



Action for
Pulmonary
Fibrosis



Make a difference to people affected by pulmonary fibrosis

Do you have pulmonary fibrosis, or know someone who does?

Are you a good listener?

Could you spare a few hours a week to help make sure that **no one feels alone with pulmonary fibrosis?**

Join our fantastic team of telephone befriending volunteers.

"Talking to my befriender helps me to feel connected to my sister, who died from pulmonary fibrosis. It feels good to pass on information that helped and comforted her."

Sophie, APF telephone befriender



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