

What is Cystic Fibrosis?

Cystic Fibrosis (CF) is one of the UK's most common life-limiting inherited diseases. It affects the internal organs, especially the lungs and digestive system, by clogging them with thick sticky mucus. This makes it hard to breathe and digest food.

Each week, two young lives are lost to CF in the UK. The average age of survival is around 40 years old.

There is currently no cure and treatments such as physiotherapy, exercise, medication and nutrition are vital in helping keep patients as healthy as possible.

CF is an isolating condition as sufferers spend weeks at a time in hospital but are sadly not allowed to mix with one another due to the risk of cross infecting each other with different types of chest infections.

Where are Cystic Fibrosis patients treated?

Thanks to generous donations from our supporters we've been able to help create a state-of-the-art centre at Nottingham's City Hospital, to transform the care of Cystic Fibrosis patients.

The Wolfson Cystic Fibrosis Centre enables CF patients to receive tailored care to meet their complex needs – such as a food education area where they can learn how to prepare the 4,000 calories they need, especially if they suffer from frequent infections, and individual

gym pods with glass dividers so that patients can 'get together' for some all-important exercise, without the risk of cross infection. None of this could have been provided by the NHS alone and it has only been possible thanks to our supporters.

Now we want to do even more to help this unique group of young patients.



What more can we do to help?

We're thrilled that the facilities for this unique group of patients have been transformed to meet their needs, but we want to do more to make sure the treatment received within those facilities is the best it can be.

For CF patients, treatment means so much more than just medication. Exercise, nutrition and mental stimulation are also hugely important aspects of their care.

With your help, we'd like to be able to continue to improve the care we're able to give CF patients, and make sure the fantastic facilities at the Wolfson CF Centre are used to their full potential.

We need your help to be able to fund the following things:

- A food promotion worker to educate patients about the importance of nutrition in fighting the dangerous chest infections that are associated with CF
- An activities co-ordinator to run creative activities via video conferencing, to help combat the boredom and isolation of long hospital stays



- Complementary therapy to help patients relax and try to forget about their illness and intensive treatment for a short while
- Gym equipment so that patients can get the exercise they need to help fight off infection and keep their lungs clear
- Free Wi-Fi to enable patients to stay connected with the outside world during long and isolating hospital stays

How you can help CF patients today

You can help make a difference to the lives of CF patients today by fundraising or making a donation. Here's how you can help...

- Make a donation using the form overleaf
- Hold a fundraising event such as a cake sale or quiz night
- Choose the Cystic Fibrosis Appeal as Charity of the Year at your company, school or community group
- Take part in one of our challenge events such as a trek, cycle ride or skydive
- Leave a gift in your Will
- Donate £5 via text message, by texting **NUCH20 £5 to 70070**

To find out more or get involved in fundraising please contact Nottingham Hospitals Charity by calling 0115 962 7905, emailing charity@nuh.nhs.uk or visiting www.nottinghamhospitalscharity.org.uk



Caroline Spencer

"My name is Caroline Spencer, I'm 38 and I suffer from Cystic Fibrosis. Having CF is like having a 24/7 job, it is such a demanding and exhausting illness.

"The Wolfson CF Centre has completely changed the way I am cared for. The centre provides a home from home experience, which is really important as CF patients like me often spend weeks at a time in hospital.

"Having this centre has made a huge difference to my treatment and wellbeing. None of this would have been possible without the support of Nottingham Hospitals Charity and their donors."