

Cystic Fibrosis Trust

Hi, I'm Jakub and I have cystic fibrosis (CF).

Having CF is hard because I miss out on fun stuff like playing with my brother. I normally have to do my nebuliser when I want to play with my brother so I can't play until it is done.

Going to school can also be hard sometimes because people don't really get it. It can take a long time to explain and then they forget about it and in the middle of a lesson I might have a tummy ache because a Creon (tablets that help me digest food) dropped on the floor at lunch.

I really like that the teachers always come to check if I'm ok, like if I'm a bit pale they check on me constantly throughout the day and every morning when I come into class they ask me "Are you OK?", which is really nice and helps me.

I would like pupils and classmates to know that CF is a condition that affects the lungs and digestive system which means you have to take medication and you could miss out on videogames, going to the park and lots more. For example, I could have to leave a lesson if I didn't feel well, I could be late for class because of my medication, or I could miss out the whole morning because I have to go to the clinic.

One of the positives about going to school with CF is the teachers and pupils who understand - they are my best friends because they help me a lot and cheer me up when I see people who don't have CF. The negative is that barely anyone knows about it.

