



Welcome to the October Panui!

Kia Ora << Test First Name >>,

This month's Panui is again coming to you from Level 3 lockdown (in Auckland / Waikato), with a few restrictions being eased today. We know this lockdown has been long, and it's been pretty tough. We hope that wherever you are, in whichever alert level you're in, you are being kind to yourself, and that each day is easier than the last.

We are very excited to be introducing you to our newly appointed Chief Executive, Lisa Burns. Lisa will be joining us on 1 November, but is already getting to know the team, attending our Monday morning Zoom meetings.

SWEATEMBER was huge, and such a success – thanks to all of our wonderful 'Sweating Superstars', supporters and sponsors. A whopping \$163k raised by 324 people getting sweaty in September. Read more, and check out Sweatember media interviews below.

A note from our lovely Fieldworker team, who are here for you for contactless support, as always. Kia kaha, stay safe, and let's hope the next Panui finds us with a little more 'normality' in November!

CFNZ Team



New Chief Executive appointed

CFNZ is delighted to announce the appointment of our new Chief Executive, Lisa Burns. Lisa joins us after playing key roles at Dementia Auckland and Dementia New Zealand as GM of Marketing and Fundraising.

Lisa is driven by passion and purpose to make a difference and impact the lives of Kiwis and communities who are affected or disadvantaged by a health condition. Intuitively she puts people at the heart of everything she does, leading with an honest, open and authentic approach.

Lisa says, "it is a privilege to lead Cystic Fibrosis NZ in to the future. I'm committed to the priorities of CFNZ, supporting and improving the quality of life for all people affected by Cystic Fibrosis.

Our success in shaping our future I believe will come from communication, relationships, courage and resilience as we navigate this next phase together."

"The (CFNZ) board members and myself are delighted to have Lisa on our team as our new CEO. She comes to us with a huge amount of energy, commitment and a great skillset. This is an exciting time for CFNZ with some very promising opportunities to improve the lives of those with CF. We look forward with pleasure to working with Lisa and her team in delivering them," says Warwick Murray, CFNZ Chair.

Lisa will be based in the Grafton office, starting with us 1 November 2021, and we are very much looking forward to having her lead our team.

Read the full update [here >](#)



A very SWEATY Success!

💖 Well, what a phenomenal SWEATEMBER it has been! 💖

We want to say a huge THANK YOU to our incredible sweating superstars...👏

This month 322 of you committed to a SWEATY activity, and together have raised over \$163,000 for Cystic Fibrosis NZ. Your SWEAT provides personalised support, whether it is emotional guidance, practical advice, or financial assistance, to individuals and their families throughout their journey. It provides medical equipment, vouchers during hospitalisations, and advocacy services to secure cutting-edge medicines such as Trikafta.

You, along with all our supporters and sponsors are our CHAMPIONS! 🏆

It's really exciting seeing the amount fundraised climb each day, knowing the huge impact it will have on the lives of our people living with CF, and their whānau.

We can guarantee your SWEAT has never meant so much 💖

PS you can Sweat4CF any time of the year 📄 www.sweatember.org.nz 📄

Sweatember in the news

We'd love to send a big ol' thank you out to all of our Sweatember Champs who spoke to the media, or shared their story on our social media. Each one of you are incredible. You've shared your 'inspiration' to sweat, and have shown others there's no better reason to sweat, than giving a future for Kiwis with CF.

In case you missed it...

Here are our SWEATEMBER stories in the media:

- Josh Chase spoke to Local Matters about his Sweaty challenge [here](#)
 - Lizzie McKay spoke to Robert and Jeanette on The Breeze about CF and her Sweatember challenge [here](#)
 - Sweatember and What The CF Podcast were mentioned in the 'Good News' section of The AM Show [here](#)
 - Ingrid Grener spoke to Carly Flynn on Magic Talk about Sweatember and her CF Podcast, What The CF, [here](#)
 - Lizzie McKay was a guest on Brodie Kane's podcast 'Kiwi Yarns', you can listen [here](#)
 - Sarah and Pippa featured in an article in the Matamata Chronicle, speaking about Sweatember, CF life in covid times, [here](#)
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COVID-19 Vaccination advice

CFNZ strongly encourages everyone who has not already done so to be vaccinated against COVID-19 as soon as possible to protect themselves, their families, their friends and colleagues, and the CF community.

Earlier this year, we asked our Clinical Advice Panel about the COVID-19 vaccinations.

The panel advised that all people with CF (in the eligible age group) would be offered an appointment, and strongly recommended you have the vaccination when offered. Everyone can now book in for the vaccination, or turn up at a centre offering walk-ins.

There is only vaccine product being offered in New Zealand, the Pfizer/BioNTech vaccine, and requires two doses. The second dose is given at least three weeks later. It's very important you get your second dose. You will have the best protection once you have both doses.

Read our COVID-19 updates [here >](#)

A note from our lovely Fieldworkers

A friendly reminder that during lockdown your local field worker is still available for contactless support. If you feel you would like a chat or a laugh please make contact via phone or email.

Please don't hesitate to be in touch if you are experiencing difficulty with meeting costs and we can look at options that might be available to you. Dependent on your situation Work and Income might be able to offer financial relief, call and talk through your circumstances to them on 0800 559 009.

Keep safe everyone and keep doing things that make you happy ♡



CF News Spring 2021

Hopefully you've received your physical or digital copy of the Spring 2021 issue of the CF News magazine! Its packed full of stories from our amazing community, a thorough update on advocacy and our Trikafta Campaign, and much more.

You can read it [here >](#)

With rising costs of printing and postage and being keen to save a few trees too – we'd love for you to join the digital revolution and opt to receive the CF News magazine digitally. Visit www.cfnz.org.nz/sign-up to change your subscription preferences.

Happy reading!

RewardHub - free donations to CFNZ

If you're anything like us in Level 3, there's been a bit of online shopping going on... Don't forget to do your shopping via Rewardhub (even Countdown is included!) – its free and a percentage of your purchase will be donated to CFNZ, if you're signed up [here >](#)

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.

- Kiwi Gaming Foundation, Oxford Sports Trust, Hawkes Bay Foundation, and Whanganui Community Foundation for support with operating costs.

If any Branches would like assistance with funding for specific things, you are welcome to get in touch.



Get involved Donate

Thank you for helping Kiwis with
CF to live a life unlimited.

www.cfnz.org.nz

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