

# Cystic Fibrosis Trust

## Information resources 2021/22

Published January 2021



Fighting for a  
Life Unlimited

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## About us

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

- Investing in cutting-edge research to develop improved treatments.
- Promoting the highest standards of clinical care at specialist CF centres and clinics across the UK.
- Providing trusted information, advice and support to those affected, through our website, resources and support services.
- Campaigning hard on the issues that matter alongside people with CF and their families.

## Our information

We offer free, balanced information on all aspects of life with CF, both on our website at [cysticfibrosis.org.uk](https://cysticfibrosis.org.uk), and in our resources. Along with the medical advice from your CF team, our online content and information resources can help you make informed decisions about your lifestyle, treatment and care, however you're affected by cystic fibrosis.

All of our information is written and reviewed by experienced information and health professionals.

Our information resources are free, but we would be very grateful if you would consider making a donation to help us continue our important work. You can donate online at [cysticfibrosis.org.uk/donate](https://cysticfibrosis.org.uk/donate).



## How to order

Visit [cysticfibrosis.org.uk/information](https://cysticfibrosis.org.uk/information) to download all of our information and support resources. Information can change frequently, so this is the best place to find the most up-to-date information. This also helps us save money on printing and postage costs.

### If you'd prefer printed copies, you can:

- Visit [cysticfibrosis.org.uk/information](https://cysticfibrosis.org.uk/information) and order our information packs by using our order forms
- Contact our Helpline on 0300 373 1000 or by emailing [helpline@cysticfibrosis.org.uk](mailto:helpline@cysticfibrosis.org.uk)

## Watch our videos on YouTube

Our YouTube channel is full of videos on various aspects of CF, including what the condition is, what it's like to live with CF, information about our research and more. Visit [youtube.com/cftrust](https://youtube.com/cftrust)



## Support when you need it

Our resources are just one part of the information and support we offer to people with CF and their families.

### Our Helpline

Any questions? We're here to help. Our confidential Helpline offers a listening ear, and information and support on all aspects of CF, whether you need guidance on a specific problem or are just looking for a friendly, knowledgeable person to chat to. Call us on 0300 373 1000 or email [helpline@cysticfibrosis.org.uk](mailto:helpline@cysticfibrosis.org.uk)

### Benefits advice

We understand it can be complicated to navigate the benefits system. Find out how we can support you through the process by visiting [cysticfibrosis.org.uk/benefits](https://cysticfibrosis.org.uk/benefits) or by contacting our Helpline.

### Income maximisation

Our Income Maximisation Service can support you to make sure you are getting all the financial assistance you are entitled to, and help you to make the most out of your money. Contact our Helpline on [helpline@cysticfibrosis.org.uk](mailto:helpline@cysticfibrosis.org.uk) or 0300 373 1000 to access this service.

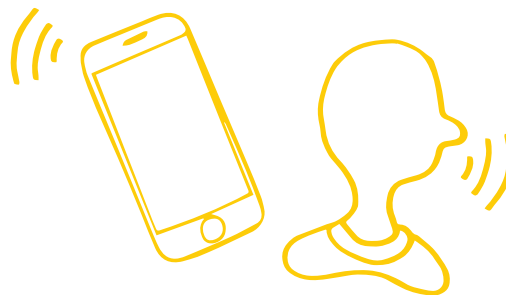
## Grants

We offer grants to support people with CF and their families through challenging times.

These include:

- emergency grants
- transplant grants to assist with the associated costs of assessment for transplant
- funeral grants
- health and wellbeing grants to help fund exercise equipment or household goods
- grants to support education, prescription costs and holidays

Visit [cysticfibrosis.org.uk/grants](https://cysticfibrosis.org.uk/grants) to find out more.



## Opportunities for young people

### ■ Youth Advisory Group

Our Youth Advisory Group (YAG) is a way for young people aged 14–25 to influence the work of the Trust and ensure the voices of young people with CF are heard. They discuss, share, laugh and cough their way through monthly online hangouts. It's a great way to meet amazing people and make a difference. Email [cfyouth@cysticfibrosis.org.uk](mailto:cfyouth@cysticfibrosis.org.uk) to find out how you or a young person you know could take part.

