CYSTIC FIBROSIS South Australia

Give the Gift of Hope to Kids Like Emily

Dear Friends and Supporters,

Every Christmas, we reflect on what matters most, family, health, and the gift of time together. But for families living with cystic fibrosis (CF), time is measured differently — in treatments, hospital stays, and moments stolen by a disease that never takes a break.

Your gift this Christmas gives families the gift of time — together.

This year, we invite you to meet Emily, a brave 16-year-old from South Australia, who has lived with CF since birth. Her story and that of her family, reminds us why your generosity means so much.

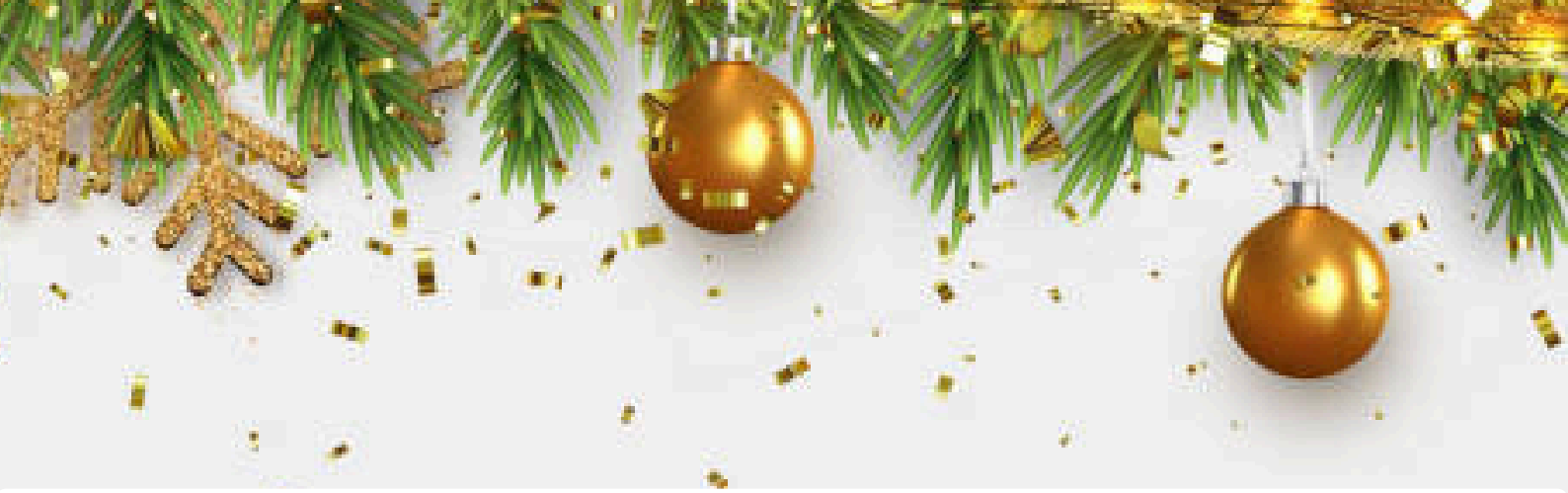
"Every dollar raised stays right here in South Australia, supporting local families like Emily's."

What is Cystic Fibrosis?
Cystic fibrosis (CF) is a lifelong, genetic condition that affects the lungs, digestive system, and other organs in the body.
People with CF produce thick, sticky mucus that clogs the airways and traps bacteria, leading to chronic lung infections, digestive difficulties, and progressive damage over time.
There is no cure, and the daily treatment burden is relentless.
Every day, people with CF must complete multiple nebulisers, airway clearance, enzyme tablets, and high-calorie diets just to stay alive.
Most spend two weeks or more in hospital each year, undergoing intensive treatment to maintain lung function.
Across South Australia, children and adults living with CF face significant physical, emotional, and financial challenges — and that's where your generosity makes all the difference.

Emily's Story: Life with CF

"Growing up with cystic fibrosis is isolating, terrifying, and it impacts every part of your life. When I was little, everyone knew me as 'the CF girl.' I had to eat high-calorie foods like chocolate and milkshakes just to gain weight. I wasn't lucky — I was trying to survive."

For Emily, childhood was never carefree. While other children swam, camped, and played freely, Emily was kept home to avoid germs that could send her to hospital. CF meant she missed birthday parties, camps, and even simple things like playing in the sandpit or swimming in the river.



$50 helps provide a hospital comfort bag to brighten a child's two-week stay.

"I take over 30 tablets a day," she explains. "I do three nebulisers daily, and my day revolves around treatments. I wake up early and go to bed late just to fit everything in. Sometimes, I have to say no to things like sleepovers or weekends away because I can't fit my treatment plan around them. It's incredibly isolating."

$100 helps replace a vital nebuliser when one breaks down.

Fighting for a Future

"Having CF dictates so much of my life, but I still have dreams. I want to be happy, healthy, and make a difference. I love performing and hope to travel the world one day."

Each day, Emily fights for a future she can believe in. She's determined, smart, and resilient — recently receiving a Governor's Civics Award for her academic achievements despite hospitalisations.

Your donation helps teens like Emily keep dreaming beyond Cystic Fibrosis.

A Family's Strength

Emily's mum remembers the day she got the call.

"It's a moment I'll never forget. Time stopped. We just held each other and cried."
From that moment, their lives revolved around keeping Emily safe. Both parents reduced work hours, and her siblings learned to sacrifice so she could stay healthy.

