

## Dates for your diary:

- Sat 22<sup>nd</sup> & Sun 23<sup>rd</sup> May  
Allison Kiln's sponsored tandem skydive
- Sat 22<sup>nd</sup> & Sun 23<sup>rd</sup> May  
Dragon Boat Race with CFK & Portsmouth County Council, 1000 Lakeside, North Harbour
- Sunday 13<sup>th</sup> June  
Knight & Lee Family BBQ and fun day, Queen Victoria County Park (£5 per ticket)
- Saturday 3<sup>rd</sup> July  
Dance-a-thon  
Merchistoun Hall, Horndean
- Friday 6<sup>th</sup> August  
CFK 'Disco Night'  
Mountbatten Centre
- Sunday 10<sup>th</sup> October  
Rotary Club sponsored Walk the Test Way
- Date TBC  
'Nadine's Big Walk'  
More details to follow...

## Contact Us:

Online

[www.cfkids.org.uk](http://www.cfkids.org.uk)

Telephone:

023 92373574

Or

023 92479055

Email:

[chair@cfkids.org.uk](mailto:chair@cfkids.org.uk)

## An exciting year ahead...

Welcome to our new look Newsletter!

2010 is looking to be an exciting year of fundraising for CFK with quite a few large events coming up.

We have now launched our website (see below), something we have worked hard on getting together as a way of reaching more people whose lives are affected by CF in our area.

We continue to work alongside the CF team at the new QA hospital, to ensure anything CFK provides is practical and useful, in the home and in the community.

I hope you find this newsletter informative, we look forward to hearing from you!

[www.cfkids.org.uk](http://www.cfkids.org.uk)

We have been lucky enough to welcome on board to the committee Becki Short who has kindly become our website designer and webmaster.

Her interest in CFK is due to her brother Dan having CF, and her skills stem from her family web business.

## We need your input!!!

We have tried to put together a website that people can use as a point of contact, for information and to get to know other people in our area with CF.

There is a section called 'Our Families' that is written by parents, grandparents or siblings and is about their life and views on CF.

'In My Own Words' is written by our children with CF. Frank, truthful and to the point (what else do we expect?!) they tell us about themselves, what they enjoy, what they don't enjoy and their thoughts on CF.

If you would like to put a piece on here we would love to hear from you! Either contact us via the information on this newsletter or via the website.

Other pages on the site include Top Tips, fundraising ideas, previous fundraisers by CFK, where your money goes and much more.

We look forward to hearing from you!!





## Allison Kiln's Sky Dive for CFK and CF Trust

On the 22nd May 2010 Allison will be jumping out of a plane at 10,000 ft!

Her daughter Hannah has CF and the reason she is doing the jump is in memory of those that have lost the fight with Cystic Fibrosis & also to help raise funds for the CF Trust and CFK. She will be joined by over 30 other parents, friends, family whose lives are affected by this life threatening disease.

If you would like to sponsor her please visit:

<http://www.justgiving.com/allisonkilntandemskydive> (CF Trust)

or

<http://www.justgiving.com/cfkids> (CFKids)

Also follow her story and reasons why she is jumping on

<http://www.youtube.com/watch?v=NkwmDVCfXxk>



*“83% of people are said to have shopped online once in their lifetime”*

## easyfundraising .org.uk

Do you do any shopping online?

According to an independent researcher roughly 83% of people are said to have shopped online once in their life time.

Now you can shop online and raise money for CFK without it costing you a penny extra!

Just visit [www.easyfundraising.org.uk](http://www.easyfundraising.org.uk) and register as a user and choose CFK as your charity.

Every time you shop online go via easyfundraising and whoever you shop with will donate a percentage to CFK.

You can shop online with 2000 well known retailers at including Argos, Next, Amazon, John Lewis, Boots, Vodafone, M&S, Play.com, Debenhams, Travelodge, eBay and many more.

Just use the links provided on the easyfundraising site whenever you make a purchase and up to 15% of the price will be donated to CFK at no additional cost to you! If you make it your homepage it will remind to go via the website because it is easy to forget!



## We are now on facebook!

CFK have joined the world of facebook and created their own page.