### ■ Digital Youth Programme

We offer an engaging programme of online activities, designed to empower, inform, inspire and bring young people with CF together. Everything is digital so young people with CF can connect with each other virtually!

Find out more at [cysticfibrosis.org.uk/CFyouth](https://cysticfibrosis.org.uk/CFyouth)



## Let's connect

We understand that CF can be an isolating condition – the risk of cross-infection means those with CF can't meet up, and parents of children with CF can't connect with each other as easily as they might like. Here are a few ways that you can connect with other people in the CF community:

- Chat with another parent through our CF Connect service, which matches you with a trained parent volunteer who you can talk to in confidence about having a child with cystic fibrosis. To be put in touch with another parent through CF Connect contact our Helpline on 0300 373 1000 or email [helpline@cysticfibrosis.org.uk](mailto:helpline@cysticfibrosis.org.uk)
- Read about other people's experiences of living with CF on our website or in our magazine, CF Life, at [cysticfibrosis.org.uk/magazine](https://cysticfibrosis.org.uk/magazine)
- Chat to other people affected by CF on our online forum at [cysticfibrosis.org.uk/forum](https://cysticfibrosis.org.uk/forum)
- Follow us on our social media channels and share your experiences with other members of the CF community.

 [Cystic Fibrosis Trust](https://www.facebook.com/cysticfibrosis.org.uk)  [@cftrustuk](https://www.instagram.com/cftrustuk)  [@cftrust](https://twitter.com/cftrust)

## Tell us what you think

If you have any comments or feedback on any of our information resources, please share them with us by emailing [infoteam@cysticfibrosis.org.uk](mailto:infoteam@cysticfibrosis.org.uk). We'd love to hear from you!

We update this catalogue annually. For updates and changes to our information resources, please check our website regularly at [cysticfibrosis.org.uk/information](https://cysticfibrosis.org.uk/information)



## About cystic fibrosis

Cystic fibrosis is a genetic condition affecting more than 10,600 people in the UK. Our resources help to explain what CF is, how it affects those living with it and what's available to support you through any challenges you might be facing.

- **Cystic fibrosis is what exactly?** leaflet, 2019.


Order code: **CFLEAFLET**

- **Support for all** factsheet, 2016.

Order code: **CFSUPPORTLFLT**


- **CF Connect** leaflet, 2015.

Order code: **CFCONNECTLFLT**

**How does CF affect the body?** Find out using the interactive body at [cysticfibrosis.org.uk/body](https://cysticfibrosis.org.uk/body) 

- **Cystic fibrosis and cross-infection**   
[cysticfibrosis.org.uk/crossinfection](https://cysticfibrosis.org.uk/crossinfection)

- **Symptoms of cystic fibrosis**   
[cysticfibrosis.org.uk/symptoms](https://cysticfibrosis.org.uk/symptoms)

- **What is a genotype?** video   
[cysticfibrosis.org.uk/genetics](https://cysticfibrosis.org.uk/genetics)

 **Web content**  **Video**

## After a diagnosis

We know how overwhelming it can be if you, your child or someone close to you has just been diagnosed with cystic fibrosis. We've created the following publications to help support you through your journey, and you can also visit [cysticfibrosis.org.uk/newdiagnosis](https://cysticfibrosis.org.uk/newdiagnosis) to explore some extra resources.

- **Parent information pack, 2015, including the friends and family guide** leaflets.

Order code: **CFPARENTPACK**



Watch our film for new parents or read Sarah's diary, which she kept in the weeks after her son, Rhys, was diagnosed with CF: [cysticfibrosis.org.uk/newdiagnosis](https://cysticfibrosis.org.uk/newdiagnosis)



- **Late diagnosis** factsheet, 2020.  
Order code: **CFADULthood**

- **The sweat test** factsheet, 2016.  
Order code: **CFSWEAT**



## Living well with cystic fibrosis

These resources look at ways of improving health and wellbeing, eating well, staying active and living a full life with CF.

