



Online CF group support sessions

West Midlands
Adult Cystic Fibrosis
Centre



July 2024 – March 2025

We are really excited to be able to continue to offer adults with CF, who attend the WMAFC centre, the opportunity to take part in CF-specific online group support sessions. These sessions are externally facilitated by Claire Nash, a local Psychotherapist who has experience of working with adults with CF.

These sessions will include:

- **Monthly “Topic” sessions** on the **first Tuesday of every month at 7pm**: these sessions will focus on a specific theme.
- **Fortnightly “Drop-in” support sessions** on the **second and fourth Thursdays of each month**: These sessions will be an open forum for therapeutic discussions around any subjects about living with CF

What attendees have said so far...

I have found it so helpful to chat to other people who have a greater understanding of my issues than anyone I know. Claire is an excellent “chair” and very supportive.

“So good to speak and get to know others with CF and get an understanding how it fits into their daily lives and sharing positive thoughts together”

If you haven’t accessed this support network please give it a go!

HOW TO JOIN:

All sessions will be held via ZOOM. Please let us know if you would like to join by either clicking on the **QR code** or contacting the CF social workers:

jacqui.wainwright@uhb.nhs.uk or
kaywane.wickham@uhb.nhs.uk



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

All details of upcoming session can be found on our website at: www.heartlandscf.org under “Centre News”

If you have any questions or ideas for future sessions please contact the team:

Reception 0121 424 1693 or

CF Social Workers 07740066704

