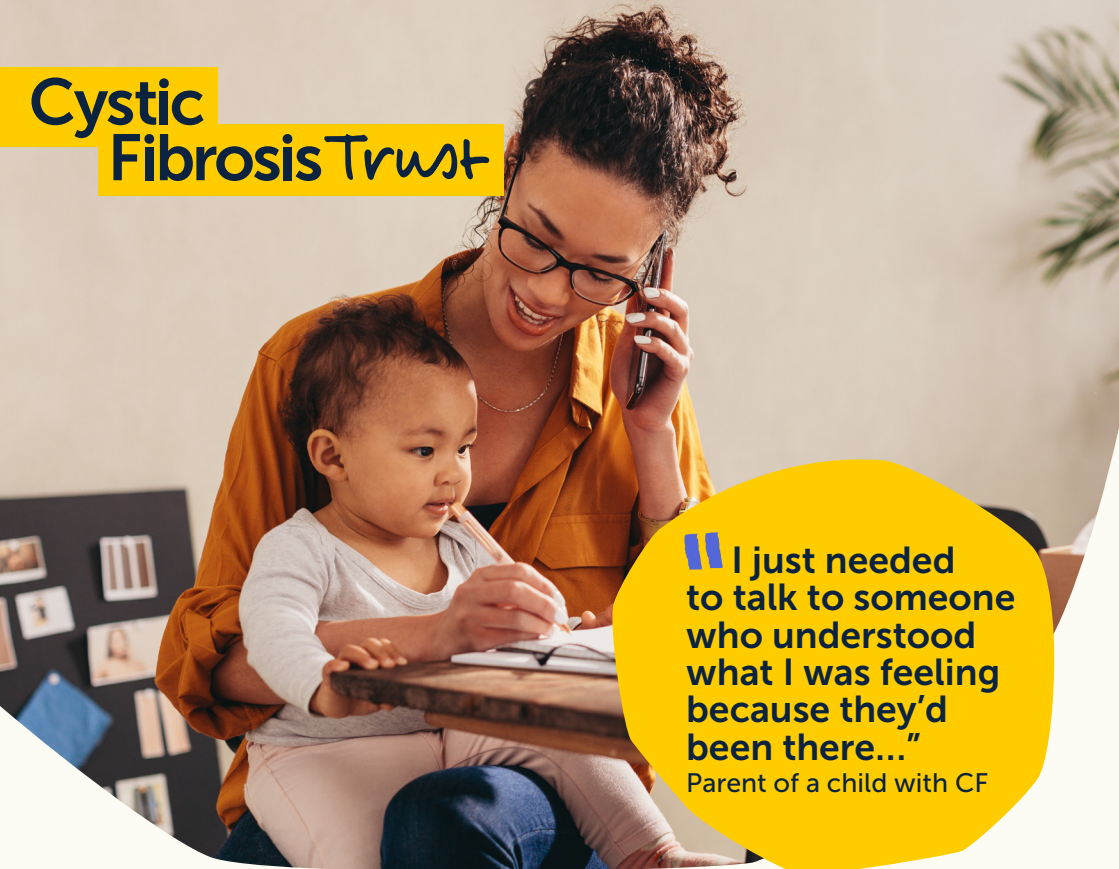


# Cystic Fibrosis Trust



“I just needed to talk to someone who understood what I was feeling because they’d been there...”

Parent of a child with CF

## No-one understands what you’re going through like people who’ve been through it too.

**CF Connect** is a peer support service from Cystic Fibrosis Trust, for parents, carers and families of children and young people with CF.

**CF Connect** volunteers offer a listening ear and the chance to share experiences in an understanding and supportive way. Those who have used the service have found it really helpful to speak to someone who understands what it’s like to be a parent or someone who cares for a child with CF.

You can access our **CF Connect** service by contacting our Helpline. Give us a call or send us an email and one of the team will put you in touch with one of our trained parent volunteers. Whether you’re a parent, grandparent, uncle, aunt, or even a friend of the family, our volunteers are there to listen and help.

Helpline **0300 373 1000**  
[helpline@cysticfibrosis.org.uk](mailto:helpline@cysticfibrosis.org.uk)

[cysticfibrosis.org.uk](https://cysticfibrosis.org.uk)

**Uniting for a life unlimited**