



# Living with cystic fibrosis



TILLY has lived with something called cystic fibrosis her whole life. She wanted to tell you what it's like and how she's raising awareness of the condition.

by Tilly, aged 16

Hi! My name is Tilly and I'm 16. All my life, I've lived with a medical condition called cystic fibrosis. These are two long and boring words, so we like to shorten it to CF.

Sometimes I struggle to breathe, and I can't digest food without taking loads of medication – but I can still have all the McDonald's I want!

I'm part of a charity called Cystic Fibrosis Trust and I write speeches and articles (like this one!) all about living with CF. I mostly do this with the CF Youth Advisory Group (YAG), which is a little team of young people who do lots of cool projects that help the CF community. We love making a difference!

My writing (and face!) has been in magazines, booklets and newspapers that help to raise awareness of cystic fibrosis.

I've also spoken about my experiences in Cystic Fibrosis Trust's new resource for navigating a new diagnosis. You can find out more about that, YAG, and what cystic fibrosis is at [cysticfibrosis.org.uk](http://cysticfibrosis.org.uk).



Tilly

## THIS WEEK'S BIG QUESTION



We asked 1,472 of you...

Do junk food adverts make you feel hungry?



**84%**  
(1,238 of you)  
said YES

**16%**  
(234 of you)  
said NO



What do you think? Join in the conversation and cast your vote!

Vote at [first.news/polls](http://first.news/polls)

## IN NEXT WEEK'S ISSUE!



**WILD ROBOT MOVIE!**

**JOSEPH COELHO WRITES FOR US**



**DON'T MISS IT!**



**WHAT IS THE HIDDEN NATURE CHALLENGE?**

## WIN! WOLFSTONGUE BOOK BUNDLES!



THE Forest is endless and filled with savage wolves. The human settlement stays safe inside its walls – but two children, Sally and Faolan, long to know what lies beyond.

Then one day a stranger arrives. His name is Reynard: trickster, storyteller, secret-keeper. He can show the children the way through the Forest, but the journey will be more dangerous than they imagine. There are worse things in the world than wolves, and the fox has one final trick to play.

*The Forest Yet To Come*, published this month by Little Island, is the magical final instalment in the award-winning *Wolfstongue Saga* written by Sam Thompson and illustrated by Anna Tromop.

To celebrate, we're giving three lucky readers the chance to win a *Wolfstongue* book bundle.

All you have to do is answer this question:

Who writes the *Wolfstongue* books?  
a) Sam Thompson b) Cressida Cowell  
c) Joseph Coelho

**ENTER NOW!**  
**MARK YOUR ENTRY WOLFSTONGUE**

[first.news/comps](http://first.news/comps) or see page 19. The closing date is 25 October.