



# Pānui

## CF Awareness Week: 13-19 August

As part of our 50th-year activities, this CF Awareness Week is going to be big! Keep a lookout for our integrated awareness campaign from Monday 13th August, and street collections across the country 17th and 18th August. The tagline this year is "Cystic fibrosis is a race against time" and will include a short online video, PR, digital marketing, ambassador/influencer support, and help from our wonderful partners and community supporters.

Make sure to let us know what you're up to, so we can help promote your fundraising! You can also register to volunteer through our website by visiting the 'Get Involved' page. If you haven't done so already, order any fundraising resources and chocolate fish as soon as possible by emailing [fundraising@cfnz.org.nz](mailto:fundraising@cfnz.org.nz).

A huge thank you to **Mylan** for sponsoring this CF Awareness Week, and to **Choice Hotels** and **Streetwise Coffee** for going above and beyond to support people with CF throughout August.

### *Need Inspiration?*

#### Download The '50 Ways To Kick-Start Your Fundraising' Guide

[Download >](#)

### Get Up To Speed

# With The Latest CF News Magazine

The Winter 2018 edition of the CF News magazine is now available. Read about Nigel Latta in Christchurch, Dancing with the Stars winning big for CF, updates on research and a spotlight on our CF Achievers.

[Read magazine >](#)

If you would like to receive a printed copy, please email [admin@cfnz.org.nz](mailto:admin@cfnz.org.nz).



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**New diagnosis**

Receiving a diagnosis of cystic fibrosis for your child can be overwhelming. We understand that a diagnosis of cystic fibrosis can bring many challenges for you and your family to think about. We are here to support you every step of the way.

**For parents and carers**

Receiving a diagnosis of cystic fibrosis for your child can be overwhelming. We understand that a diagnosis of cystic fibrosis can bring many challenges for you and your family to think about. We are here to support you every step of the way.

You are not alone. You may have already heard about the challenges of caring for your child, and as a parent you play a huge role in deciding the best care for your child. With time and practice you will develop the skills you need to care for your child effectively.

It's important to remember that CF affects everyone differently. Some people live long lives with minimal symptoms or have no symptoms at all. Others may experience more frequent and severe complications. It's important to remember that CF affects everyone differently. Some people live long lives with minimal symptoms or have no symptoms at all. Others may experience more frequent and severe complications.

## CFNZ Launches New Website

Earlier this month we launched our new website with easy access to resources, lots of news, fundraising and event support, plus personal stories from the CF community. You can now apply for Breath4CF and other grants online! The website is all part of our commitment to shaping brighter futures for people with CF, and the work has been made possible thanks to a major gift and donations from the community.

[Visit new website >](#)



Rachael's Make-Up Wish



New CF Resources Available

Rachael Cox of Dunedin has been granted one of the most original Make-A-Wish wishes yet - getting her own lipstick produced to help raise funds for CFNZ and Make-A-Wish NZ. With the help of lipstick manufacturer, Karen Murrell, Rachael was whisked off to Australia for a factory tour. There she was surprised with the awesome news that a colour of her choosing would be put into production with the name '*Rachael's Lipstick*' and a beautiful sketch of her on the packaging. The limited edition lipstick is available online for NZ \$32 at [karenmurrell.com](http://karenmurrell.com) and stockists nationwide from 8 August, with profits going to CFNZ and Make-A-Wish NZ.

Two new, user-friendly information guides, to help families on their journey with cystic fibrosis, are now available. A huge thank you to The Lion Foundation and SKIP for making these guides possible.

Both guides were developed with the help of CF families, who kindly gave us valuable insight into their personal experiences with CF and shared how we could best support them. Two guides on school are expected to be released shortly.

Have a look and let us know what you think!

- [A guide for parents and caregivers of children diagnosed with cystic fibrosis](#)
- [A guide to cystic fibrosis for family, whanau and friends](#)



## CF Christmas Tree Festival 2018: Sponsors Wanted!

Be a part of the Christmas Tree Festival for a better and brighter Christmas for those with cystic fibrosis. Held throughout December and the New Year period, this event sees stunning Christmas trees decorated by generous sponsors across Wellington International Airport, with funds supporting people with cystic fibrosis.

[Download sponsorship pack >](#)

To Cystic Fibrosis NZ.  
Recently I have had my 10<sup>th</sup> birthday party at paint n' sip. It was fun. Invited 12 girls. Instead of presents ~~I thought~~ we would raise money for CF. My cousin Harry Ensor has Cystic Fibrosis. I also wanted to raise money for him. My friends and I raised \$220 for CFNZ which is enclosed in this card.  
From Immy Ensor.



## A Thoughtful Birthday Present

Look what arrived in the post recently – a gorgeous card from Immy Ensor who asked for donations to CFNZ instead of presents for her 10th birthday party to help support her cousin Harry with CF. Her party at Paint 'n' Sip art studio in Christchurch raised \$220! Thanks so much Immy – what a wonderful way to celebrate your birthday.

[Take a closer look >](#)

## Reflecting On CF Milestones

Alison Wesley was a pioneer for improving CF care in New Zealand. It's no wonder that Auckland paediatrician, now retired, became a cystic fibrosis specialist given that she trained under Professor Bob Elliott - one of the leading CF researchers of our time

[Read article >](#)

## Good Deeds Win For CF

CFNZ walked away with the 3rd place prize of \$2000 at this year's [Christchurch Casino](#) charity event. The 'Survivor - Good Deeds' charity tournament featured wild jungle theming with wonderful actors helping to set the 'survivor' mood, and fun gaming to raise funds for the nominated charities. It was a fun night and we thank the Casino for their generosity, and thanks to Fat Cat Photography for the photo.



## Choose Choice To Make A Difference This CF Week

For the fifth year running, principal partner Choice Hotels will be supporting us during CF Awareness Week: *"We'll be launching our annual \$2 campaign, whereby \$2 from every night spent at a NZ Choice Hotel will go to our friends at our amazing charity partner CFNZ. During this week, we'll work together to shine a light on what CF is and the work that CFNZ does. We're encouraging all of our franchisees to spread the word about CF and the \$2 campaign".* The hotel chain provides substantial ongoing support through its fundraising efforts, guest contributions and by providing accommodation for our field workers. Thanks, Choice Hotels!