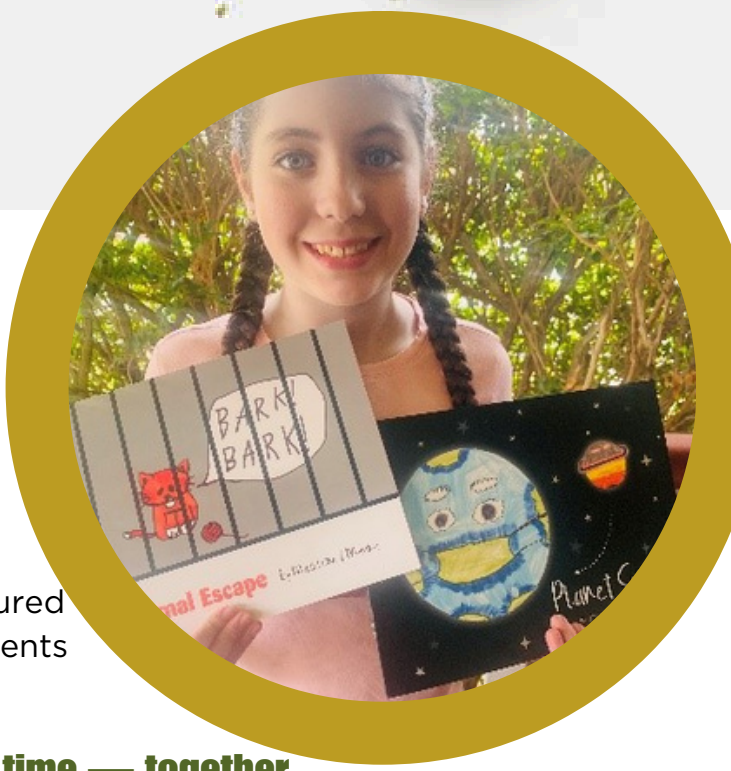
CYSTIC FIBROSIS South Australia

Maddie's dreams deserve room to grow



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 Maddie, a brave young lady 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.

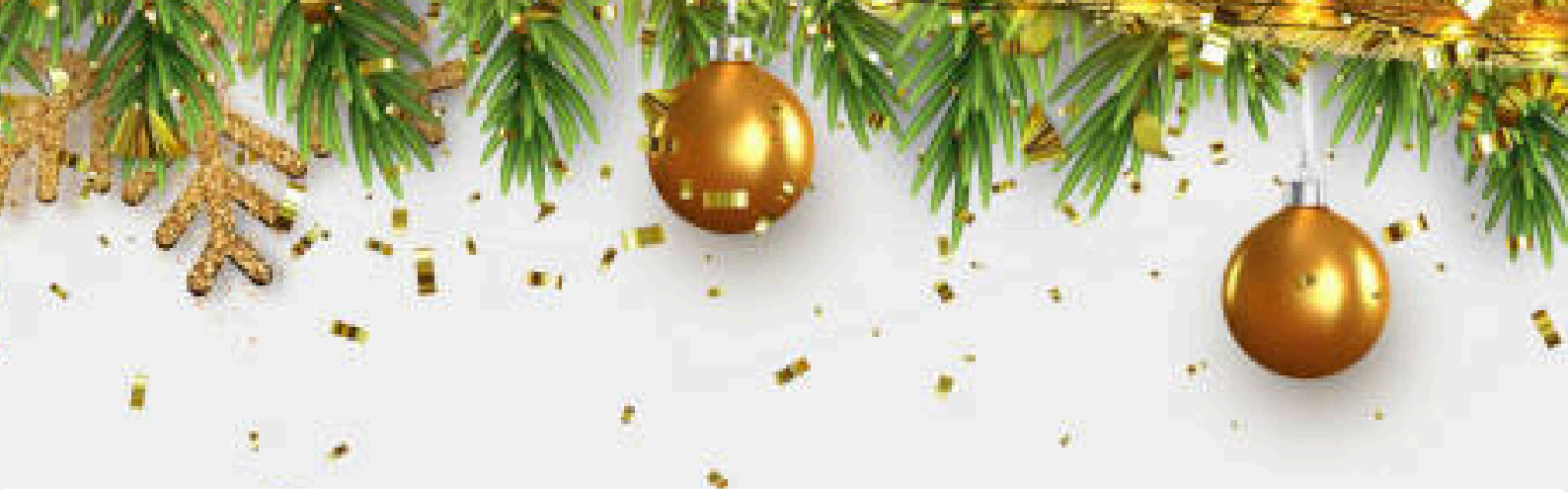
Every dollar raised stays right here in South Australia, supporting local families like Maddie's.

