



Action for Pulmonary Fibrosis



Here to support you.
Here to stop **lung scarring**.



SCAN ME

About Us



Action for Pulmonary Fibrosis (APF) was formed in 2013 by a small but ambitious group. There were patients and carers, two leading interstitial lung disease doctors and a registered nurse.

What we do

- Directly **fund research** to find a cure for pulmonary fibrosis (PF).
- **Support people** who are living with or affected by PF.
- **Raise awareness** of PF and improve access to the highest quality care through **campaigning** and **education**.
- **Fundraise** to fuel our mission.



We are a patient-led charity and we try to ensure that everything we do addresses your priorities.

Steve Jones, Chair of Trustees



APF on the phone

Our support line

Our telephone support service is for anyone affected by PF, including carers, family and professionals. APF's team, including a specialist nurse, can provide information on PF, practical support and signposting to relevant services.

We're open **Monday to Friday, 9am to 5pm**

 **01223 785 725**

 **supportline@actionpf.org**



Submit our online form

Our support line is
only for **non-emergencies**.

Dial **111** for urgent health problems
or **999** for emergencies.



We're great listeners,
so even if you just need
to share your thoughts
or concerns, call us.

Befriending

- Our brilliant team of trained volunteers have lived experience of PF, listen with empathy and are non-judgemental.
- We match you with a befriender who you then receive regular or one-off phone calls from. They can signpost you to information and services, or just be a listening ear when you need it.

Find out more online  or call us 

APF online

If you are living with PF, you can find out more about everything from what PF is to real-life stories to mental health advice.

We also have resources specifically for healthcare professionals and those who care for people with PF.

See all our information on our website



You'll also find online:

Insider magazine

Subscribe for a digital or print version of our beloved APF Insider magazine. You'll receive in-depth articles on the latest in research and treatments, personal experiences, living well guidance and fundraising.



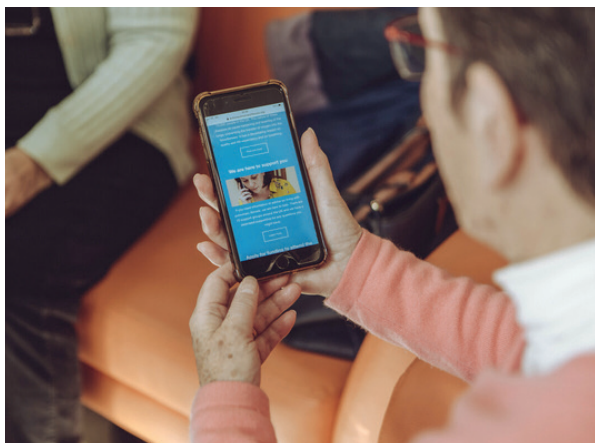
E-news bulletin

Get the latest updates on the world of PF straight to your inbox with our e-news bulletin. Read about fundraising and events, PF research, and expert advice.

Webinars

Our PF education days include experts in PF research, medicine and stories of lived experiences. We host a panel discussing different topics, for you to attend virtually or watch back later.

We also have a fantastic series of informative Q&As and mini talks on PF.



See what we're talking about on social media



The most positive day I've had since being diagnosed with IPF.

Attendee of PF education day



Find our webinars

on **YouTube**



and our website



APF in the post

All the information on our website, plus the e-news bulletin and Insider magazine, can be delivered to your door.

Request a copy



Get Involved

Raise awareness

Did you know that **the number of people diagnosed with PF every year is similar to that of liver or lung cancer?** Yet the impact and severity of PF remains unknown in a lot of communities.



Help us put PF on equal terms with cancer by talking about PF and sharing our information resources.



Fundraise

Whether you're into skydiving or baking, there's a fundraising activity for you.

Find out what you or your family and friends can do to help.

Donate



Every penny donated to APF will help create a better future for everyone affected by PF.

Your family and friends can help to **fund vital research, support patients and families, and campaign for a better future** for people living with PF.

Get involved in research

Here at APF we're contributing to global research in our efforts to stop PF. You can get involved too.

- *Keep up to date with PF research at actionpf.org.*
- *Take part in a clinical trial - speak to your medical team or visit our website.*



Or call us to find out more



Volunteer

We have a fantastic team of volunteers who provide their time and skills for the PF community.

We always appreciate a helping hand so if any of the options interest you, please get in touch with our friendly team.

Visit our website  or call us 

What we do

- Telephone befriending
- Fundraising
- Information focus groups
- Administration
- Sharing your story
- Support people online or in-person

Support Groups

APF works in partnership with support groups that are for anyone living with or affected by PF.

There are also national support groups specifically for people who are carers or transplant patients.

- Emotional **support**, **information**, practical **guidance** and signposting advice
- **Online and in-person** all around the UK
- Informative **speakers** and visiting professionals

Find your nearest group on our website



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

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