

Time is flying by...

Dates for your diary:

- Sunday 10th October**
 Rotary Club sponsored Walk
 the Test Way
 Email vicechair@cfkids.org.uk
 for more details

Friday 5th November
 Whale Island Firework
 Display
 £2 per ticket
 Contact
chair@cfkids.org.uk
 for tickets

It's been nearly 6 months since our last newsletter and the summer has come and gone.

The months fly by and we are all looking forward to the forthcoming winter months (not!)

We hope everyone enjoyed their holidays and the children that have gone back to school or college are enjoying their new school year or maybe even new school.

We know the winter is a challenging time for people living with CF so CFK are continuing to work with the hospital to try and find things that can help people if they are admitted.

We appreciate any suggestions so please get in touch!

Lastly, as this will be our last Newsletter this year, may we wish you all a very happy and healthy Christmas and New Year!!!

www.cfkids.org.uk

Since launching in April this year our website is being looked at more and more.

In September alone we had an average of 22 visits per day which is fantastic!

We still need to build on it though so if you would like your stories on there or have any useful tips please contact us.

We also hope that it will be helpful to newly diagnosed families too. Being able to hear other people's real life stories and the brave outspoken words of our children with CF is definitely an inspiration to us all!

The 'In Our Own Words' and 'Our Families' section needs a lot of input from **you**.

'In Our Own Words' is straight from the mouths of the children with CF and 'Our Families' is written by a family member. We need more people to get involved so please don't be shy and send us your story and a picture and we will get it on our website.

Let's get social!...

Twitter - we are on twitter and currently have 94 people following us, if you use this then please join!

Facebook - CFKids has 279 friends to date which is great for being in touch with everyone.

Blog - a Blog is currently being added but it needs populating so if you have anything at all to say please email webmaster@cfkids.org.uk for a login and let yourself be heard!



Contact Us:

Online
www.cfkids.org.uk

Telephone:
 023 92373574
 Or
 023 92479055

Email:
chair@cfkids.org.uk

twitter





Allison Kiln's Sky Dive for CFK and CF Trust



On the 22nd May 2010 Allison jumped out of a plane at 10,000 ft raise money for CFK and the CF Trust.
Her daughter Hannah has CF and her bravery inspired Allison to want to do something.

Well, her bravery raised a massive £500 for CFK!

Allison told us:

"It was a great experience for a great cause close to my heart and nothing compared to what our children have to face everyday".

I think we all agree her own bravery deserves a heartfelt 'Thank you'



easyfundraising
.org.uk

"83% of people are said to have shopped online once in their lifetime"

Since registering with easy fundraising we have received £68.79p.

This money is donated just because people have shopped online with their usual stores but gone via the easyfundraising site and chosen CFK as their nominated charity.

It is of no extra cost to you and CFK receives donations for doing absolutely nothing!

So please remember to log onto www.easyfundraising.org.uk and register as a user and choose CFK as your charity.

Make it your homepage and you won't ever forget!



Get Selling!!



We are also now registered on ebay.

When selling items you can choose to make a donation to a charity of your choice so please choose us!

Have a look on the ebay site for more information, just another way of donating without leaving the house!



Dragon Boat Race with Portsmouth County Council



In May the planning department chose CFK as their chosen charity and entered the Dragon Boat Race at the IBM lake organised by the Portsmouth Rotary Club.

A great day was had by all and Steve our Chair was very proud to attend their award ceremony to collect the cheque for a massive £640!

We would like to say a huge 'Thankyou' to all those who took part and risked getting wet all in the name of CFK!

We would love to have your feedback, CFK is all about you and your children, please get in touch!

Dance-a-thon



The show must go on....

In July, Becki, our Webmaster, organised a 'Dance-a-thon' to raise money for CFK and the CF Trust.

Against all odds (she had people pull out just hours before their time slot!) the Dance-a-thon continued and Becki spurred everyone to dance and sing throughout the day and good fun was had by all.

What with raffles and refreshment sales as well, a grand total of over £500 was raised which is a fantastic achievement!

See the pictures on our website Fundraising/Past Events.



