [But] people don't see what goes on behind closed doors. Sometimes it makes it difficult to understand the journey I'm on, and how hard I have to work each day.

"Just over a year ago, I had been in hospital for three weeks. My lung function was at 50% - I was scared and angry but I was determined, and decided I needed to do something about it. So I started running. It was incredibly difficult, but I wouldn't let myself give up. I wanted to do it to try and inspire others with CF that anything is achievable with a bit of grit, determination and madness.

"It's been the hardest year of my life - my lung function hasn't been above 60% and I've had to undergo lung surgery - but somehow it has also been the most amazing year. Through my fundraising I have not only been able to help the Trust, but I have also been able to help myself get strong and happier. I wear my yellow CF vest with pride every time I run."



Cycle



We put the yellow in yellow jersey!

Saddle up alongside your fellow superheroes and ride with pride knowing you're going the distance for people with CF and their families.



Prudential Ride London – Surrey 100

London/Surrey

16 August



London to Brighton Cycle

London/Brighton

13 September

POW!

The power of pedaling

Last year Team CF raised

£137,474

through pedaling – that's almost enough to support two early career scientists through one of the biggest areas of our work, the Strategic Research Centres (SRCs).

This funding is an excellent way to introduce the brightest and best new minds into CF research and, by investing in their careers, we hope they will develop a long-lasting interest in CF and ensure ground-breaking research continues.



Adrenaline

There's no feat our superheroes won't face to fight cystic fibrosis. Whether it's skydiving or abseiling, we've got an extreme challenge for you!



Forth Rail Abseil

Scotland

10 May



Skydive Day

Peterborough

30 May



Northampton Lift Tower Abseil

Northampton

5 September



Devils Gorge Abseil

Mold

19 September

Find more heart-racing events at
cysticfibrosis.org.uk/events

"If I had a superpower, it would have to be healing, if that was possible." - Janet



KAPOW!

Janet took part in the Northampton Lift Tower Abseil in September 2018 to raise money for her grandsons, who both have cystic fibrosis.

"My first grandson was diagnosed at three weeks old, from the heel-prick test – the second grandson was the same. A life unlimited by CF would mean hope for them to have fulfilling, working lives and a real future.

"I did the abseil with my daughter – we raised £4,885! People were very generous, most of them saying they couldn't have gone up such a height. To anyone thinking of doing their own fundraising, just do it! There's a great satisfaction in knowing you've done even just a small thing to help."

Overseas



Overseas challenges

Worldwide

Throughout the year

As a stellar superhero, your powers know no boundaries! From mountain trails and treks to city streets and cross-country cycles, help us break barriers while you cross borders.

We'll support you every step of the way alongside our charity partners Global Adventure Challenges.

So what are you waiting for?

Visit cysticfibrosis.org.uk/overseaschallenges to find out where your next adventure will take you.



Wear Yellow Day

19 June 2020



It's that time of year when all our superheroes assemble...
Wear Yellow Day!

Supporting Wear Yellow Day is one of the most important things you can do to raise money for the Trust. We painted the map yellow in 2019, holding over 300 events across the country. What will you help us achieve this year?

What can you do?

1. Visit cysticfibrosis.org.uk/yellow to download your Wear Yellow Day kit;
2. Hold a yellow-themed event and invite your family, friends and colleagues;
3. Share your photos with **#CFYelfie**.



Save the date for
CF Week 15-21 June!

BLAM!

You helped us raise

£60,000

in yellow-themed fundraisers
last year - thank you!

Ross and Kelly aka The Fantastic Family


Ross and Kelly Payne's marathon journey has taken them all over the world, raising thousands of pounds for the Trust to help their four-year old son Jax, who has cystic fibrosis.

"If I had a superpowers, it would be teleportation (to help Jax see more of the world)." - Ross



"The biggest challenge living with CF is keeping Jax well. We make decisions everyday where we weigh up Jax living life to the full while not risking his health unnecessarily. Although raising a child with a life-limiting condition can be challenging and emotionally draining, it has undoubtedly made us stronger and more determined. After all, completing over 60 marathons between us since Jax was born has been no mean feat!

