



The Cystic Fibrosis Trust is the only national charity dedicated to fighting for a life unlimited by cystic fibrosis (CF) for everyone affected by the condition.

Most people are completely unaware of the impact CF has on a person's life the median age at death for someone with CF in 2019 was just 31.

What is FeBREWary?

FeBREWary is an opportunity to share time out with friends, family or work colleagues virtually and support the Cystic Fibrosis Trust.

Why we're doing it?

Cystic fibrosis is one of the UK's most common life-limiting genetic conditions, causing a build-up of thick sticky mucus which destroys the lungs, digestive system, bones, liver and reproductive system. There is no cure.

How can you get involved?

Host or join a FeBREWary event. Hosting one is simple, just set up a date and time to suit in February. It can be any time of the day or evening, weekday or weekend. Decide on the video platform that you want to use and start inviting people to your FeBREWary event. You will find more tips in your FeBREWary pack. Packs can be requested at cysticfibrosis.org.uk/feBREWary

How your money could help

- **£110** could contribute to life-changing research by providing a day's funding for a PhD student in a CF research project.
- **£350** could support the health and wellbeing of a person with CF in financial need through a grant.
- **£1,000** could enable someone with CF to pursue their dream career through a Helen Barrett Bright Ideas Award.

What does the Trust do?

- We invest in innovative research projects in a wide range of areas to help us achieve our goal of a life unlimited for everyone living with cystic fibrosis.
- Throughout the Covid-19 crisis, we've been able to provide vital information and support to people with CF and their families thanks to your donations. From information on shielding to emergency grants when they're needed most.
- We advocate for, and amplify the voices of, people affected by cystic fibrosis and their families by working with key decision makers such as; politicians across the UK, NHS policy-makers and clinicians, to campaign on and influence key issues and policy areas that matter to those living with cystic fibrosis.

