

## Get Involved

Our Fundraising and Marketing team organise major events, promote awareness and rally the community to raise much needed funds for the essential services we provide to the CF community and for CF research. They are also available to support you in your fundraising initiatives.

## How Can You Get Involved?

**Donate:** You can donate either online or by phoning us.

**Take on a challenge:** You can create your own 65 Roses challenge, participate in a community event or join one of our campaigns, such as Crazy Hair Day for CF.

**Organise a fundraiser:** We have so many ideas and can point you in the right direction. It's very easy—just get in touch!

**Buy our merchandise:** Visit our shop at The Niche or visit our online store.

## Joining Our Events

Two of our major fundraising events are 65 Roses Day and the CF Golf Classic.

We welcome your involvement in our events to raise awareness and funds in the community.

To find out more about our services and fundraising, please get in touch.



**We strive to meet our vision**

*"Lives unaffected by CF"*

## About 65 Roses

65 Roses is synonymous with CF all around the world. You will see it in our campaigns and it's the name of our annual day of awareness on the last Friday of May each year.

## Why 65 Roses?








To children, this sounds a bit like cystic fibrosis. There is a beautiful story behind this, if you would like to read about it, please visit our website.

## What is Cystic Fibrosis?

What we do and how you can help



## Contact us

-  [www.cfwa.org.au](http://www.cfwa.org.au)
-  08 6224 4100
-  [info@cfwa.org.au](mailto:info@cfwa.org.au)
-  The Niche Building, Suite C, 11 Aberdare Road, cnr Hospital Ave Nedlands, WA 6009
-  [facebook.com/CysticFibrosisWA](https://facebook.com/CysticFibrosisWA)
-  [twitter.com/CysticFibrosis1](https://twitter.com/CysticFibrosis1)
-  [youtube.com/cysticfibrosiswa](https://youtube.com/cysticfibrosiswa)

## What is Cystic Fibrosis?

Cystic fibrosis (CF) is a genetically inherited condition which requires daily and ongoing treatment.

There are over 3,000 people with CF in Australia and nearly 400 of those live in Western Australia. Each person with CF is affected differently.

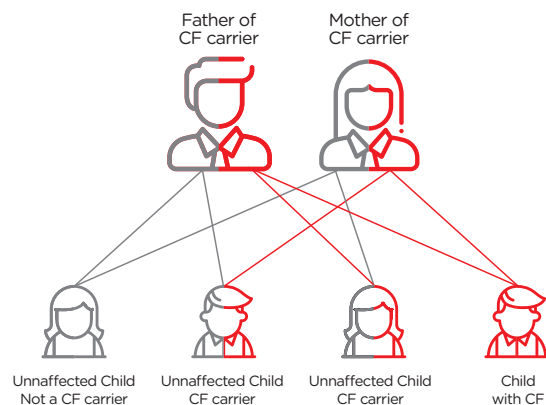
There is presently no known cure for CF, but researchers are working very hard to find one.

## What causes CF?

CF is caused by a gene defect that results in an imbalance of salt and water in the cells, causing mucus to be thick and sticky. It mainly affects the lungs and the pancreas (in the digestive system).

## How do you get CF?

1 in 25 people of Caucasian descent carry the CF gene. Both parents have to carry the CF gene to have a child with CF. If both parents are carriers, there is a 1 in 4 (25%) chance with each pregnancy.



## How is CF diagnosed?

In Australia, since the year 2000, all babies are tested at birth via the Guthrie, or Heel Prick test. If the test comes back positive then a sweat test is performed to confirm diagnosis.



## What is the treatment?

CF requires ongoing and lifelong treatment, including daily chest physiotherapy, frequent clinic and hospital appointments and up to 40 tablets a day.

## What do we offer?

Cystic Fibrosis WA (CFWA) is a social enterprise that funds critical research and essential support services to improve the lives of children and adults affected by CF.

We also strive to create awareness about CF in the community.

CFWA is partly funded by the Department of Health, but generous support from the community through fundraising and donations, are vital for our services and research funding.

## Our Services

On a day-to-day basis, we deliver essential services to families and individuals living with CF in WA.

These services include:

- Home and hospital support
- Physiotherapy and nebuliser support
- Community nursing
- Education and training
- Counselling
- Respite and recreation events
- Subsidies
- Regional support
- Resources and publications

Please give us a call to discuss our services or for further support.

