



# West Midlands Adult Cystic Fibrosis Centre Newsletter

[www.heartlandscf.org](http://www.heartlandscf.org) Autumn/Winter 2026

## Welcome to the West Midlands Adult Cystic Fibrosis Centre Autumn/Winter Newsletter

As the seasons change, we are delighted to bring you the latest news, updates and opportunities from across the West Midlands Adult Cystic Fibrosis Centre and the Heartlands Cystic Fibrosis Centre Charity. In this edition, we celebrate some incredible fundraising efforts

as Dr Whitehouse and Clinical Nurse Specialist Nicky Gilday are doing a Skydive in support of our charity's Operation Renovation campaign.

We also share exciting research opportunities, and important clinical updates, including information about

pancreatic enzyme availability and a reminder to book your annual flu vaccination as we head into the winter months.

Best wishes,  
**The West Midlands Adult  
Cystic Fibrosis Centre Team**

### Taking the leap for CF!

On 21 November 2026, two familiar faces from the Heartlands Cystic Fibrosis Centre will be stepping far outside their comfort zones and jumping from a plane to support the patients and families they care for every day.

Dr Joanna Whitehouse and Clinical Nurse Specialist Nicky Gilday will be taking part in a charity skydive alongside Kane Woods, whose family has a long-standing connection with our CF community and fund raising for us.

Together, they are raising vital funds for the Heartlands Cystic Fibrosis Centre Charity Operation Renovation.

From thousands of feet in the air to the Heartlands CF community below, every donation will make a difference.



Please support Dr Whitehouse, Nicky and Kane as they take the ultimate leap of faith for CF!

**Donate** today and help them reach our fundraising target!

### Fancy Taking the Leap for CF?

If someone you know someone who would like to take on a charity skydive and raise funds for the Heartlands Cystic Fibrosis Centre Charity, we'd love to have them join our team! They can book a skydive using our dedicated link and set up and fundraise

through our JustGiving page.

Together, we can make a real difference for people living with cystic fibrosis. Find our more **here**.

**Be brave, take the leap, and support CF care at Heartlands!**

**If you are a person living with CF, please discuss your interest in doing a skydive with your CF Doctor as there are additional health risks for people living with CF.**

## Pancreatic enzyme therapy (Creon 10 000, Creon 25 000 Nutrizym 22)

Community pharmacies have the same access to supplies of pancreatic enzymes (Creon 10,000, Creon 25 000 or Nutrizym 22) as the hospital pharmacy. Therefore, we are only able to supply these from the hospital pharmacy if you have requested a prescription from your GP and your

community pharmacy is unable to fulfil this.

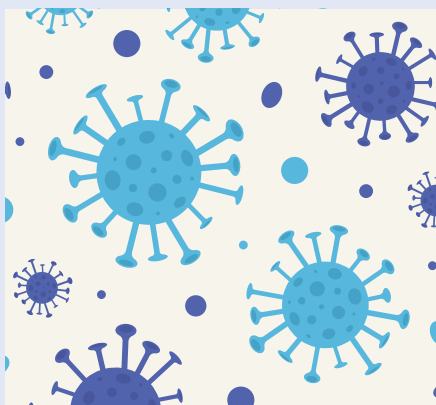
If you are still struggling to obtain a supply of pancreatic enzymes (Creon 10,000, Creon 25 000 or Nutrizym 22), please contact us.

Further information is on our **website**.

## Flu jabs

As we head into Autumn, we are entering into Influenza (flu) season. You probably know that people with CF are considered one of the at-risk groups for flu and are advised to have the flu vaccination on a yearly basis.

Please contact your GP to arrange an appointment for your annual flu vaccination.



## Update on the more life with CF study

Thank you to everyone who has participated and been involved in this research study so far. Watch this short **video** that summaries what we have done so far.

We are now seeking people with CF and overweight or obesity to help us to design a CF specific weight management programme. There are several paid involvement opportunities to find out more please email/text/phone Jo Barrett CF Dietitian on **07867 143787** or email **Joanne.Barrett2@nhs.net**.



Look forward to hearing from you, **Jo Barrett**

## Research updates

Take a look at some research opportunities currently recruiting. There are lots of exciting research

opportunities for people with CF find out more **here**.



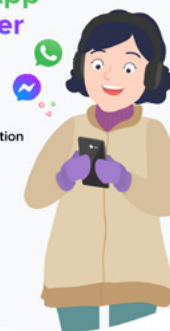
## Dare we mention Christmas!

It's just around the corner and we know that many of you will be thinking about sending Christmas cards to family and friends. Why not send an ecard and donate the money you would normally spend on postage to Heartlands CF Centre Charity? Christmas cards can be sent by email, text message or WhatsApp. The process is quick and easy and our charity is registered with **DontSendMeACard.com**.

You can access our ecard page and donate **here**.

### Send WhatsApp and Messenger eCards this Christmas

- Donate the cost of cards
- Get x100 eCards per donation
- Share to WhatsApp
- Share to Messenger
- Send by email
- Include your own photo



[DontSendMeACard.com](https://DontSendMeACard.com)

## Local Pantry Project

**Looking to make your money go further?** The Local Pantry Project offers members affordable food and household essentials, helping individuals and families reduce the cost of their weekly shop.

To find your nearest Pantry and learn more about becoming a member, visit **[www.yourlocalpantry.co.uk](http://www.yourlocalpantry.co.uk)**.

As well as access to low-cost groceries, the Pantry provides a welcoming community space where people can connect with others, receive information and advice. Why not see if there's one local to you?

