

How we can support you



Information

We offer free, balanced information on all aspects of life with CF, both on our website and in our resources. Along with the advice from your specialist CF team, our online content and information resources can help you make informed decisions about your lifestyle, treatment and care, however CF affects you. To order, visit our website or contact our **Helpline**. All our information is written and reviewed by experienced information and health professionals.



Helpline

We're here for anyone looking for information or support on any aspect of CF. Our friendly team will listen to you as you talk things through and can offer practical information about benefits, education, housing, employment, travel insurance and much more.

Contact us by emailing **helpline@cysticfibrosis.org.uk** or calling **0300 373 1000**. You can also message us on our social media channels.

Financial support

Cystic fibrosis can bring financial worries, but we're here for you. We can give expert advice to help you find your way through the benefits system and understand how you can boost your household income, to make sure everyone with CF has the basics they need to stay as well as possible. Through our range of grants, we're here to help at challenging times and to support you and your family to live well with CF. To find out more, contact our **Helpline**.

Uniting for a life unlimited

Online Community

On our forum people affected by CF can share experiences, connect, and support each other in a safe, private space. The forum is divided into a wide range of topics, which makes it easier to find the discussions you are interested in, while avoiding those you would rather not be a part of.

Visit forum.cysticfibrosis.org.uk



CF Connect

Due to cross-infection, parents of children with CF often struggle to meet up, meaning they miss out on the opportunity to talk to someone who knows how they feel. Our CF Connect service puts parents, relatives and friends in touch with trained volunteers who also have a child with CF, so that experiences and advice can be shared in confidence. Access CF Connect by contacting the [Helpline](#).

Support for students

If you're a student, we can give personalised support through our **Student Support Service** to help you maximise your income, including looking at benefits and budgeting. Get in touch with our [Helpline](#) to find out more.

cysticfibrosis.org.uk



Support for young people

We run fun and exciting online events for children, so they can make friends, have fun and learn new skills. From games nights and free online workshops to movie nights, we have something for everyone!

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. It's a great way to meet amazing people and make a difference.

Find out more at cysticfibrosis.org.uk/cfyouth

