

# Want to make a difference to people living with Cystic Fibrosis in the West Midlands?

## West Midlands Adult Cystic Fibrosis Centre



Registered Charity No. 1074745

## Become a Heartlands Cystic Fibrosis Centre Charity Trustee!

### What is Cystic Fibrosis (CF)?

CF is the most common life-limiting genetic condition in the UK!

People with CF have sticky mucus build up in their lungs and digestive system, leading to a whole host of issues from lung infections to not being able to digest their food.

Treatments are available to help make life with CF easier, though none cure CF and life expectancy is still shortened.

### What is Heartlands Cystic Fibrosis Centre Charity ?

The Heartlands Cystic Fibrosis Centre Charity supports patients who are cared for by the West Midlands' Adult CF Centre (one of the country's largest regional CF Centres).

The Charity does loads for people CF who attend this centre – from support in hospital / upgrading facilities/ providing little extras the NHS can't to also providing support for patients at home to improve their lives and help them take the best care of themselves.

### What is a Trustee?

A trustee is an unpaid volunteer who sits within a group of Trustees, who help ensure the Charities' success in fundraising and supporting patients, but also ensuring that the charity works effectively and within the laws required.

### What does being a Trustee involve?

Monthly Meetings (alternating between Online and In-person meetings held at Heartlands Hospital Birmingham. *(People living with CF would be able to attend virtually, if someone else with CF was coming to a face-to-face meeting)*)

### What to do now?

1) Check out our website to find out more about our Centre: [www.heartlandscf.org](http://www.heartlandscf.org)

2) To find out more and have a chat with us about the role or for an application form:

**Email:** [heartlandscfcentre.nhs@gmail.com](mailto:heartlandscfcentre.nhs@gmail.com)

**Phone:** Jane Churchill Charity Administration Manager on 07539 940156.

3) *Complete an application form applications should include:*

- A bit about yourself
- Why you want to be a Trustee for the Heartlands Cystic Fibrosis Centre Charity?
- What you can bring to the Board of Trustees?

**We look forward to hearing from you soon!**