



Wishing you all a very Happy Christmas and Best Wishes for 2022

Dear Supporters

2021 has been another difficult year for everyone, from entering our third national lockdown, to the vaccination programme which has saved lives and enabled us to return to some normality during the summer.

We were greatly saddened to lose our trustee Nicholas Wilson in May who was such an enthusiastic supporter of the charity, we were extremely grateful for all he did.

As the pandemic continues to place those with CF at risk, the winter months will be a very hard time for many with CF and their families living on low income, jobless or too unwell to work. Many more referrals are being made by CF Unit medical teams for food vouchers, welfare and exercise grants, medical equipment, hospital travel costs and essential home goods. It proves we are fulfilling our mission to make a difference to help improve the quality of life for those with CF.

We could not achieve this without you, we are immensely grateful to all those who have given their time volunteering, giving generous donations and participating in sponsored challenges, which has allowed us to continue to help those CF patients needing extra support.

We were very proud to introduce our first educational and vocational training grant for patients this year. We now offer a substantial grant to patients over the age of 21, which is giving many the opportunity to look forward to the future and get back into work through training and education.

We wish you all a wonderful and healthy Christmas and New Year.

Patricia Kilpatrick - CF Care Charity Director

Here are our highlights...

## Seacroft Outpatients CF Clinic



We are delighted to be supporting Seacroft CF Outpatient's Clinic refurbishment to help bring the centre up to date, and make the centre a safer environment for CF patients.

Pictured Above Professor Daniel Peckham, Pat Kilpatrick (Charity Director) the CF Team and Christy York (Charity Chairman)

## The AB Mask Face Mask produced by Body Doctor

Get in touch with our social media if you still need a mask and filters, for those over 13 years old. The N95 reusable, washable, sustainable mask provides added protection during the pandemic and for clinic visits. CF Care have provided nearly 4000 masks to CF patients. Go to social media [@cf\\_care](#).

Thank you to all those who made a donation for their mask.



## How your donations help

- £5 will fund a sustainable AB Face Mask or Activity Pack
- £50 will fund a Food Voucher for a patient or £75 for a family
- £200 for hospital and travel costs while a patient is in hospital
- £250 will help towards vital household goods
- Up to £300 when a patient needs emergency support or the provision of emotional support
- £600 grant towards retraining for work or education for an adults
- £610 will fund an E-Flow Nebuliser for a young patient

## CF Care Grants

Our individual patient grants are available to those experiencing real difficulty and should be applied for via your CF Team.

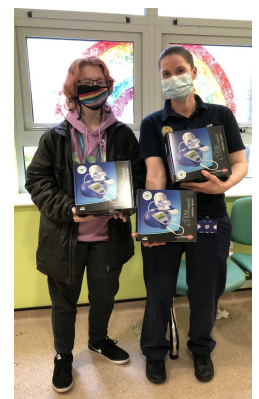
## Supporting CF Specialist Units with Medical Equipment

Many CF Units are unable to secure funding for vital E-Flow nebulisers. We provided the Birmingham 310 patient Children's Unit with eight Pari E-flows and James Cook paediatric CF Unit with three costing £4880.



Christmas arrived early at the BCH CF Unit for Senior CF Physiotherapist Nicola Leach taking delivery of eight Pari E-Flow nebulisers vital for young patient's health in West Midlands.

Claire Lord from James Cook Hospital with Alex from Teesside receiving an E-Flow nebuliser.



## Social media

We are very grateful to Jess, Alice and Mimi who made such a difference during the year with our Virtual events.



**Contact Us:** Patricia Kilpatrick, Charity Director Cystic Fibrosis Care, Westgarth, Snape, Bedale, North Yorkshire, DL8 2TJ  
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We rely on goodwill and donations to help those with CF. If you need assistance, please get in touch.  
Make a donation today and make a difference to those with Cystic Fibrosis, go to: [www.cysticfibrosiscare.org.uk](http://www.cysticfibrosiscare.org.uk)

Reg Charity No 1162445



## CALENDAR!

### December 2021

#### The Great Gingerbread Bake Off Competition

for all ages. Brilliant prizes! [@cf\\_care](#)  
Send in your Bake Off photo. Judged by the 2015 Great British Bake Sandy Docherty



### January

Charitable Radio will be supporting us during January see [www.charitable.radio](http://www.charitable.radio)

### April

Virtual Running Challenge Month

### May

National Cystic Fibrosis Awareness Month

Railway Children 6 mile Walk at Haworth 1 May

York Races CFC Charity Lunch reserve your table now for 13 May

### June

Virtual Cycling Challenge Month

CF Care Small Charities Month

Yorkshire Three Peaks 24 mile Challenge - 19 June

### September

Great North Run 11 September. Charity places are available, to join our team please call us.

#### Trustees

Thank you to all our Trustees. We are immensely grateful for your outstanding contribution of time, knowledge and passion.

#### Trusts and Companies and Groups

Generous donations were made by Swire Charitable Trust, Pierresport Trust, Harrow School, Cottingham Trust, Ayslesfield Trust, the Penelope Martin Trust and Taylor Wimpey. Streetbikes, Doro Phones, Little Lives UK and the Snape Bonus Ball Fund. With special thanks to Pari Medical Ltd and Body Doctor.



## Events

CF Care were extremely grateful to be one of the chosen charities to benefit from the Yorkshire Charity Clay Days held at Duncombe Park in Yorkshire in June. It was a fabulous event, our ambassadors kindly supported the event offering unique prizes for the auction with TV Call the Midwife Actress Jenny Agutter hosting 'Afternoon Tea at The Ritz' and famous mountaineer Alan Hinkes providing a unique walk in the Lake District.



We received a donation of £75,000 from the YCCD committee, this will go towards the refurbishment and upgrade of CF Outpatient Clinics in Leeds and York. A huge thank you to our brilliant volunteers who helped to make it such an amazingly successful day.



## Running

It was fantastic to see some big national events back in the calendar. Huge thanks to Liz and Jerry Marler who took part in the Manchester Marathon and raised an amazing £2989 and Mike O'Neill who trained for a 10k but found himself running 42.2k in the London Marathon.



Thanks to Team CFC from Liverpool and the NW who joined 53,000 runners in the 40th Great North Run you are all amazing fundraisers. **PLACES ARE AVAILABLE FOR GNR 2022!**

## Wine Tasting

Last February saw our first virtual wine tasting. Huge thanks to Paddy Magill of Vine-Wine and our brilliant trustees Christy and Sasha York who need a very special mention for creating such an entertaining evening for everyone. Over £17,500 was raised and a jolly evening without having to drive home was had by all.



Queen Concert was a fabulous evening at Ripley Castle with a special collection for CF Care, everyone was rocking from their two metre patches! Thanks to James Cundall for inviting CF Care to be the charity for the event.