

CF AWARENESS MONTH 2026
FUNDRAISING
TOOLKIT FOR
SCHOOLS

I GIVE

FRIENDSHIP

FOR **CYSTIC**
FIBROSIS

HOW YOUR
SCHOOL
CAN GET
ON BOARD
THIS MAY



CF AWARENESS MONTH 2026

GIVE A FUTURE FOR CF

Cystic Fibrosis is still New Zealand's most common life threatening genetic condition. Treatments have improved, but CF is NOT cured.

That's why during Cystic Fibrosis Awareness month this May, we are bringing back a bright, bold and adaptable campaign! You can choose what you will do to raise money and awareness of CF:

- GIVE A FEW BUCKS FOR CYSTIC FIBROSIS**
- GIVE A FIVER FOR CYSTIC FIBROSIS**
- GIVE A FOCUS FOR CYSTIC FIBROSIS**
- GIVE A FUTURE FOR CYSTIC FIBROSIS**

A MONTH OF GIVING A FUTURE

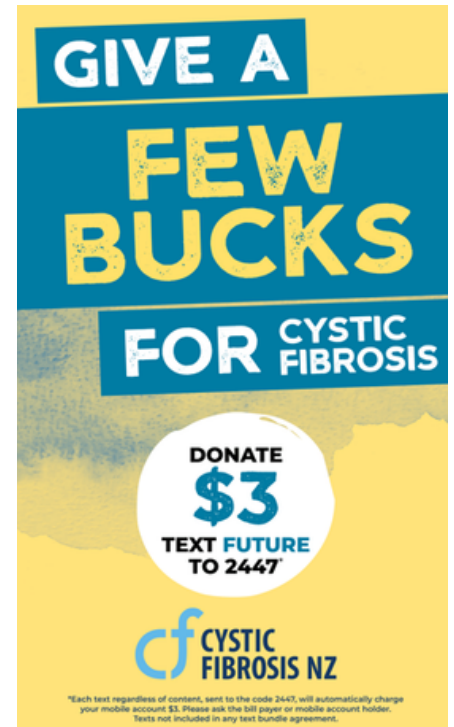
Each week during May we will highlight a real aspect of cystic fibrosis, educating the public more about life with CF, increasing their awareness of the challenges, centered around the voices of the CF community, and give people a clear, personal reason to GIVE A FUTURE and take action!

We will be using our social media channels, emails, billboards and display ads, highlighting our GIVE A FUTURE messaging to grab attention, educate and raise awareness of cystic fibrosis, as well as asking them donate to support our CF community.

WHERE DOES THE MONEY GO?

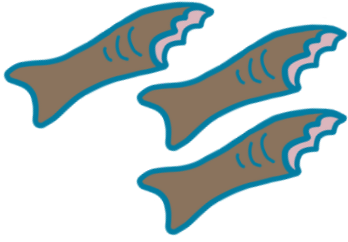
It's our mission to empower people with CF, their families and whānau to have quality of life and wellbeing, through the delivery of high-quality and equitable support programmes as well as 1:1 support from our CFNZ Social Workers. Some of the ways we help families around Aotearoa New Zealand are:

- We provide wrap-around support for parents with a newborn baby.
- We empower our community by providing education, information, and resources.
- We remove the financial barriers to exercise to help people with CF stay active.
- We campaign to improve awareness of CF and the challenges of the condition.
- We support people with CF with their physical and mental wellbeing.
- We advocate for better access to modern treatments and equitable standards of care.



HOW CAN YOUR SCHOOL HELP?

Your school can choose to participate in their own way, and it doesn't need to be in May - we want to increase awareness of CF all year!



Our Chocky Fish are a really easy way to raise funds - and we sell hundreds of boxes during CF Month, it's a great way to provide support to the CF community and who doesn't love a chocky fish!

[FIND OUT MORE HERE](#)

GIVE A FUTURE/FIVER/FRIENDSHIP IDEAS:

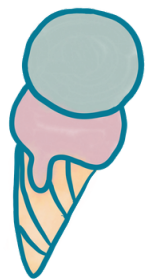
We are never short of ideas on how you can create a fundraiser at school:

- MUFTI DAY, or you could wear **BLUE** for CF
- Cupcake or bake sale
- Sell Chocky Fish (always a hit!)
- Bike-a-thons
- Crazy Hair or Pyjama Day - anything goes!



You can even tie your event into the GIVE A FUTURE/FIVER/FRIENDSHIP theme:

- Fancy Dress / Funky Friday - wear your funnest outfit for a gold coin donation
- Favourite Treat Day - bring (or buy) your favourite snack
- Fun run - exercise, but make it silly, run in costumes, sideways, run with blue hair!
- Fluffy/Fun Socks Day - cozy or funny socks + donation
- Friday Fancies Bake Sale - cakes, slices, biscuits
- Flavour Fest - different cultures' foods from families
- (Chocky) Fish Friday - grab some of our chocky fish to sell
- Frozen Friday - ice blocks or ice creams
- Face-Painting Fundraiser - could be run by senior students
- Fitness Fundraiser - sponsored steps, sit-ups, or star jumps or get the kids to create their own obstacle course
- Freeze for CF - ice bucket or cold-water challenge (safe & supervised)
- Film Night Fundraiser - entry fee + snacks + Chocky Fish!
- Friendship Picnic - bring a blanket, donate to attend, have a shared meal
- Fresh-Air Friday - outdoor classes, sausage sizzle, drinks and ice creams
- Feel Good Raffle - get each child to bring in an item and sell raffle tickets



NEED HELP? WE'VE GOT YOU!

There are many ways we can help you with planning an executing your fundraising idea, just get in touch and let's make your event epic together:

- Customised graphics for posters, flyers and social media
- Donation buckets
- Stickers
- Badges
- Local media/PR where possible

Reach out with any questions or to talk about how we can work together:

✉ nikki@cfnz.org.nz

☎ 021 066 5160

Thank you for making an impact!