

# Cystic Fibrosis grateful for your support

Here are all the ingredients you need to throw your own

## Big Yellow Party

We've put together a few tried and tested ideas to help you throw a successful yellow-themed event during the day or night!

### 1 A sprinkle of family and friends

The more the merrier! Choose an online platform, such as Zoom, to host your party. Set up a JustGiving page and ask for an entrance fee to your party to help raise vital funds for people living with cystic fibrosis.

### 2 A dressing of yellow clothing

This could be as simple as a pair of yellow socks or a yellow hat, a face painted in yellow or an all-out banana costume!

### 3 A dollop of your favourite party nibbles

Yellow-themed snacks could include classic cheese and pineapple sticks, lemon drizzle cakes or banana bread. We'll be sharing recipes and party food ideas in the next few weeks.

### 4 A splash of tasty beverages

Get creative in the kitchen by making some mocktails and cocktails for your party.

### 5 A dusting of decorations

Use items from around the house to make your very own party decorations. Get creative with household staples like string, cardboard boxes and the trusty toilet roll. You can also get in touch via [events@cysticfibrosis.org.uk](mailto:events@cysticfibrosis.org.uk) if you need materials such as balloons or banners.

### 6 A pinch of party tunes

Pull together a playlist, or send in your suggestions for the massive CF community playlist we'll be building.

### 7 Whisk together and you have everything you need for your very own Big Yellow Party

