

*****Starting soon!!!*****

West Midlands
Adult Cystic Fibrosis
Centre



Online CF group support sessions



Following recent consultation sessions, we are really excited to be able to offer adults with CF, who attend the WMACF centre, the opportunity to take part in CF-specific online group support sessions. Starting in October, these sessions will be externally facilitated by Claire Nash, a local Psychotherapist who has experience of working with adults with CF. There will be a staff member from the unit available during these sessions to answer any clinical concerns raised.

These sessions will include:

- **Monthly “Topic” sessions** on the first Tuesday of every month: these sessions will focus on a specific theme such as treatment challenges, ageing with CF, receiving the CF diagnosis in adulthood etc. These will start on **Tuesday 3rd October at 7pm** with **“The Daily Juggle” - The challenges of managing CF care and life/family/work**
- **Fortnightly “Drop-in support” sessions** on the second and fourth weeks of each month: these sessions will be an open forum to discuss any subjects you wish around living with CF (**starting on Tuesday 12th at 1pm and Thursday 26th at 7pm**)

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

All sessions will be held via ZOOM. The same link will be used for each session and will be sent out via text. If you have not received the text please let us know!

We really hope you log on and it will be something that you will find useful!

Should you have any further questions, or any suggestions of topics to discuss, please do not hesitate to contact us via:

Reception on 0121 424 1693 or

email: cfsocialworkers.email@uhb.nhs.uk.

