

FEBRUARY 2025

VOLUME 1,
ISSUE 1

WINTER/SPRING NEWSLETTER

Navigating Work with Cystic Fibrosis: The 'Work Forwards'

Cystic
Fibrosis Trust
Work Forwards

Meet Jimmy, Work Forwards Programme Manager at the Cystic Fibrosis Trust. Jimmy is in his early 40s and has CF. Having grown up in Leicester, you may have seen him on ward 16 or at an outpatient clinic. He has worked in the charitable sector for over a decade and now supports people living with CF tackle the issues around balancing CF with employment and work.

The Work Forwards Programme was launched in 2022 to help people impacted by cystic fibrosis (including family members and partners) around issues relating to securing and retaining work in a way that works for the individual. Funded by The National Lottery, the Work Forwards programme can

help adults in the CF community in a variety of ways. Whether you are looking for work or considering a change in career and need some support and guidance around job searches, CV writing and interview skills, or if you are already in work and need some guidance around how to bring up the subject of asking for some reasonable adjustments to your role with your employer, to make managing CF or attending hospital appointments easier and more manageable.

Jimmy told us. "We have a dedicated employment adviser who has a fantastic wealth of experience and who is incredibly passionate about supporting people within the CF community with any challenges they have around work. We're keen to help as many people as possible and so we don't limit this support to just people with cystic fibrosis, but the same employment support is available to siblings, parents, carers and loved ones"

Jimmy also runs his own business and has helped to launch a large number of start-ups across the East Midlands through his work in the charitable sector. He is keen to use this experience

and knowledge to help people within the CF community who have a hobby or interest that could be turned into a business.

"The CF Trust has been helping people with CF for launch their business ideas over the past 10 years through the fantastic Helen Barrett Bright Ideas Award. We're now also beginning to expand this support by offering 1-2-1 business planning sessions and dedicated online webinars from business professionals to help ensure the CF community has access to the resources to build a sustainable business."

Find out more about how the programme can help you by visiting:
<https://www.cysticfibrosis.org.uk/life-with-cystic-fibrosis/daily-life-with-cf/work-forwards>



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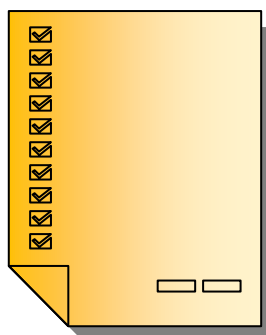
Annual Review Forms

We're excited to announce the launch of our new Annual Review forms this month!

During your annual review appointment, each member of your healthcare team will contribute to creating a comprehensive snapshot of your health over the past year. This form will be sent to you by post, shared with your GP, and securely stored electronically in your records with the Adult Cystic Fibrosis Service.

The form will include valuable information such as input from all professionals involved in your care, your most recent spirometry results (blows), blood test results, upcoming scan schedules, and more.

To ensure we capture the most accurate and up-to-date information, it's important that you attend your appointments.



Key points of interest

- Work Forwards—find support with writing CVs, how to talk to employers about living with CF and much more
- New team members
- Annual Review Forms
- Out of hours contact info

CREON

Despite the ongoing shortage, it's crucial to continue your Creon prescriptions. Creon plays an essential role in managing digestive health, especially for those with pancreatic insufficiency. Please remember to order your repeat prescription or contact the team for support.

Adult Cystic Fibrosis Service

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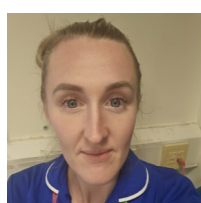
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The nurses are available weekdays from 08:00-17:00. If you need anything outside of these hours, please call Ward 16 on 0116 2583995

We're excited to introduce some wonderful new additions to our team!

Rebekah has recently joined our dedicated nursing staff, working alongside Berni and Paula to continue providing exceptional care.



Jenny, a Specialist Dietitian, is now on board to support all dietary needs, ensuring our patients receive personalized and expert nutritional guidance.



Nicola, a Clinical Psychologist, has re-joined the team and will be offering valuable psychological support to our patients, enhancing their overall well-being.

