

Fieldworkers

Our fieldworkers provide dedicated support in the community. They offer a listening ear and can help with a range of issues, such as receiving a CF diagnosis, starting school, leaving home, employment issues, and support with welfare claims. They travel around New Zealand meeting with clinicians and CF families.



Branches

As well as our national office, based near Starship Hospital in Auckland, we have regional branches that are run by CF families for CF families. The branches provide invaluable friendship, advice and a caring support network. They coordinate local fundraising activities and can also help with medical equipment and financial assistance. Many parents, whānau and friends join the local branch as a way of keeping up to date, making a difference and ensuring that the services CFNZ provides can continue.

"CFNZ has been fantastic to us in lots of ways - but probably the most important way is just knowing there are people out there who are looking out for and caring for you even though you haven't met. It makes a hard road significantly easier."

A special thank you to The Lion Foundation for making this publication possible.



For more information about cystic fibrosis or how we can help you:

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PO Box 110 067
Auckland Hospital, Auckland 1148
Suite 2, 79 Grafton Road
Grafton, Auckland 1148



cfnz.org.nz



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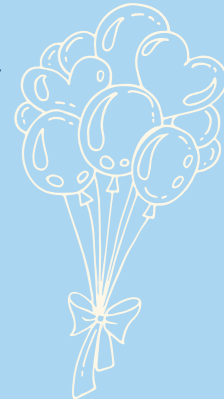


Where to
from here?

As your baby grows - from a newborn, to a toddler, to a pre-schooler and then on to school, the information and support you want, and need, will change.

Cystic Fibrosis New Zealand is here for you, no matter what stage of the journey you are on.

Here's a few of the ways we can support you...



Financial support

We understand that cystic fibrosis (CF) can place a financial burden on families. We provide a range of grants including hospital allowances, transplant assistance and physical activity grants.

You can apply for some of the allowances on our website and our fieldworkers will work with you to meet your individual needs.



Awards and endowment funds

As your child grows we have awards and endowment funds that help to celebrate and support the amazing achievements of people with CF.

These awards include the CF Achievers Awards, the Chris Howlett Endowment Fund, and the Mark Ashford Scholarship.

CF Panui

Each month we send out an e-newsletter, called the **CF Panui**, with current news, fundraising activities and other important information. It's a great way to keep up to date. You can sign up on our website or email us to be added to the mailing list.

CF News magazine

Twice a year we publish our magazine **CF News**, which contains news, views, and inspiring stories from the CF community.

It's free to everyone - sign up on our website or email us to be added to the mailing list. You can have an electronic copy sent to your email address or receive the printed magazine in the post (or both!).



Online communities

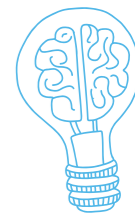
We support social networking by maintaining four Facebook pages, each aimed at a different sector of our community. The private CFNZ Facebook Group is a safe space to connect with other parents and learn from each other. People who are part of the group are either parents, grandparents, partners or carers of people with CF, siblings, adults with CF, or others who have some form of link to the CF community.

Information resources

Our guides, fact sheets, reports and videos provide further information on specific topics, ranging from starting school, information for friends and family, cross infection, travel and more. Our website, www.cfnz.org.nz, is also a great place to learn more about CF, read personal stories and keep up to date. All of our printed resources can be downloaded from our website too.

Events and learning opportunities

Through the national office and our branches there are events, learning opportunities, and the chance to meet with other parents happening across the country. It's a great way to keep informed and build up a support network. The best way to keep informed of these events is to subscribe to the CF Panui or join your local branch.



CF Awareness Week

Our annual appeal week is held every August and it's an awesome time to get involved. Join hundreds of people across New Zealand and help build awareness of CF while raising vital funds that enable us to continue supporting the CF community. There are often other fundraising events and initiatives happening throughout the year, so check our website to see what's on!