

## MEET THE CF YOUTH CONNECT TEAM

Hi my name is Archie! I am 13 years old, and I go to school at Mount Lawley Senior High School.

I like playing video games and some of my personal favourites include Pokémon, Mario kart and Minecraft.



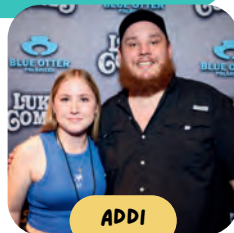
I sometimes make videos for my YouTube channel (King-AZP in case you wanted to subscribe) which consist of gaming and cooking.

I also enjoy reading and my favourite books are the Harry Potter books, and I like watching tv and movies, my favourites being Friends for tv and Star Wars for movies. My dog is named Yip, and he is 7. He is a Maltese shih tzu and is quite small and he's very cute.

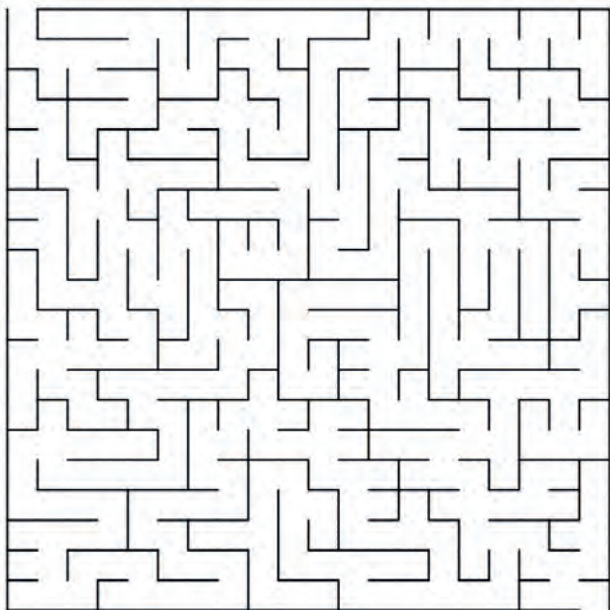
Hi I'm Addi! I am 15 years old, and I live in York.

I am a starlight kid and my wish was to meet Luke combs at his concert last year (that's us in the pic!).

I love hanging out with mates and listening to music



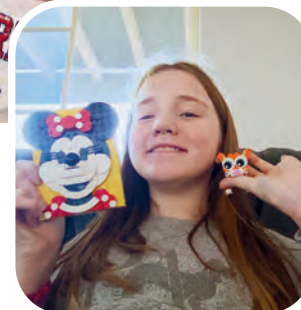
## CAN YOU HELP GET FLORIAN THE FROG TO HIS ROSE GARDEN?



## TERM 3 2024 NEWSLETTER

Hi there CF Kids Club members and welcome to our third CF Kids Club newsletter and happy holidays to you all! Term 3 done! I hope you have had a great school term and are looking forward to some relaxing and fun this school holidays. We had lots of fun this last term at our CF Kids Connect sessions. As always the Bake Off! was my highlight - great to see those who joined in - it's always lovely to see the CF kids and their siblings together baking. And how yummy were the brownies??!

We have a special recipe in this newsletter from a regular at our CF Kids Connect sessions - Max - a fudge recipe from his granny. Have a go at making them - and we may well do them at our Bake Off! for term 4! We also had fun with LEGO - of course! - and some craft and painting activities. We also had our FIRST sibs and kids LEGO connect session which was awesome! Look forward to seeing you in term 4 for some more connection and getting ready for Xmas!!! Yay! Term 4 planner enclosed. Have fun! Mel x



# HAPPY BIRTHDAY

Check out our birthday club members this term!

## SENDING BIRTHDAY WISHES TO

- Connor turned 9 on July 14
- Lillian turned 11 on July 21
- Charlotte turned 9 on August 12
- Dustyn turned 5 on August 15
- Sidra turned 11 on August 26



CONNOR



LILLIAN



CHARLOTTE



SIDRA



DUSTYN

## BOOK REVIEW BY VICTOR

**TITLE:** Ghosts by Raina Telgemeier

**CHARACTERS:** Catrina (Cat), Maya (has CF) & Carlos

**PLOT:** This book is about two sisters who move to Bahia de la Luna, California.

Cat isn't happy about leaving her friends, but Maya has cystic fibrosis and will benefit from the cool salty air that blows in from the sea. As the girls explore their new home their neighbour tells them a secret: there are ghosts in this new town. Maya really wants to meet one but Cat wants nothing to do with them. But at the time of year when ghosts reunite with their loved ones Cat must figure out how to put her fears aside for her sisters sake.

**YOUR OPINION:** I really like the themes in this book and this book is very easy to read.

since it is a graphic novel. I think it is suitable for ages 7+ because it can be a little scary at some parts. I think it is really cool seeing a character with CF since you don't see that much in movies, TV shows or books

**RECOMMEND BECAUSE:** It has characters with cystic fibrosis and it has ghosts in it.



My rating



## MEMBER RECIPE- MAX'S FUDGE BARS



MAX

Max went to England this year to visit family and was shown how to make Fudge by his Grandma. Max wanted to share this yummy recipe with his CF Kids Club friends. What a great school holiday activity! Please have a go at making this yummy English fudge and send us photos!!! We'd love to see (and hear) how you go with this. Thanks Max for sharing!

## INGREDIENTS

- 1x 180g white chocolate bar (chopped up)
- 1x 395g can condensed milk
- 140g marshmallow noodles (2cm long)
- 175g milk chocolate bar (chopped up)
- 75g gummies eg snakes (chopped up)

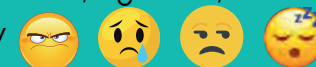
## METHOD

1. Grease and line 20cmx20cm slice pan
2. Place white chocolate and half condensed milk in microwave safe bowl on high for 1 min 30, stirring every 30 seconds or until melted and smooth.
3. Add marshmallows and snake bits, stir to combine. Pour into slice pan, smooth top and put in fridge.
4. Place remaining condensed milk and milk chocolate in microwave safe bowl on high for 1 min 30, stirring every 30 seconds or until melted and smooth.
5. Carefully spoon mixture over white chocolate layer and gently smooth surface.
6. Put in fridge for 4 hours.

## SALT & SUMMER

As the weather warms up it's important for people with CF to make sure they are getting enough salt. Our fab CF Youth Connect team have some advice for you :

Signs I need more salt: grumpy, emotional, agitated, headaches, lack of concentration, sleepy, low energy



Ways to get more salt: Pack extra salt tablets in your bag or lunchbox, take extra salty snacks with you (pretzels, popcorn), put extra salt in your foods, hydralyte drink after sports.

