

Cystic

Fibrosis is a fight we must win



1

Connect with 5 friends

Connect5ForCF is all about getting social! So, toast some marshmallows, open that special bottle of wine, or organise the Mexican night that you have been promising for months.

How to Connect5ForCF

Five babies are born with cystic fibrosis every week in the UK. Show your support through Connect5ForCF by holding one event with five friends and passing it on.

The whole concept of Connect5forCF is 'fundraising it forward', and is a simple way to make a huge contribution towards beating CF for good, whilst being with the people that matter to you most!

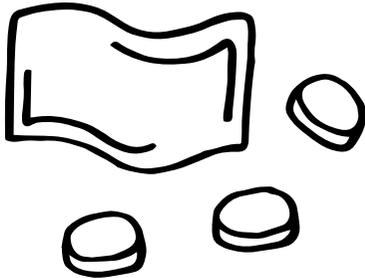
Events and fundraising enquiries:

t: 020 3795 2176 or e: events@cysticfibrosis.org.uk

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Collect £25

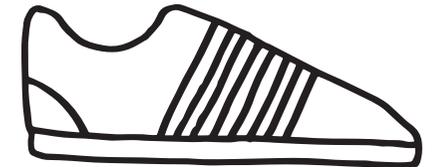
With each of your friends and family donating £5, your event will raise £25. If each of your guests then went on to hold their own event, together you would raise a whopping £125 overall!



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Pay it in!

To pay in the money you have raised, visit cysticfibrosis.org.uk/donate, call 020 3795 2177 or email supportercare@cysticfibrosis.org.uk. You can also send a cheque by post made payable to 'Cystic Fibrosis Trust'.



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Have fun!

You can be as creative and adventurous as you like, it's all about having fun! It might be that you want to get active - if football is your passion then organise a five-a-side tournament. Want to get fit? How about a couch to 5k park run?



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Pass it on

Of course you don't have to stop there, if each of those 25 people hold an event for five of their friends, that would raise a further £625 – increasing your total to a massive £775. And so on, for as long you can keep it going!

