

# GAME 4 CYSTIC FIBROSIS

## Are you ready to get your game on?

### How it works

**Step 1** Pick your challenge and start your fundraising page on Just Giving.

**Step 2** Download the social assets and promote your fundraising to friends and followers.

**Step 3** Set up your stream, gather your teammates or prep your set up for your solo challenge.

**Step 4** Smash your targets, raise funds and earn merch and kudos as you game.



How your money supports the 11,000 people living with CF in the UK

**£50** will help cut the time it takes to research into life-changing medicine, and will earn you a t-shirt.

**£110** provides a day's funding for a PhD student in a research project, and will earn you a water bottle.

**£250** could pay for a transplant grant to help to ease the financial burden, and will earn you a hoodie.

**£600** could fund two health and wellbeing grants, helping those in financial need, and will earn you a custom controller skin.



## Playing it safe

Live streaming and creating content is a great way to fundraise and raise awareness of cystic fibrosis (CF) but does come with its own challenges.

So we've got some tips on how to keep yourself and your supporters safe while you #Game4CysticFibrosis.

### Look after your health

And no, we don't mean your virtual health on the game! Make sure you take time out to move around, grab a bite to eat and stay hydrated but also protect your mental health as well. If you begin to feel unwell, or that this just isn't fun anymore, stop.

### Say no to trolls

If you see any negative comments or bullying behaviours while streaming, block and report them and of course, please don't add fuel to the fire by engaging with them. If you're busy streaming, it may be an idea to get a friend on board to moderate any open chat you have, but you can research free bots that can help with filtering.



### Don't share personal details

If your stream is public, you never know who may see your content, so please keep your personal details safe and don't share with anyone. Make sure you collect donations only through your online page (i.e. JustGiving), meaning there is no need to share any personal information to receive donations.

### Play for good

We are so happy you are part of our team and are fundraising to make a real difference to the lives of those with CF. Remember that in doing so, you are representing Cystic Fibrosis Trust and the wider CF community, so please don't say something that may harm or damage the cause or our charity. We've got a guide detailing what CF is and what Cystic Fibrosis Trust does, to give you some pointers, but if you are ever unsure, or receive a question you don't know the answer to, then please email us at [events@cysticfibrosis.org.uk](mailto:events@cysticfibrosis.org.uk)

### Get permission

If you are under 18, please ask permission before taking part in #Game4CysticFibrosis.



# Getting to know CF

Here's some facts about cystic fibrosis that you might want to share with your supporters to help with your fundraising.

- Cystic fibrosis (CF) is one of the UK's most common life-threatening inherited diseases. Cystic fibrosis is caused by a defective gene.
- CF causes the internal organs, especially the lungs and digestive system to become clogged with thick sticky mucus, resulting in chronic infections and inflammation in the lungs and difficulty digesting food.
- Around 11,000 people in the UK have cystic fibrosis – that's 1 in every 2,500 babies born.
- You could be a gene carrier without having CF. If two carriers have a baby, their child has a one-in-four chance of having cystic fibrosis.
- There are over 2,000 identified mutations of the cystic fibrosis gene. Cystic fibrosis is a very complex condition that affects people in different ways.
- People with CF should not meet each other as they have different bacteria or 'bugs' that grow in their lungs. These 'bugs' are rarely harmful to those who do not have CF, but may be harmful to other people with the condition.

- In people with CF the lungs make thicker sputum (mucus) than normal, which can trap bacteria in the small airways and lead to infection. Symptoms that typically develop include persistent cough, wheezing, shortness of breath and breathing difficulties and repeated chest infections.
- Thickened mucus blocks the normal flow of digestive juices from the pancreas, which means food can't be digested or absorbed properly, in particular fatty foods. This can cause malnutrition, leading to poor growth and poor weight gain, a bloated abdomen, tummy aches and more.
- Some adults with CF may also get cystic fibrosis diabetes (CFD), arthritis, osteoporosis and liver problems.
- Cystic fibrosis affects everyone differently, but for many it involves a rigorous daily treatment regime including physiotherapy, nebulised, oral, and occasionally intravenous antibiotics, and taking enzyme tablets with food.
- All newborn babies in the UK are now screened for CF shortly after birth using the heel-prick blood test. This tests for the most common mutations of the gene that causes CF.
- Cystic Fibrosis Trust is the UK's only national charity dealing with all aspects of cystic fibrosis. They fund research to improve cystic fibrosis care and treatment, and aim to ensure appropriate clinical care and support for people living with CF.