Knight & Lee

Knight & Lee continue to support us as their charity of the year for the second year in a row.

The family BBQ they held in June at Queen Victoria Country Park was great fun and well attended (along with fantastic food!)

They will continue to raise funds for CFK and a grand total will be announced at the end of the year.



CFK Disco Night



What a night! After months of planning, hard work and dedication to the charity, Vanessa and Kelly pulled off a night to remember.

A huge turnout and generosity on a massive scale resulted in the perfect ending for our first attempt at a charity evening. Great entertainment from Tarot readers, Rakia Masters and fabulous fun with 'Play your Cards Right', to a raffle and auction that was full of fantastic prizes donated by shops and local businesses who kindly gave their support to us. And not forgetting our friends and family who put in so much time and effort into making the evening such a success.

Finally we are delighted to announce that the closing amount raised was in excess of £3,500!!

So all that remains is for Vanessa and Kelly to say a huge THANKYOU!

(.....and see you all next year.....)



You may remember in our last Newsletter we were waiting to hear if we had been successful in becoming HMS Excellent's Charity of the Year.

Well it's great news, we have been chosen!

They hold various events throughout the year and all their charity proceeds will go to CFK. We will also have access to the establishment for our own events and can encourage the base's occupants to put on or take part in events on our behalf.

The first event is a fireworks night on Friday 5th November. CFK will have their own stall there and tickets are just £2 each.

To purchase tickets, or if you would like to use their facilities for your own fundraising event then please contact chair@cfkids.org.uk

We would love to have your feedback, CFK is all about you and your children, please get in touch!



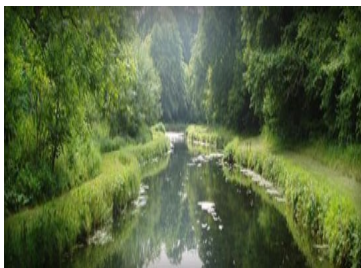
We will shortly be publishing a Hospital Guide detailing the facilities CFK can offer in QA during an admission.

It is not always clear what is available so one of these booklets will be placed in each cubicle detailing what is offered and how you can obtain it.

We hope that whoever is admitted will find some of these facilities useful, we would also love to hear your feedback or ideas.

Hospital stays are not only a worrying and stressful time; they can also be tedious and down right boring sometimes too. CFK try to think of ways of alleviating this a little but we cannot do it on our own, we always need your input, so please get in touch!

Walk the Test Way 2010



Every year BDML Connect Ltd promotes their employees and friends to enter the Walk the Test Way sponsored walk in aid of CFK, organised by the Romsey Rotary Club.

Our Vice Chair Sarah has worked there for 13 years and they support her as they know all about Liam and his CF.

With a choice of walks varying from 2.5 miles right up to a brave 25 miles, you are guaranteed beautiful surroundings the Test Way.

If you love the great outdoors and fancy a ramble in Sunday 10th October visit www.walkthetestway.org.uk for more details and if you register online remember to choose CFK as your nominated charity!!

Alternatively contact Sarah via vicechair@cfkids.org.uk for more info.



Can you help....?



We are still looking for a fund raising co-ordinator. If you could help, or know of anyone else who could, we would love to hear from you.

As a small group, we are limited to the amount of time we can focus on fundraising, as we also have our own lives coping with our families and CF, and if anyone has done any fundraising in the past will know, its quiet hard work!

As we have alot of people wanting to fundraise for us this year, we would hate to turn anyone down and not be able to offer a good amount of help and support.

Please get in touch if you can help in any way, no matter how large or small, with any of the events we have told you about. Thank you!

If you would be happy for CFK to contact you directly with details of any of our events, please complete below and send to 5 St Francis Place, Havant, Hants, PO9 3BS or email your details and confirmation that you are happy for us to hold your details on file to vicechair@cfkids.org.uk

Full Name.....
Address.....
.....
.....
.....
Email

I give my consent for CFK to hold my contact details on file and notify me of any events or activities that they feel I may be interested in.
I understand my personal data will not be passed on or used for any other marketing or promotion.
Signed

We would love to have your feedback, CFK is all about you and your children, please get in touch!