



**** NEW ****

Online CF group support sessions

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!

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

- 7th November 2023: **“Menopause and CF”**
- 5th December 2023: **“Financial implications of living with CF”**
- 2nd January 2023: **“Accepting diabetes”**
- 6th February 2024: **“Getting the CF diagnosis in adulthood”**
- 5th March 2024: **“Relationships with food in CF”**
- 2nd April 2024: **“Mens group”**
- 7th May 2024: **“Partners, family and loved ones” - One-off sessions for those supporting people with CF**
- “4th June 2024: **“Travelling with CF”**

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

October 2023	Thursday 12th Oct at 1pm	Thursday 26th Oct at 7pm
November 2023	Thursday 9th Nov at 1pm	Thursday 23rd Nov at 7pm
December 2023	Thursday 14th Dec at 1pm	Christmas Break
January 2024	Thursday 11th Jan at 1pm	Thursday 25th Jan at 7pm
February 2024	Thursday 15th Feb at 1pm	Thursday 22nd Feb at 7pm
March 2024	Thursday 14th March at 1pm	Thursday 28th March at 7pm
April 2024	Thursday 11th April at 1pm	Thursday 25th April at 7pm
May 2023	Thursday 9th May at 1pm	Thursday 23rd May at 7pm
June 2023	Thursday 13th June at 1pm	Thursday 27th June at 7pm

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