

Here to support you.
Here to stop
lung scarring.

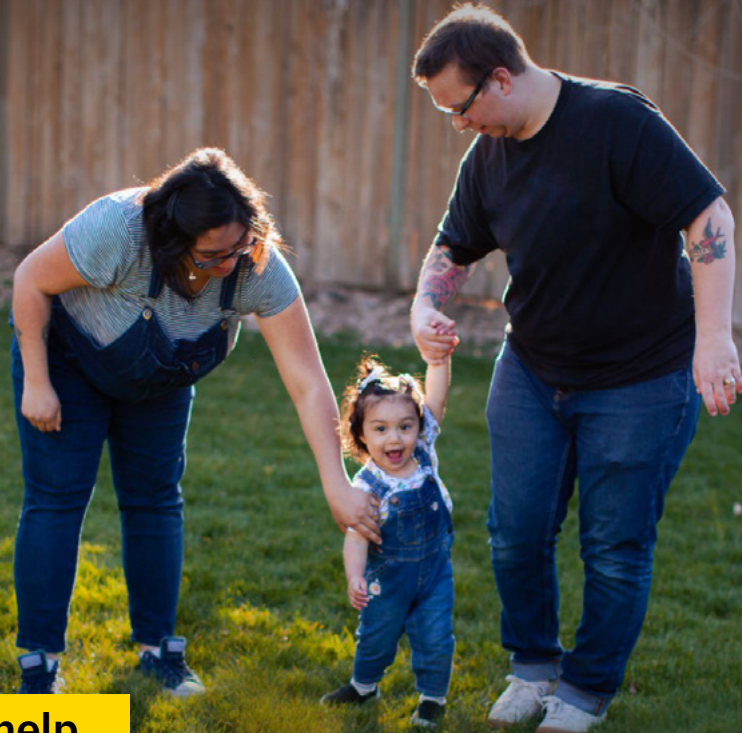


www.actionpf.org



Action for
Pulmonary
Fibrosis

Action for Pulmonary Fibrosis is here for anyone affected by pulmonary fibrosis (lung scarring). This includes carers, family members, friends and healthcare professionals.



Here to help...

Scan the QR codes in this booklet with your phone camera. It will take you straight to the relevant webpage. Or you can call us about anything in this booklet.



Contact our support team:
support@actionpf.org



Support line:
01223 785725

What we do

Fund and get involved in research

'Together we can stop pulmonary fibrosis. Donate, take part and use your voice to support worldwide research.'

Dr Wendy Adams,
Director of Research



Support and information

'You've made my day. The support is mind-blowing.'

Person living with pulmonary fibrosis



Fundraise

'Fundraising has given me a way to process my emotions, which has been incredibly healing.'

Person who fundraised for APF



Improve access to care and treatments

'We're working to give everyone access to the best possible care, and put pulmonary fibrosis on the political agenda.'

Bradley Price,
Director of Policy and Public Affairs



Support and information

Find personalised information and emotional support on the APF support line

'You have made me feel so much better. Just talking. Letting me know what's out there. I'm not alone.'

Support line caller

Our telephone support service is for anyone affected by pulmonary fibrosis, including carers, family and professionals.



Support line:
01223 785725

Open 9am-5pm Mon to Fri

Connect with a community at a support group

Find support, connection and guest speakers online and in person all around the UK. We offer start-up grants and practical support to help your group thrive. There is also a support group for carers, family and friends run by APF.

"It's nice to know there are others out there who understand – it helps me feel less isolated."

Support group attendee



Scan here to find a support group

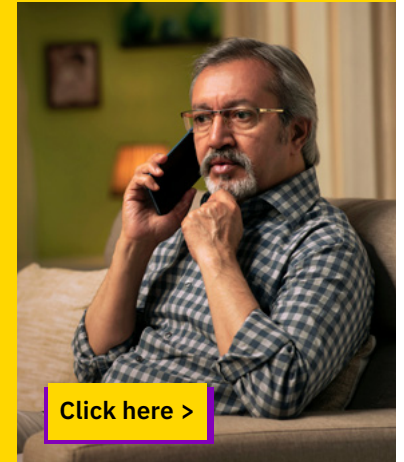


Click here >

Chat to someone in a similar situation with telephone befriending

Receive phone calls from one of our trained volunteers. Our fantastic befriending team all have personal experience with pulmonary fibrosis and are here to listen.

"Elaine was my lifeline. I was talking to someone who understood what I was going through." **Linda**



Click here >



Find out more by scanning the QR code or contacting us.

Learn more about pulmonary fibrosis at our education events

"The webinar was really worthwhile and lifted my spirits. Today, I feel more energised than I have for some time."

Person living with pulmonary fibrosis

...and from our information resources

We have printed and online information on all aspects of life with pulmonary fibrosis. Scan the QR code or contact us to find out more. **Don't miss our information pack for people who have been recently diagnosed.**



Click here >

Sign up for our e-newsletter (on the next page) to hear all about the latest events and resources.



Get the latest pulmonary fibrosis news with our e-newsletter



Read about living well with pulmonary fibrosis in Insider magazine



Subscribe for a digital or print version to read stories from the community, living well guidance and the latest research.



Scan to receive the e-newsletter or Insider magazine!

Get involved

Take part in research

We fund vital research and support researchers. You can get involved too:

- You can talk to your healthcare team or scan this QR code to find out about opportunities to take part in research.
- Read about research in our magazine or on our website.
- Share your experience of pulmonary fibrosis to improve research.



✉ involvement@actionpf.org

Have you considered leaving a gift in your will to APF?

We help over 10,000 people every year. A gift can help us continue to be there for everyone affected by pulmonary fibrosis.

To find out more, scan the QR code here or email:



✉ fundraising@actionpf.org



Fundraise your way

Charity nights, national running events, baking, or supporting us through your club! Whatever you love doing, you can help us continue to support people affected by pulmonary fibrosis. Scan here to learn more!



"Training for the half marathon was an escape and gave me the chance to channel my efforts towards something important."

Find your purpose by volunteering

We couldn't do our jobs without our fantastic volunteers. Find roles in admin, fundraising, support groups and more. See where you can make a difference.



**Action for Pulmonary Fibrosis
is a patient-driven charity.
Our vision is to stop pulmonary
fibrosis so everyone affected
has **a better future.****

Can you help make a difference?



Donate so we can be
there for everyone affected
by pulmonary fibrosis.
Scan the QR code to
make a difference!

Click here >

**If you need this information in a different format such as large
print, easy read or another language, please contact us.**

General enquiries:

01733 839642
info@actionpf.org

www.actionpf.org

Follow us on socials:



**Action for
Pulmonary
Fibrosis**

Registered Charity 1152399 in England and Wales. Registered Charity SC050992 in Scotland.