- **Body image and cystic fibrosis** booklet, 2019.

Order code: **CFBODYIMAGE**



- **Growing older with cystic fibrosis** [cysticfibrosis.org.uk/growingolder](https://cysticfibrosis.org.uk/growingolder) 



- **Festival planning guide for young people**, 2017. 

Visit [cysticfibrosis.org.uk/festivals](https://cysticfibrosis.org.uk/festivals) to download the guide and view our festival tips for parents.

- **Mindfulness exercises** [cysticfibrosis.org.uk/mindfulness](https://cysticfibrosis.org.uk/mindfulness) 

## Exercise and nutrition

- **Achieving a healthy weight in cystic fibrosis** leaflet, 2018.

Order code: **CFNUWEIGHT**

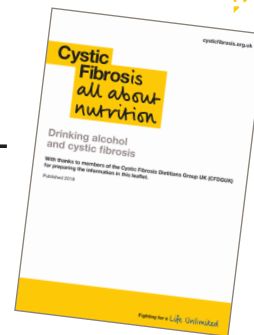
- **Calcium and bone health in cystic fibrosis** leaflet, 2019.

Order code: **CFNUVITS**

Please note: If you order this resource in print, it will also include **iron in the cystic fibrosis diet** and **vitamin supplements in cystic fibrosis** in one leaflet.

- **Drinking alcohol and cystic fibrosis** leaflet, 2018.

Order code: **CFNUALCOHOL**



- **Eating well for children with cystic fibrosis** leaflet, 2019. Order code: **CFNUPAED1**

**Please note:** If you order this resource in print, it will also include **pancreatic insufficiency and nutrition in cystic fibrosis (babies)** and **weaning information for babies with cystic fibrosis** in one leaflet.

- **Enzyme refusal in children with cystic fibrosis** leaflet, 2020. Order code: **CFNUENZREF**
- **Exercise nutrition in cystic fibrosis** leaflet, 2018. Order code: **CFNUEXERCISE**
- **Food refusal in children with cystic fibrosis** leaflet, 2019. Order code: **CFNUFOODREF**
- **Gastrointestinal issues in cystic fibrosis** leaflet, 2020. Order code: **CFNUGIISSUES**
- **Healthy eating and cystic fibrosis** leaflet, 2019. Order code: **CFNUHEALTHY**
- **Iron in the cystic fibrosis diet** leaflet, 2019. Order code: **CFNUVITS**

**Please note:** If you order this resource in print, it will also include **calcium and bone health in cystic fibrosis** and **vitamin supplements in cystic fibrosis** in one leaflet.

- **Learning to swallow enzymes for children with cystic fibrosis** leaflet, 2020. Order code: **CFNUSWALLOW**

- **Leaving home and eating well with cystic fibrosis** leaflet, 2018. Order code: **CFNULEAVE**



- **Nutrition and pregnancy in cystic fibrosis** leaflet, 2018. Order code: **CFNUPREG**
- **Pancreatic enzyme supplements and cystic fibrosis** leaflet, 2020. Order code: **CFNUENZYME**
- **Pancreatic sufficiency and nutrition in cystic fibrosis (babies)** leaflet, 2019. Available to download only from [cysticfibrosis.org.uk/nutritionleaflets](https://cysticfibrosis.org.uk/nutritionleaflets)
- **Pancreatic insufficiency and nutrition in cystic fibrosis (babies)** leaflet, 2019. Order code: **CFNUPAED1**

**Please note:** If you order this resource in print, it will also include **eating well for children with cystic fibrosis** and **weaning information for babies with cystic fibrosis** in one leaflet.

- **Post-lung transplant nutrition for people with cystic fibrosis** leaflet, 2019. Order code: **CFNUPOSTLUNG**
- **Salt in the cystic fibrosis diet** leaflet, 2019. Order code: **CFNUHYDSALT**

**Please note:** If you order this resource in print, it will also include **staying hydrated and cystic fibrosis** in one leaflet.

- **Staying hydrated and cystic fibrosis** leaflet, 2019.