"CF is always in the forefront of our minds," her mum says. *"We constantly assess every situation to keep Em safe."*

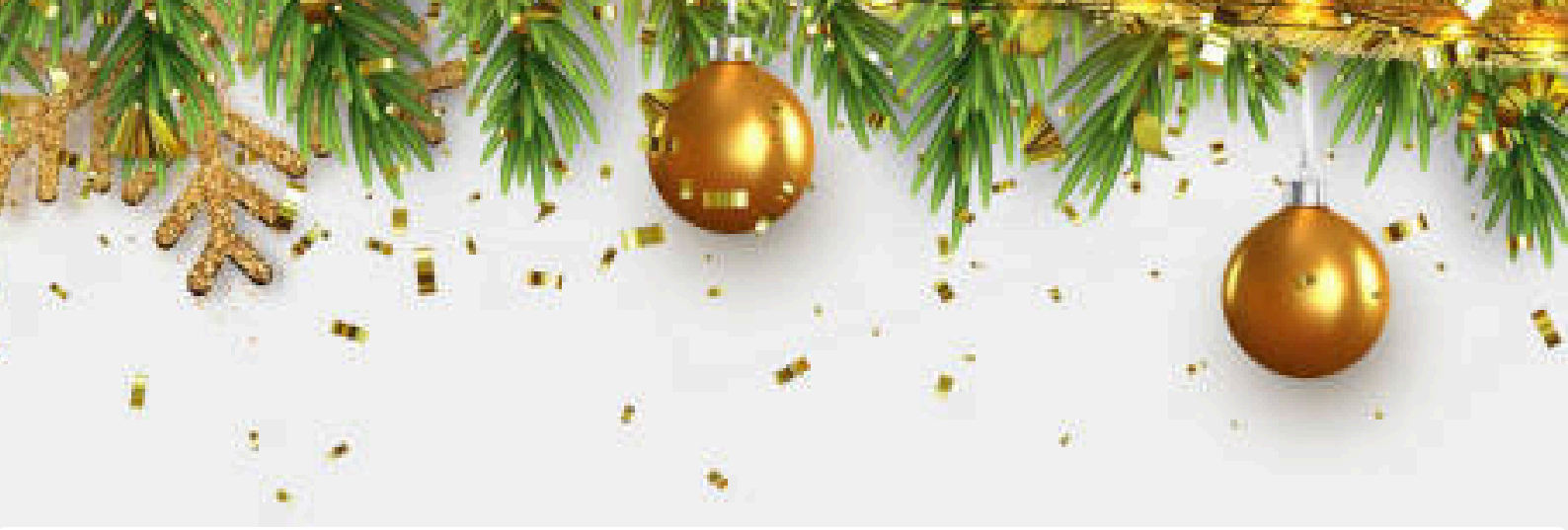
$250 provides fitness and wellbeing support to help keep young lungs strong.

The Cost of Care

Living with CF is exhausting — emotionally, physically, and financially. Families often face thousands of dollars in uncovered medical costs each year — from replacement nebulisers and physiotherapy equipment to specialised fitness programs and travel for hospital stays.

Emily's mum explains: *"Simple things like a family outing or Christmas trip can be difficult, but we focus on what matters most — keeping Emily well and our family together."*

Your gift helps lift the financial burden families face every single day.



Your Gift in Action

Every donation to Cystic Fibrosis South Australia helps families like Emily's by funding vital support and equipment, including:

- Medical equipment – such as nebulisers and airway clearance devices for home treatment. Fitness and wellbeing subsidies – keeping lungs strong through regular, supported exercise.
- Hospital Comfort (Boredom Buster) Bags – providing distraction and comfort during long hospital stays.
- Family and sibling support programs – creating joyful memories and emotional resilience.
- Research and advocacy – driving progress toward better treatments and, one day, a cure.

"When our nebuliser broke, CFSA provided a replacement. That kind of support means we can keep Emily well without the added financial strain," says her mum. *"They also provide fitness support, which helps Em stay strong physically and mentally."*

Why Your Gift Matters This Christmas

Cystic fibrosis doesn't take a holiday — but your kindness can bring relief and hope. Christmas is just weeks away, and many children like Emily will spend it in hospital. Your gift today can bring joy, comfort, and care when it's needed most.

Your donation could mean:

- A new nebuliser for a child in need.

A comfort bag for a teen like Emily facing another two-week admission.

- A family day out to reconnect.
- Hope for future generations through vital research.

"Just a small act of kindness can give someone hope for the future," Emily says. *"It doesn't have to be much to truly make a difference."*

Every dollar helps families breathe easier this Christmas.

A Message from Our CEO

As CEO of Cystic Fibrosis SA, I see every day how your generosity changes lives. Each time a family receives a nebuliser or a child gets a fitness grant, it's because of people like you. This Christmas, I invite you to make that difference again — for Emily, and for every South Australian family living with CF.

With heartfelt thanks,

Allison Smith
CEO, Cystic Fibrosis South Australia

Thank you.

- ☐ **$300**
- ☐ **$500**
- ☐ **$1,000**
- ☐ **My choice $_____**

HOW TO DONATE:

By credit card

(return via email: cfsa@cfsa.org.au)

Card Number_ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _

Expiry date _ _ / _ _ _ _

Name on card_____

Signature

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All donations of $2 or more are tax deductible

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BSB: 633 000

Account # 174 963 074

Reference: Xmas Appeal

Phone: 0422 760 682

Online: www.cfsa.org.au/donate

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Collinswood SA 5081

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