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.



A story she wrote. A performance she missed.

Maddie had imagined what it would be like to see her story come alive. In Grade 6, her classmates turned The Animal Escape, a book she had written, into a play. They dressed as its characters and performed it for the class.
Maddie was in hospital. She missed the moment her own words stepped onto the stage. Her teacher recorded the performance and sent it to Maddie's dad, so she could watch. She was proud of what her classmates had made. But she also knew what it felt like to be somewhere else while life at school carried on.

The differences began much earlier. Maddie remembers Grade 2 as the time she started noticing that other children didn't need medicine every time they ate lunch. She had to wait inside the classroom for a teacher to bring her medication.

Maddie remembers going to an indoor pool with her mum when she was very little. There was lots of mould on the pool toys, and Maddie became really sick for nine months. Since then, she hasn't been able to swim in indoor pools.
These are childhood moments most families barely have to think about. For Maddie, cystic fibrosis can shape what is safe, what needs planning and what she may have to miss.

A day with CF takes planning

Maddie uses a nebuliser every day to help clear and care for her lungs. She watches television or crochets while she does her treatment. Exercise also helps keep her lungs clear, but when she is unwell and exhausted, she may use a vibration vest instead.
She needs medication with every meal and snack because CF affects how her body absorbs nutrients. There are blood tests, lung tests and X-rays too. Maddie says these used to scare her when she was little. Now she is used to them.
Her school and friends do their best to protect her from infections. If children are coughing, the school sends them home. Her best friend texts Maddie when she is sick and won't be at school. These small acts of care help Maddie stay well, but they are also reminders that a cough can mean something very different for someone with CF

A family always making careful choices

When Maddie was diagnosed at birth, her mum remembers going cold with shock and fear. She thought: "But that means they don't live very long."

Her family still has to weigh up everyday decisions. They describe hearing a cough in a supermarket and wanting to get away, because a cold or virus that may pass quickly for



someone else can lead to weeks or months of treatment for Maddie — sometimes with hospital stays. A lung infection can cause damage that cannot be reversed.

Before COVID, carrying hand sanitiser everywhere or avoiding an outing when someone felt unwell could be hard for other people to understand. Some choices caused offence. Maddie's health had to come first.

There is a financial cost as well. Her family says that collecting a box of expensive medicines from the chemist every month adds up. So does time away from work to care for a child with a chronic illness.

They are grateful for CFSA's small grants, particularly the medication allowance, which helps with Maddie's ongoing care.