Order code: **CFNUHYDSALT**

**Please note:** If you order this resource in print, it will also include **salt in the cystic fibrosis diet** in one leaflet.

- **Vitamin supplements in cystic fibrosis** leaflet, 2019.

Order code: **CFNUVITS**

**Please note:** If you order this resource in print, it will also include **calcium and bone health in cystic fibrosis** and **iron in the cystic fibrosis diet** in one leaflet.

- **Weaning information for babies with cystic fibrosis** leaflet, 2019. Order code: **CFNUPAED1**

**Please note:** If you order this resource in print, it will also include **eating well for children with cystic fibrosis** and **pancreatic insufficiency and nutrition in cystic fibrosis (babies)** in one leaflet.

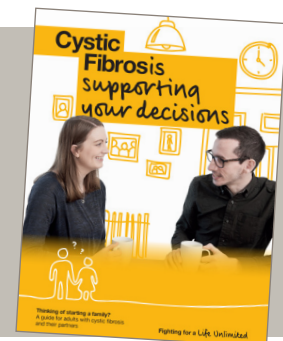
## Family planning

Our information and real stories will help you make informed decisions about starting a family, so that you can feel confident you're making the right choices for your health and your family.

- **Thinking of starting a family?**

**A guide for adults with cystic fibrosis and their partners**, 2016.

Order code: **CFCERTBOOK**



- **Family genetic testing: The family cascade screening programme for cystic fibrosis** factsheet, 2015.

Order code: **CFCASCADE**

Watch our video, **Starting a family if you have cystic fibrosis**, featuring two families and a CF doctor answering some questions on fertility and cystic fibrosis:

[youtube.com/watch?v=59MUG9fG87I](https://youtube.com/watch?v=59MUG9fG87I)



## Treatments, therapies and care

Thanks to breakthroughs in medication, physiotherapy and other treatments, people with CF are living longer and healthier lives than ever before. We have information on all the latest and best treatments for managing the symptoms of CF, from trusted medications to exercises you can do at home. Please speak to your CF team before making any changes to your treatment regime.

- **Emotional and social impacts of Kaftrio** factsheet, 2020. PDF only, available to download from [cysticfibrosis.org.uk/factsheets](https://cysticfibrosis.org.uk/factsheets)
- **Home intravenous therapy** factsheet, 2016.  
Order code: **CFHOME**
- **Inhaled therapy for people with cystic fibrosis** factsheet, 2016.  
Order code: **CFINHALED**
- **Steroid treatment in cystic fibrosis** factsheet, 2015.  
Order code: **CFSTEROID**
- **The use of ports in cystic fibrosis** factsheet, 2015.  
Order code: **CFPORTACATH**

## Physiotherapy

- **Active cycles of breathing technique** leaflet, 2018.  
Order code: **CFACBT**
- **Airway clearance for babies and young children with cystic fibrosis** leaflet. Coming soon!
- **Airway clearance plan** leaflet, 2018.  
Order code: **CFACP**
- **Autogenic drainage (AD)** leaflet, 2018.  
Order code: **CFAUTO**
- **Bubble PEP** leaflet, 2018.  
Order code: **CFBUBBLE**
- **How to improve your posture** leaflet, 2018.  
Order code: **CFPOSTURE**
- **How to use your PEP Mask** leaflet, 2018.  
Order code: **CFPEP**
- **PARI PEP™** leaflet, 2018.  
Order code: **CFPARI**
- **Pelvic floor exercises (female)** leaflet, 2018.  
Order code: **CFPELVIC**
- **Pelvic floor exercises in CF.** A leaflet for children and young people. Coming soon!