"We're not elite athletes by the way - Kelly hadn't completed a full marathon before Jax was born, and Ross has gone from couch to multi-marathon in the past four and a half years.... it's amazing how inspiring one cute boy can be!



*"If I had a superpower, it would be to cure people."
- Kelly*



"Research and the possibility of beating CF means a normal life for Jax, and the chance for him to grow old and experience life as a grumpy grandad. This is Jax's whole life goal – to be a lifeguard, then a professional surfer, to have lots of children, and then be a grumpy grandad like his grandad (who he adores!).

"To anyone thinking of fundraising: don't doubt how much parents like us appreciate what you do. The money you raise could be the money that pays for the research that could find the cure [for] our son. After all, everyone deserves a life unlimited."

Great Strides™



Our unique flagship fundraising event returns for another epic year. Great Strides™ pits teams of four to six against the clock on a 65km or 40km walking or running challenge, in some of the UK's most breath-taking countryside. **Choose from four treks or one ultra, team up with your family, friends, or colleagues, and sign up now!**

 **Great Strides™ 65 Surrey Hills**
6 June

 **Great Strides™ Peak District**
13 June

 **Great Strides™ Brecon Beacons**
27 June

 **Great Strides™ Yorkshire Dales**
4 July

BOOM!

"To walk Great Strides was wonderful. It was incredibly challenging but it also felt like a real privilege to be part of such a fantastic fundraising event, specifically because all of the funds raised go to the Cystic Fibrosis Trust. I took it on knowing it would be hard, and to finish it felt like the most fantastic achievement."

– Emma Stewart





Visit cysticfibrosis.org.uk/greatstrides to find out more.



POW!

“As a parent you feel powerless when your child has been diagnosed with CF and there’s nothing you can do to make them better. However, we felt we could raise money for the Trust and in that way, we could do our bit towards helping Samuel and others with CF by raising funds for research and better treatments.”

– Mandy Taylor



Big Cake Bake

Swap your cape for a cake! Give those eggs a beating, whip that cream and throw a tasty fundraiser.



BLAM!

£28,248

was (self)-raised in cakes last year – enough to fund our youth empowerment officer for around 10 months, improving the wellbeing of young people with CF and ensuring they are supported in their transition to adult care.

Four young girls are sitting on a wooden surface, wearing bright yellow t-shirts. They are smiling and looking towards the camera. In front of them is a white bucket with a yellow label that features a family photo. Several yellow stars with black outlines are floating above the bucket, with lines suggesting they are being thrown or popping out. The background is white with some black scribbles.

Schools fundraising

No superhero is too small for Team CF, and we have plenty of fundraising activities for your little ones.

School fundraising is a great way for kids to have fun and engage with fundraising while raising awareness about cystic fibrosis. Dress up for the day, hold a fundraising week, or even bounce your way across a bridge by space hopper. You can also speak to our Events team to help make your event an even bigger smash.

The money you raise can help us make a real difference to the lives of people affected by CF today. Visit cysticfibrosis.org.uk/toolsforschools



Get started by downloading our resources at cysticfibrosis.org.uk/resourcehub.



Christmas



Being a superhero is an all-year-round job... but there's always time for a mince pie!

Our annual little yellow Christmas fundraising book has all the festive fundraising ideas, from starting a gingerbread-house competition to knitting instructions for mini stockings.

Stay tuned for the 2020 book, or have a peak at last year's at cysticfibrosis.org.uk/christmasfundraising.

One to watch

Join us for one of the highlights of the festive season. Carols by Candlelight is held in memory of Alice Martineau and has raised well over £1 million in the past 15 years. Visit cysticfibrosis.org.uk/carolsbycandlelight.

Hold your own event!

Do you have a particular superpower we haven't mentioned? Planning an event you haven't seen listed? Have no fear – here are some helpful tips to help you hold your own event.

