

# Online CF support sessions

West Midlands  
Adult Cystic Fibrosis  
Centre

We are delighted to share with you the topics of our next **FREE** online support sessions running from May 2025 -Jan 2026 to be held on the **1<sup>st</sup> Tuesday of each month at 7pm via ZOOM**

**Join us on zoom ([www.zoom.us](https://www.zoom.us))**

**Meeting ID: 895 1301 9855 Passcode: 539984**

**6<sup>th</sup> May**

**“LIFE AFTER TRANSPLANT”**

Sharing experiences with other adults post transplant

**3<sup>rd</sup> June**

**“TALK TO THE TEAM”**

A chance to chat with Sophie, reflexologist and Charlotte, physiotherapist

**1<sup>st</sup> July**

**“CF IN THE FAMILY”**

A chance to explore different perspectives in families

**5<sup>th</sup> Aug**

**“THE DAILY JUGGLE”**

Sharing experiences of everyday life with CF

**2<sup>nd</sup> Sept**

**“BODY ART AND CF”**

What your body art means to you

**7<sup>th</sup> Oct**

**“CF AND EMPLOYMENT”**

Your experiences of working and living with CF

**4<sup>th</sup> Nov**

**“WINTERING WELL”**

Sharing ideas for winter wellness and banishing the “winter blues”

**2<sup>nd</sup> Dec**

**“FAMILY CHRISTMAS QUIZ”**

Just a bit of festive fun!

**6<sup>th</sup> Jan**

**“NEW YEAR, NEW YOU”**

Sharing hopes and overcoming challenges in 2026

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

Sessions are FREE of charge and supported through funding from the West Midlands Adult CF Charity;  
[www.heartlandscf.org](http://www.heartlandscf.org)

# Online CF support sessions

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We are delighted to share with you the dates for the **FREE** drop in online support sessions running from May 2025 - Jan 2026 to be held on the **4th Thursday of each month at 7pm via ZOOM**

**Join us on zoom ([www.zoom.us](http://www.zoom.us))**

**Meeting ID: 895 1301 9855 Passcode: 539984**

**Thursday 24th April at 7pm**

**Thursday 22<sup>nd</sup> May at 7pm**

**Thursday 26<sup>th</sup> June at 7pm**

**Thursday 24th July at 7pm**

**Thursday 28th August at 7pm**

**Thursday 25th September at 7pm**

**Thursday 23rd October at 7pm**

**Thursday 27th November at 7pm**

**\*\*No December session due to Xmas\*\***

**Thursday 22nd January at 7pm**

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

Sessions are FREE of charge and supported through funding from the West Midlands Adult CF Charity;  
[www.heartlandscf.org](http://www.heartlandscf.org)