- **Physiotherapy treatment in cystic fibrosis: Airway clearance techniques** factsheet, 2013.  
PDF only, available to download from [cysticfibrosis.org.uk/factsheets](https://cysticfibrosis.org.uk/factsheets)
- **Stress incontinence in children with CF.** A leaflet for parents and carers. Coming soon!
- **The Acapella® choice** leaflet, 2018.  
Order code: **CFACAPELLA**
- **Urinary incontinence** factsheet, 2013.  
PDF only, available to download from [cysticfibrosis.org.uk/factsheets](https://cysticfibrosis.org.uk/factsheets)

## Transplants

- **Cystic fibrosis and transplant** booklet, 2018.  
Order code: **CFTRANSBOOK**
- **Cystic fibrosis and transplant: An information booklet for partners and families**, 2018.  
Order code: **CFTRANSBKPF**
- **Cystic fibrosis and lung transplant: An information booklet for parents**, 2018.  
Order code: **CFTRANSBKPF**

## Taking part in clinical trials

- **Taking part in clinical trials: A guide for people with cystic fibrosis, parents and family members**, 2017.  
Order code: **CFTRIALSBOOK**

## Clinical trials for young people

The Junior Agents comic is for primary-age children with CF to introduce them to the concept of clinical trials. It can be used alongside the information sheet for parents, while the resource for young people is for older children.

- **Junior Agents** comic, 2020.  
Order code: **CFCYPCOMIC**
- **Clinical trials resource for parents of young children**, 2020. Order code: **CFCYPRESPAR**
- **Clinical trials resource for young people**, 2020.  
Order code: **CFCYPPRESYP**

Watch our video on clinical trials for young people, **Could you change the future of cystic fibrosis?** by visiting [cysticfibrosis.org.uk/youngpeopletrials](https://cysticfibrosis.org.uk/youngpeopletrials)





## Moving from paediatric to adult care (transition)

- **Your transition to adult care: A guide for young people pack, 2020.**

This pack comes in a presentational folder, and includes:

- A transition booklet
- Tips and ideas for a smooth transition
- Questions to ask your old and new teams
- A transition checklist
- My adult CF team template

Order code: **CFTRANSYP**

- **Transition to adult care: A guide for families and carers booklet, 2020.** Order code: **CFTRANSBK**

Visit [cysticfibrosis.org.uk/transition](https://cysticfibrosis.org.uk/transition) to find out more.




## Money and benefits

Cystic fibrosis can bring its own financial burden. We have information on benefits, like Disability Living Allowance (DLA) and Personal Independence Payment (PIP), and other financial support you may be eligible for.

Visit [cysticfibrosis.org.uk/financialsupport](https://cysticfibrosis.org.uk/financialsupport) for detailed information about all of the financial support we offer.

- **Disability Living Allowance (DLA) for children under 16** Visit [cysticfibrosis.org.uk/DLA](https://cysticfibrosis.org.uk/DLA)

- **Completing the DLA form: Hints and tips**   
factsheet, 2019. PDF only, available to download from [cysticfibrosis.org.uk/DLA](https://cysticfibrosis.org.uk/DLA)

- **Personal Independence Payment (PIP) for those aged 16+** Visit [cysticfibrosis.org.uk/PIP](https://cysticfibrosis.org.uk/PIP)

- **A guide to the assessment criteria for PIP**   
Visit [cysticfibrosis.org.uk/PIPcriteria](https://cysticfibrosis.org.uk/PIPcriteria)

- **Guidance for PIP: Face-to-face assessments**   
factsheet, 2018. PDF only, available to download from [cysticfibrosis.org.uk/PIP](https://cysticfibrosis.org.uk/PIP)

- **Prescription charges for cystic fibrosis**   
Visit [cysticfibrosis.org.uk/prescriptions](https://cysticfibrosis.org.uk/prescriptions)

Need help with applying for benefits? We can support you through the process. To find out more, contact our Helpline on 0300 373 1000 or email [helpline@cysticfibrosis.org.uk](mailto:helpline@cysticfibrosis.org.uk)



Sangeeta Enright, Welfare and Rights Advisor

## Education and work

### Pre-school and primary school

- **School and cystic fibrosis: A guide for parents from pre-school to primary**, 2016.  
Order code: **CFPSCHBOOK**



Patient information awards  
Highly commended

- **Primary school pack: For school staff**, 2016.  
Three A4 information sheets and an individual healthcare plan booklet in a presentation folder.  
Order code: **CFPSCHFOLDER** (also available to download from [cysticfibrosis.org.uk/school](https://cysticfibrosis.org.uk/school))

