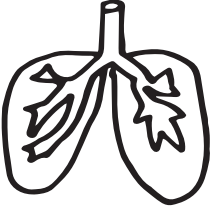
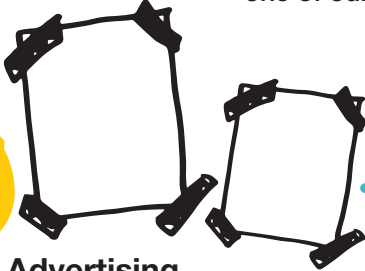


Cystic Fibrosis is a fight we must win

1 
Clear lungs
Bouncing is a fun way for people with cystic fibrosis to help clear the mucus from their lungs.

2 **Raise awareness**
Organising your own bouncing event is a great way of raising awareness of cystic fibrosis.

3 
We can help
We at the Cystic Fibrosis Trust can provide you with a space hopper or beach ball.

4 
Advertising
We can also provide you with posters, banners, stickers, and leaflets.

5 
How would you like to bounce?
You could use a trampoline, bouncy ball, pogo sticks, a bouncy castle or even one of our space hoppers.

6 **Create your own**
Remember to get creative you can even come up with your own way of bouncing and set everyone challenges.

7 **Contact us**
For help with your event and to order your materials simply contact the events team on 0203 795 2176 or e-mail us at events@cysticfibrosis.org.uk

How to organise a Big Bounce event

Spring into action with Big Bounce fundraising in aid of the Cystic Fibrosis Trust.

Events and fundraising enquiries:
t: 020 3795 2176 or e: events@cysticfibrosis.org.uk



“ Our Big Bounce took place with the help of the local primary school, Ysgol Bro Dewi in St. Davids. The sixth form helped to organise it and they came up with the idea of having a race track around the football pitch. All of the classes had great fun taking part and they raised £800.”

Mother with two daughters with CF, Pembrokeshire branch