



Ben and Alix with their boys Rufus (left) who has CF, and Henry (right)

**Cystic
Fibrosis Trust**

It's the most wonderful time for some **fundraising**

Fundraising this festive season will make a huge difference to over 11,000 people in the UK living with cystic fibrosis. And we've got everything you need to get started...



Your festive fundraising could help turn worry into wonder for children with CF like Rufus

Rufus, 3, was born in July 2022 and spent the first three months of his life in hospital. "CF was all consuming," remembers dad Ben. "We were so worried about his future; what would it look like? Would he lead a normal life? What did this mean for us as a family?" adds mum Alix.

That time was filled with constant fear. But finally, after a very long three months, they were able to bring their baby boy home – just in time for Christmas. "There was suddenly light at the end of the tunnel," Alix says.

In the years since, Rufus has started Kaftrio and it's made a huge difference to his life. "He's just a crazy three-year-old," say Alix and Ben. As for Christmas? The family are determined to enjoy every second of it. "Life was at a standstill but now we just want to live, to cram everything in, and make the most of it."

With your support, we can make sure every family dealing with CF can look forwards to a brighter future.



Rufus (left) who has CF, and Henry (right)



“After everything he's been through already, our hopes and dreams for Rufus are for him to be ordinarily extraordinary.”

Ben, Rufus' dad

You can make a difference...



Your fundraising means we can continue to fund cutting-edge research, drive up standards of care, and support everyone with CF, including children like Rufus.

£29

could ensure someone with CF has the support to access the benefits that they're entitled to.

£50

could help cut the time it takes for research to move from tests in the lab, to life-changing medication.

£138

can ensure that someone with CF can afford the daily medication that is crucial to their health by covering the cost of an annual prescription certificate.

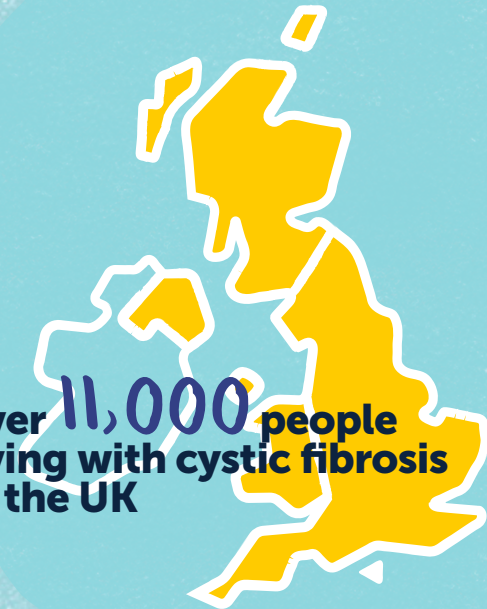
£230

can support someone with CF buy essential items to help stay well this winter.

£1,730

could fund up to 10 emergency grants, ensuring families affected by CF don't have to choose between eating and heating this festive season.

over **11,000** people living with cystic fibrosis in the UK



Here's some wonderful fundraising ideas

Get into the festive spirit with some of these fun, feel-good fundraising ideas. Think glitter, goodwill and good times together!

- Host a holiday craft fair or workshop and swap creative skills.
- Anyone at school or work have a sweet tooth? Organise a festive bake sale and watch the donations roll in!
- Pop on a festive hat and get outside this winter. Organise a sponsored walk, run or even hop!
- Everyone loves a festive quiz! From Christmas movies to that coveted festive number 1, host a quiz at home, in a village hall or your local pub.
- Light up! Ask for donations in return for putting on a spectacular light show.



Get your resources

- We have baking, crafting and activity ideas [on our website](#) to help spark your imagination.
- [Download our social media assets](#) and spread the word, letting everyone know that you are fundraising for a life unlimited by CF.
- Create [your fundraising page](#) and share with friends, family and colleagues.
- Order your [fundraising materials from our shop](#).
- Contact [your community fundraiser](#) and ask for fundraising support.



The festive period is always a fun time to fundraise, and a great reason to get together with good friends to fundraise for a cause close to our hearts, spreading joy and making an impact on others' lives. We usually take part in a local Christmas market, where footfall is high and festive spirit is in full swing. Our popular tombola stall is always a crowd favourite, and we also take a selection of handmade and collected items we've gathered throughout the year."

Jenny, a CF parent



Paying in your money

Make your fundraising count – don't forget to send what you raise on to Cystic Fibrosis Trust!

You can donate using the form on our website, by sending a bank transfer, or by donating over the phone – whatever is easiest for you.

Full details can be found on our website: cysticfibrosis.org.uk/donate



How to contact us

We're here for you every step of the way. Contact us if you have any questions or would like fundraising support:



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**Cystic
Fibrosis Trust**

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