### Secondary School

- **Starting secondary school: Booklet for parents**, 2017.  
Order code: **CFSSCHBOOK**

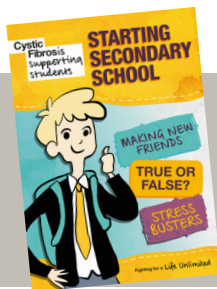
- **Starting secondary school** magazine for young people, 2017.  
Order code: **CFSSCHMAG**



Patient information awards  
Highly commended




Patient information awards  
Runner-up



- **Secondary school pack: For school staff**, 2016.  
Two A4 information sheets in a presentation folder.  
Order code: **CFSSCHFOLDER**

- **My CF Planner** an individual healthcare plan, 2020.  
PDF only, available to download from [cysticfibrosis.org.uk/secondaryschool](https://cysticfibrosis.org.uk/secondaryschool)

- **3 class passes** to share with your teacher if you need to move seat, or leave class to cough or go to the toilet.  
Visit [cysticfibrosis.org.uk/secondaryschool](https://cysticfibrosis.org.uk/secondaryschool) to order or download.

- **My friend has CF**  
[cysticfibrosis.org.uk/friend](https://cysticfibrosis.org.uk/friend) 

### Leaving school

- **Schools out...what's next?!** booklet for young people, 2018.  
Order code: **CFPOST16YP**

- **Support your child's next step** booklet for parents, 2018.  
Order code: **CFPOST16P**

- **Information for training providers, colleges and universities**, 2018. PDF only, available to download from [cysticfibrosis.org.uk/leavingschool](https://cysticfibrosis.org.uk/leavingschool)

Watch our video, **The A-Z of cystic fibrosis** by visiting [youtube.com/watch?v=AVg24S\\_pSmo](https://youtube.com/watch?v=AVg24S_pSmo)



## Resources for children

Our two children's books are written for children who have a parent with cystic fibrosis. You can also watch animated versions of both books and download PDF versions at [cysticfibrosis.org.uk/rosieandseb](https://cysticfibrosis.org.uk/rosieandseb)

- **Seb's Best Game** hardback children's book, 2018.  
Order code: **CFKIDSBOOK2**
- **The Lost Collar Investigation** hardback children's book, 2018.  
Order code: **CFKIDSBOOK1**



Watch our video **Getting Nosey about CF with Oli and Nush** at [youtube.com/watch?v=Wul-72eMriQI&feature=emb\\_logo](https://youtube.com/watch?v=Wul-72eMriQI&feature=emb_logo)



## Cystic fibrosis-related conditions

Cystic fibrosis affects many different parts of the body, and people with CF can experience a wide range of symptoms and related conditions. Our information explains how these conditions can be diagnosed and managed.

- **Cystic fibrosis and bone health** factsheet, 2020.  
Order code: **CFBONE**
- **Cystic fibrosis-related diabetes** factsheet, 2017.  
Order code: **CFDIABETES**
- **Cystic fibrosis-related liver disease** factsheet, 2017.  
Order code: **CFLIVER**
- **Melioidosis and worldwide travel** factsheet, 2017.  
Order code: **CFMEL**


### Additional symptoms of cystic fibrosis

Find out more about some of the other symptoms that come with cystic fibrosis by visiting [cysticfibrosis.org.uk/symptoms](https://cysticfibrosis.org.uk/symptoms)

## End of life planning

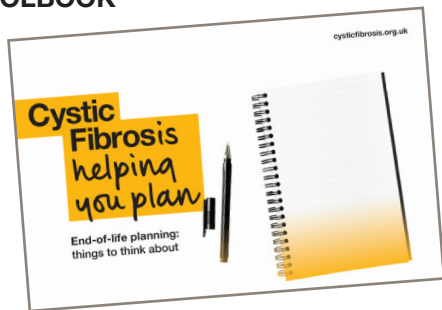
Making plans for the end of life can be difficult, but it's a good idea for everyone to start thinking about it early on, whether they have a condition that affects their health or not.

