



Online CF group support sessions

West Midlands
Adult Cystic Fibrosis
Centre



After the success of the initial sessions we are delighted to be able to share with you the topics of the next online support sessions.

All sessions will be held via ZOOM using the same link

TO JOIN please email jacqui.wainwright@uhb.nhs.uk or kaywane.wickham@uhb.nhs.uk or click on the QR code



SCAN TO REQUEST LINK

Topic Sessions: 1st Tuesday of the month at 7pm

These are **NOT** education sessions, but an opportunity to meet with other adults with CF and chat about your thoughts and feelings about specific topics in a supportive and friendly group.

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| 2nd July 2024 | "Life on the ward" | Experiences of admissions to hospital |
| 6th Aug 2024 | "It's not all about weight" | Body image in CF |
| 3rd Sept 2024 | "Menopause matters" | Managing menopause with CF. Including input from CF dietitian and physiotherapist |
| 1st Oct 2024 | "A complex journey" | The impact of fertility issues in CF |
| 5th Nov 2024 | "It takes a village" | Bring your wingman/ woman to discuss everyday life with CF |
| 3rd Dec 2024 | "Planning for the future" | Discussion with chartered Financial planner |
| 7th Jan 2025 | "Is transplant for me?" | Exploring the options. An opportunity to talk with adults post transplant |
| 4th Feb 2025 | "What about us?" | Experiences of living without modulators |
| 4th March 2025 | "The Young Ones" | A session for the under 25s and their families |

Drop-in sessions: 2nd and 4th Thursday of the month

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| July 2024 | Thursday 11th July at 1pm | Thursday 25th July at 7pm |
| August 2024 | Thursday 8th August at 1pm | Thursday 22nd August at 7pm |
| September 2024 | Thursday 12th September at 1pm | Thursday 26th September at 7pm |
| October 2024 | Thursday 10th October at 1pm | Thursday 24th October at 7pm |
| November 2024 | Thursday 7th November at 1pm | Thursday 21st November at 7pm |
| December 2024 | Thursday 12th December at 1pm | Christmas break |
| January 2025 | Thursday 9th January at 1pm | Thursday 23rd January at 7pm |
| February 2025 | Thursday 13th February at 1pm | Thursday 27th February at 7pm |
| March 2025 | Thursday 13th March at 1pm | Thursday 27th March at 7pm |

These sessions are **free of charge** and are supported through funding via the West Midlands Adult CF charity www.heartlandscf.org