Please go on and add yourself as a friend and feel free to post things and use it to keep updated with what is going on. It's also a good way of meeting other CF friends and families.

It is in its infancy so is in need of friends and updates so please feel free to join us!



## Dragon Boat Race with Portsmouth County Council

CFK have been lucky enough to be chosen by the planning department at Portsmouth County Council as their chosen charity.

The event, supported by Portsmouth & Southsea Rotary Club, will see CFK's boat joined by lots more in a bid to win the race!

There will lots to see and do for non racers so please come along to cheer us on between 10am and 4pm on 2\* May at 1000 Lakeside, North Harbour.

*For more info visit [www.cfkids.org.uk/futureevents](http://www.cfkids.org.uk/futureevents)*

## Dance and raise money!!



On the 3<sup>rd</sup> July in Merchistoun Hall, Horndean, a sponsored Dance-a-thon has been organized to raise money for the CF Trust and CFK.

We want participants of all ages and any dance will do! Whether its tap, modern, freestyle, ballet, rock 'n' roll or even line dancing, anything goes!!

It is to be a 12 hour Dance-a-thon and if all goes to plan it will be held annually and will probably get us into the world record books!

For more information, or to apply please contact Becki Short via the following:

Email: [becki@dance-a-thon.org.uk](mailto:becki@dance-a-thon.org.uk)

Websites: [www.dance-a-thon.org.uk](http://www.dance-a-thon.org.uk) or [www.cfkids.org.uk/futureevents](http://www.cfkids.org.uk/futureevents)

## Knight & Lee

Knight & Lee in Southsea have generously named CFK their charity of the year in 2009 and once again in 2010. In 2009 they raised £3144 for CFK, which included purchases of all the hospital gym equipment and the TV and game station packages that are available whilst anyone is an inpatient.



In addition to this, they have also organized a family fun BBQ which will be held in Queen Victoria Country Park, Netley on Sunday 13<sup>th</sup> June.

The cost per ticket is £5, if you would like to join what looks to be a fantastic day, please contact Vanessa at [vanessa@cfkids.org.uk](mailto:vanessa@cfkids.org.uk) or use one of the contacts on the first page.



## CFK Disco Night



Fancy a night out?

CFK have organized a Disco night on Friday 6<sup>th</sup> August at the Mountbatten Centre, Portsmouth.

Tickets are priced at £15 per head, which includes a buffet style meal.

As well as a late license until 12am and a disco, there will be various side stalls including Tarot card and tea cup readings to

add a bit of fun and also you can have a go on the famous 'Play Your Cards Right'.

A raffle will also be available with all proceeds going to CFK.

If you and your friends and family would like to come we would love to see you.

For tickets please contact us via the contacts on the first page of the newsletter.

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



### Coming soon...



Nadine Blake, one of our local girls with CF, has managed to gather up nearly 400 of her friends to do a sponsored walk this year!!

Whilst we are in the early stages of organizing this, we are really excited about the sheer scale this walk will be on.

Once a route and date has been set we will announce more details.

In the meantime, if you would like to show your interest, join Nadine's facebook page that has been set up....

['walk to help Nadine Blake fight cystic fibrosis ♥'](#)



### CFK & QA hospital...



Since the opening of the new QA hospital, CFK have continued to work with the CF Team to ensure we are purchasing the correct equipment that is required.

We have continued our meal ticket scheme so whilst an inpatient you are entitled to free food from the canteen in addition to what is available on the wards, helping towards your calorie intake.

We have also purchased a continuous blood glucose

monitoring system, an expensive piece of kit that will help with diagnosis and control of CF related diabetes.

A 'hospital guide' for inpatients with CF will soon be in the cubicles, outlining exactly what is available to you from CFK whilst you are admitted, including the rewards box for our younger patients, a Blockbuster account and Mcdonalds vouchers.

There is much more in the pipeline... watch this space!



CFK are also excited as they are currently in discussions with HMS Excellent as there is a possibility they may choose CFK as their chosen charity for the next two years.

This would have a great impact on our income so we will keep you informed as soon as we have some news.



### Can you help....?

We are currently 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!