- **Advanced care planning for people with CF**

Interactive online form, available at [cysticfibrosis.org.uk/planningahead](https://cysticfibrosis.org.uk/planningahead) 

- **End of life planning booklet, 2017.**

Order code: **CFEOLBOOK**



- **Advanced care planning guidance for clinicians,**

2017. PDF only, available to download from [cysticfibrosis.org.uk/planningahead](https://cysticfibrosis.org.uk/planningahead)

- **End of life care course for clinicians, 2017.** Available

online at [www.cfcourse-online.com](https://www.cfcourse-online.com) 

## Bereavement

Coping with the death of someone close to you can be one of the hardest things we ever have to deal with. Our bereavement resources can help to support you to cope with that loss. While we can't offer specialist bereavement counselling, our Helpline can provide a listening ear and direct you to further sources of support. Call 0300 373 1000 or email [helpline@cysticfibrosis.org.uk](mailto:helpline@cysticfibrosis.org.uk)

- **Coping with bereavement booklet, 2017.**

Order code: **CFBEREBOOK**

- **Losing a child of any age to CF booklet, 2017.**

Order code: **CFLOSCHILDBK**

- **Supporting a child bereaved through CF booklet, 2017.**

Order code: **CFCHILDBERBK**



## Resources for professionals

To ensure those with CF receive the best possible care and treatment, we've developed consensus documents outlining the standards of care we expect from clinicians and other health professionals involved in treating people with the condition. These documents are written by doctors, health professionals and scientists in a range of specialist areas, and give guidance in key and emerging areas of CF care and treatment.

- **Antibiotic treatment for cystic fibrosis**, 2009
- **European cystic fibrosis bone mineralisation guidelines**, 2011
- **Laboratory standards for processing microbiological samples from people with cystic fibrosis**, 2010
- **Management of cystic fibrosis-related diabetes mellitus**, 2004
- **Methicillin-resistant *Staphylococcus Aureus* (MRSA)**, 2008
- **National consensus standards for the nursing management of cystic fibrosis**, 2001
- **NTM guidelines**, 2017 (amended March 2018)
- **Nutritional management of cystic fibrosis**, 2016
- **Pharmacy standards of care**, 2011
- ***Pseudomonas aeruginosa* infection in people with cystic fibrosis: Suggestions for prevention and infection control**, 2004
- **Standards for the clinical care of children and adults with cystic fibrosis in the UK**, 2011
- **Standards of care and good clinical practice for the physiotherapy management of cystic fibrosis**, 2020
- **The *Burkholderia Cepacia* complex: Suggestions for prevention and infection control**, 2004

Please note our consensus documents are available to download online at [cysticfibrosis.org.uk/consensus](https://cysticfibrosis.org.uk/consensus)



# Cystic Fibrosis our focus

## How can you help us?

Supporters of the Cystic Fibrosis Trust generously donate their time, money and voices to help us fight for a life unlimited by cystic fibrosis. There are lots of ways you can help:

- Spare some time to organise a fundraising event.
- Make a donation – either personally or get your workplace involved.
- Lend your voice to our campaigns and raise awareness of the condition.

Take a look at [cysticfibrosis.org.uk/getinvolved](https://cysticfibrosis.org.uk/getinvolved) for more information on getting involved with the Trust. To make a donation please visit [cysticfibrosis.org.uk/donate](https://cysticfibrosis.org.uk/donate).

Visit our website [cysticfibrosis.org.uk](https://cysticfibrosis.org.uk) to find out more about cystic fibrosis.



# Cystic Fibrosis Trust

The Cystic Fibrosis Trust is the only UK-wide charity making a daily difference to the lives of people with cystic fibrosis, and those who care for them.

**Helpline:** 0300 373 1000

[helpline@cysticfibrosis.org.uk](mailto:helpline@cysticfibrosis.org.uk)

Give us your feedback on our information by emailing [infoteam@cysticfibrosis.org.uk](mailto:infoteam@cysticfibrosis.org.uk)