

**CYSTIC  
FIBROSIS NZ**

# **CF AWARENESS MONTH FUNDRAISING TOOLKIT**



# CF AWARENESS MONTH 2024



Hi, I'm Fred, Kindness Manager at CFNZ. As you know, May is Cystic Fibrosis Awareness Month and we are going to be doing everything we can to raise awareness of CF as well as raise funds to provide ongoing support to Kiwis with cystic fibrosis.

Every member of the CF community lives their own unique experience of cystic fibrosis, from parents navigating a newly diagnosed newborn, to those who have had a transplant and those who are not eligible for newer treatments. Each story is their reality and they each require ongoing support from CFNZ to navigate everyday life with CF. Because cystic fibrosis is cruel.

## CRUEL NEEDS KIND



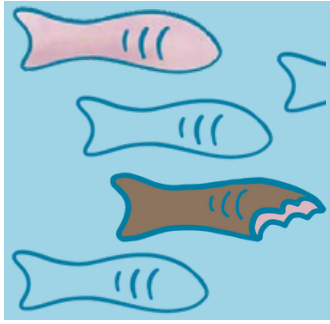
## WHERE DOES THE MONEY GO?

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.

- 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
- We support people with CF with their physical and mental wellbeing.
- We lobby government for better access to modern medicines and treatments.



# HOW YOU CAN HELP



## CHOCKY FISH

BUY boxes of Chocky Fish [HERE](#) or fundraise with Chocky Fish [HERE](#)



## FUNDRAISE

Set up a local fundraiser. Use our toolkit to help with ideas.



## GO LOCAL

Contact local schools, businesses and community groups.



## SHARE

Spread the word! Share CFNZ social posts to friends and family.

# FUNDRAISING IDEAS

You can do almost ANYTHING and make it a fundraiser. Whether you are adventurous, athletic, creative, a social butterfly or a super hero, no matter your target, your fundraising efforts will make a difference for Kiwis with CF and their families.

Here are some great ideas to get you started:

- CHOCKY FISH - watch them swim out the door, sell to your family, friends and colleagues
- BAKE SALE - hold a bakes sale at school or work
- SAUSAGE SIZZLE - set up a sausage sizzle on a busy Saturday morning
- BUZZWORD BAN - make a list of the words you are tired of hearing in the office and whoever speaks them pays the price!
- GO BLUE - dress in blue or hold a wacky hair day at school or work for Deliberate Acts of Kindness Day on Friday 31 May



# BOOST YOUR EFFORTS



We are happy to help you wherever we can with fundraising resources, including coin boxes, label stickers, button badges, balloons and posters, to help you raise awareness of CF and your Deliberate Act of Kindness. Just let us know what you need!

## GOT QUESTIONS?

While I'm taking a nap from packing Chocky Fish, the rest of our team at CFNZ are happy to help.

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@ @CysticFibrosisNZ

🌐 [www.cruelneedskind.org.nz](http://www.cruelneedskind.org.nz)  
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