

April Panui 2020

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04/20



Welcome To The April Panui

Kia Ora << Test First Name >>,

It's a tense time for all of us. Covid-19 is scary and it's rapidly changing just about every aspect of life as we know it.

What isn't changing is our commitment to supporting the CF community.

Our utmost priority is to ensure that people with cystic fibrosis and their families remain supported. We've outlined the way we will be delivering our services on our [website >](#)

While many of you will be taking some time out in the school holidays it is important for us all to take a 'media holiday' now and again and limit our exposure to the constancy of the news coverage. Give your brain a rest and a chance to focus on something different.

Also for those of you who have had to cancel overseas holidays 😞 – live the dream- research a recipe of the region, whip it up, set the scene, and enjoy the experience with your bubble buddies.

Stay safe.

Jane Bollard
Chief Executive



COVID-19 Updates

We are aware that the coronavirus (COVID-19) outbreak is causing significant concern, particularly within the cystic fibrosis community. We have a page on our [website](#) intended to consolidate information and advice for the New Zealand CF community on COVID-19, so you can be informed when taking steps to protect yourself and your loved ones living with cystic fibrosis. If you have any questions that haven't been covered in our updates, please don't hesitate to get in touch by emailing comms@cfnz.org.nz

[COVID-19 updates for the CF community](#)

CFNZ Group On Facebook

A little reminder that we have a closed Facebook page for the CFers and their parents / caregivers. A little supportive corner of the internet!
If you would like to be a member, [click here](#) and answer the questions.

Congratulations CF Superstars!

The Cystic Fibrosis Achievers' Awards are awarded annually to people with CF who have achieved excellence in any of four categories; leadership, the arts, sports or education. The awards are open to all New Zealanders with CF who achieve their goals along with managing the high treatment burden of CF, and recognises their optimism, perseverance and achievement.

We are thrilled to announce the recipients for 2020:

Angus Drumm, 20 years – Leadership
Ashlee Sharp-Crowley, 9 years – Sport
Christopher Headey, 21 years – Education
Jake Gawn, 21 years – Sport
Jessica Scott, 31 years – Leadership
Layla Collins, 15 years – Sport
Renee Hill, 35 years – Education
Tayler Payne, 13 years – Sport
Timothy Donkin, 17 years – Leadership

You'll be able to read more about our brilliant Achievers in the next issue of the CF News.

The CF Achievers' Awards are generously sponsored by [Mylan](#), distributors of Creon® products.



Meditating Giraffe

In the last Panui, we told you about Wayne and Deb's workshop to 'inspire empathy and connection' which is open to CF parents. Due to the current situation, they have decided to move this supportive session to a ZOOM event online, which is great because not it is not limited to only those in Auckland!

We are extremely grateful that all proceeds from the event are kindly being donated to CFNZ.

For more information, see the event page on their website, [here >](#)

Isolation Inspiration...

We asked the CFNZ team to send in their recommendations... Enjoy!



For The Kids!

- But Why: A podcast for curious kids - Vermont Public Radio.
- [TedEd](#) is sending daily newsletters with videos and activities for kids of all ages.
- New Zealand Geographic is doing a [Together at Home series](#) that sends out a daily story or video.
- David Walliams reads one of his stories each day [here >](#).
- [Oversimplified](#) - a YouTube channel



Get Cooking...

- Erin from [Cloudy Kitchen](#) is a Kiwi living in New York and has some delicious recipes on her website, including this [Chocolate Peanut Brownie Cookie recipe](#)... Yum!
- [@VJCooks](#) on Instagram shares family friendly recipes almost daily, find them on her [website](#) too.
- Chelsea Winter has a '[lockdown loaf](#)' which uses beer instead of yeast...
- Jamie Oliver's [Five Ingredient Recipes](#)

using comics to teach kids history.

- Disney+ offer a free 7 day trial when you sign up.

would also be an easy fix at the moment.

- Can't go past Nadia Lim's [Super Banana Pancakes](#), the perfect way to start your day, or even finish your day!



For The Adults...