Register your event at **cysticfibrosis.org.uk/eventreg** and your local Community Fundraiser will be in touch with fundraising advice, hints, tips and branded materials.

Whether you're a company organising a fundraising week, a rotary club hosting a casino night or a group of friends holding a charity ball, we'd love to hear about it and support you if we can.

Need some inspiration? Check out our A-Z of ideas **cysticfibrosis.org.uk/fundraisingideas**.



To find out what other activities and events are happening across the UK, visit **cysticfibrosis.org.uk/events**.

If you have any questions about fundraising or events, contact our Events Team on 020 3795 2176 or email **events@cysticfibrosis.org.uk**.



Volunteering

Our superheroes would be nowhere without their trusty sidekicks. If participating in an event isn't for you, why not use your powers behind the scenes?

Volunteers are an essential part of Team CF! Roles range from helping set up at events and joining in a cheer crew on a race day, to helping with the admin of rallying supporters. No matter what part you play, you can help us offer the best event-day experience ever.

Find out more at
cysticfibrosis.org.uk/volunteer.



KAPOW!

"Volunteering for the Trust is inspirational, rewarding and fulfilling. They're very supportive to families and the research that they do is amazing. We couldn't do it without them."

**– Fiona McCormack,
volunteer at Great Strides**

We don't have a bat phone, but we do have email – sign up to stay in touch!

We are very grateful for all your support, and for being part of our mission to beat CF for good. We would like to keep you up to date with the latest opportunities to get involved with our work from fundraising to campaigns and share with you the impact your support is having on people with CF, but we need your permission to contact you by email.

Please fill in and cut out the form overleaf and let us know you are happy to receive our emails and help us fight for a life unlimited by cystic fibrosis.

POW!



CF is an invisible condition – don't become invisible too!

We'd love to keep you updated about our work and how you can help, including campaigns and fundraising activities. Your details will only be used by us and you can change your mind at any time.

First name:

Surname:

Address:

Town:

County:

Postcode:

Please write your email address here:

If you would like to receive emails tick here

☐

If you **no longer** wish to receive communication **by post** tick here

☐

For more information about changing your contact preferences please call 020 3795 2177 or email supportercare@cysticfibrosis.org.uk. You can also update them online at preferences.cysticfibrosis.org.uk, either by logging in (clicking) on your name or registering. Please see cysticfibrosis.org.uk/privacy-policy for details of our privacy policy.

Please return this form to:

My permission matters,
Cystic Fibrosis Trust,
2nd Floor, One Aldgate,
London EC3N 1RE.



What funds what?

Whether you raise £10 or £100, every penny you raise for the Trust helps change the lives of those with CF and their families.

When you're fundraising, use our shopping list below to show exactly how you are making a difference.

£10

could provide an information and support booklets on new diagnosis, providing vital information and support to parents when they need it most.

£15

could fund over an hour with our trained helpline team to provide detailed, practical support and information for someone struggling with the day-to-day obstacles that CF brings.

£110

could fund a PhD student in an SRC for a day, improving what we know about what goes wrong in CF while training them to become the research experts of the future.

£750

could support a family facing the costs of a funeral, after the death of a loved one with cystic fibrosis.

£1,500

could introduce an undergraduate scientist to a future career in CF research, giving them hands-on experience through our Summer Studentship Scheme.



Registered with
**FUNDRAISING
REGULATOR**

Cystic Fibrosis Trust

Other helpful contacts

There are other ways to be a hero - whether you're making a regular donation, remembering someone with CF in your will or getting your work place involved in fundraising - use your superpower and be part of the team.

Regular donations

T: 020 3795 2177

E: supportercare@cysticfibrosis.org.uk

Gifts in wills

T: 020 3795 2132

E: legacies@cysticfibrosis.org.uk

Companies

T: 020 3795 1542

E: company@cysticfibrosis.org.uk

Find us online

cysticfibrosis.org.uk



'Cystic Fibrosis Trust'



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#TeamCF

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