Help keep practical support within reach

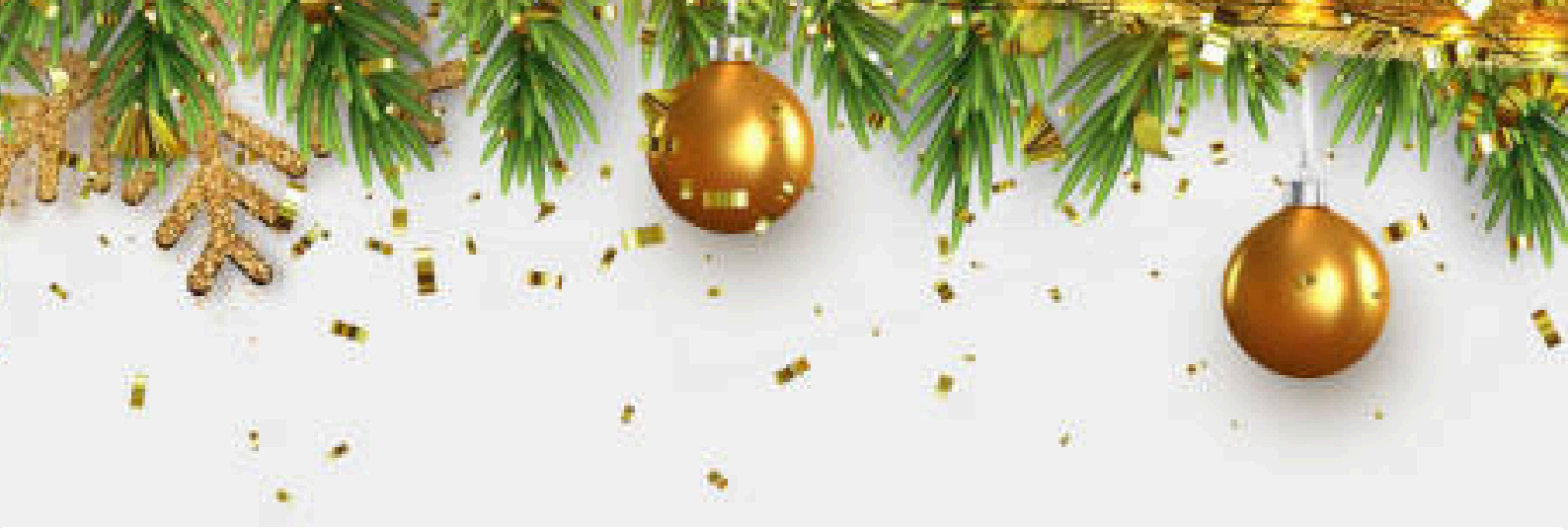
Cystic fibrosis has no cure. Since Maddie was born almost 16 years ago, treatments such as Trikafta and Alyftrek have brought new hope for some people. But these medicines are not a cure, do not come with a guarantee, and can have serious side effects. Maddie and her family are still hoping for a cure — and for a future where her dreams can be within reach.

Maddie loves cardboard craft, crochet, digital technology, maths and tap dancing. When she is very sick, even the things she loves can take more energy than she has. One day, she hopes to make props for theatre productions or study animation at university.

CFSA helps eligible members with practical costs including medication, medical equipment, travel and wellbeing support. Government funding covers only a small part of CFSA's operating needs, so donations from people in the community help keep this support available to families across South Australia.

We know many people are feeling the pressure of the current cost of living. Please give only what you can. If your budget allows, a Christmas gift of any size will help CFSA continue standing beside families like Maddie's with practical support through the difficult and uncertain parts of life with CF.

Donate Today



Your Christmas gift can help a family meet the costs and challenges that come with cystic fibrosis.

Maddie's wish for people living with CF is simple: to stay healthy and be able to reach for their dreams. This Christmas, you can help make sure families like hers do not have to face every challenge alone.

"There are a lot of kids and people with CF that want to live and be healthy for the rest of their lives. Please help us, so we can stay healthy and our dreams can actually be reachable."

Please give what you can this Christmas. Thank you for helping CFSA support South Australians living with cystic fibrosis.

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 Maddie 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 Maddie facing another two-week admission.
- A family day out to reconnect.
- Hope for future generations through vital research.

A Message from Our CEO

At a time when so many people are facing uncertainty and rising costs, it feels more important than ever to look out for one another. Maddie's story reminds us that families living with cystic fibrosis face daily challenges, as well as the extra costs of care. This Christmas, please give whatever you can to help CFSA continue practical support for South Australian families. Every donation, large or small, helps us be there when families need us.

Thank you for your kindness and support.

Allison Smith
CEO, Cystic Fibrosis South Australia



Thank you.

☐ **$100**

☐ **$300**

☐ **$500**

☐ **My choice $_____**



HOW TO DONATE:

By credit card

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

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All donations of $2 or more are tax deductible

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