Book recommendations:

- Where the Crawdads Sing by Delia Owens
- The Art of Rest: How to find respite in the modern age by Claudia Hammond - Now that we've all been forced to spend more time indoors this book explains some research around why rest is so important and the top ten activities people find restful.
- The Goldfinch by Donna Tartt
- A Fine Balance by Rohinton Mistry
- A Man Called Ove by Fredrik Backman
- All the Light we Cannot See by Anthony Doerr
- Eleanor Oliphant is Completely Fine by Gail Honeyman
- Normal People – Sally Rooney (anything by Sally Rooney!)
- In Order to Live – Yeonmi Park
- The Silent People – Alex Michaelides

Netflix recommendations:

- Marcella
- The Crown (if you haven't already!)
- The Stranger
- Safe
- Bodyguard
- Queen of the South
- The Politician
- Ozark
- Collateral
- You
- Tiger King
- Locke & Key
- Designated Survivor

And something a little lighter...

- Zoe's Extraordinary Playlist
- Grace and Frankie
- The Good Place
- Virgin River
- AJ and the Queen

Podcast recommendations:

- Feel better, live more – Dr Rangan Chatterjee
- Stuff you should know – Chuck Bryant and Josh Clark
- TED Talks Daily
- She's on the Money – Victoria Devine
- The Real Pod – The Spinoff (if you're a reality TV fan!)

- Straight from the Lungs – William Marler (A cystic fibrosis podcast)
- If you're into murder mystery... Black Hands – Stuff, Teacher's Pet – The Australian, Gone Fishing – Stuff | RNZ



Compassion Pins

Often those with a persistent 'CF cough' get unfairly targeted, with people assuming they have a virus, or that their cough is contagious. We created these pins to help minimise those situations, and educate people about CF.

If you'd like us to provide you with badges, please email comms@cfnz.org.nz with your name, address and which badge(s) you'd like.

See the full list of Compassion Pins, [here >](#)



Les Mills X TVNZ

Les Mills have teamed up with TVNZ to bring some of their workouts to all of us cooped up at home in our bubbles.

They know how important it is to keep moving and want to encourage the whole family to get involved.

Tune in to TVNZ 1 weekdays at 9am for a class, and then TVNZ 2 at 3pm – this one is suitable for the kids too!

View the workouts on [TVNZ On Demand >](#)

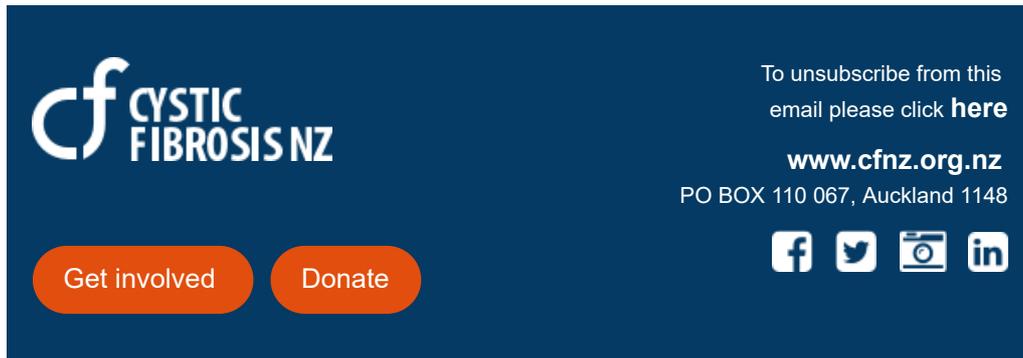
Showing Gratitude

A big thank you to the following sponsors who have provided funding over the last couple of months. We are so very grateful.

- Lottery Grants Board, Procure Charitable Trust, Blue Sky Community Trust, North & South Trust Ltd, Four Winds Foundation Ltd, Grummitt Sister's Charitable Trust

for staff salary support.

- John Ilott Charitable Trust for assisting with funding for the CF News Summer Edition
- Rano Community Trust and Winton & Margaret Bear Charitable Trust for supporting the Fieldworker service



The footer banner is a dark blue rectangle. On the left, it features the Cystic Fibrosis NZ logo, which consists of a stylized white 'cf' followed by the words 'CYSTIC FIBROSIS NZ' in white, uppercase letters. Below the logo are two orange rounded rectangular buttons: 'Get involved' and 'Donate'. On the right side of the banner, there is white text: 'To unsubscribe from this email please click [here](#)', the website 'www.cfnz.org.nz', and the address 'PO BOX 110 067, Auckland 1148'. At the bottom right, there are four social media icons: Facebook, Twitter, Instagram, and LinkedIn.

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