

CFV Does Duke of Ed with Flare and Purple Soup!

The Duke of Edinburgh's Award is targeted at young people, particularly between the ages of 14 and 25 years. The award comes in three levels: Bronze, Silver and Gold (see www.dukeofed.org.au)

Cystic Fibrosis Victoria has funded a pilot with Purple Soup (www.purplesoup.org) to explore a program for young people with CF to be supported in attaining at least one of the three Duke of Edinburgh Awards.

The Duke of Ed scheme operates on 10 key principles: non-competitive; available to all; voluntary; flexible; balanced; progressive; achievement focussed; marathon not a sprint; process not a prize; and most of all enjoyable!

Purple Soup are well qualified and experienced in tailoring the challenges within the Duke of Ed scheme to meet the needs of young people with CF.

CFV is now looking to launch the program. This is a one-on-one program (so no cross infection issues) and the cost is \$125 per participant. Some funding support is available for those who may need financial assistance in order to participate.

If you would be interested attaining a Duke of Edinburgh Award then please let us know. Simply send us your name, address, email and phone number either by email to cfvevents@cfv.org.au (please make the subject line 'Duke of Ed') or post your contact details to us at CFV, 80 Dodds St, Southbank VIC 3006 (marked attention 'Duke of Ed'). CFV will then contact you when the program details are finalised.

Introducing the CF Adult Be-Fit Program

Following the success of the Fitness Scholarship for children with CF, CFV is pleased to announce the commencement of a similar program for adolescents and adults with CF.

The **'Be-Fit' Program**, which has been generously funded by The Jack Brockhoff Foundation, provides practical and financial support up to the value of \$200 to assist adolescents and adults living with CF to better manage daily health through fitness activity.

Support may be financial such as assistance with meeting the costs of gym memberships, personal training, sporting club fees or the hire or purchase of equipment. CFV staff are able to provide practical support by working with you to negotiate cheaper rates (where possible) and assisting in the education of gym personnel or coaches to better understand CF. We can also help link them into appropriate guidance for CF specific fitness techniques.

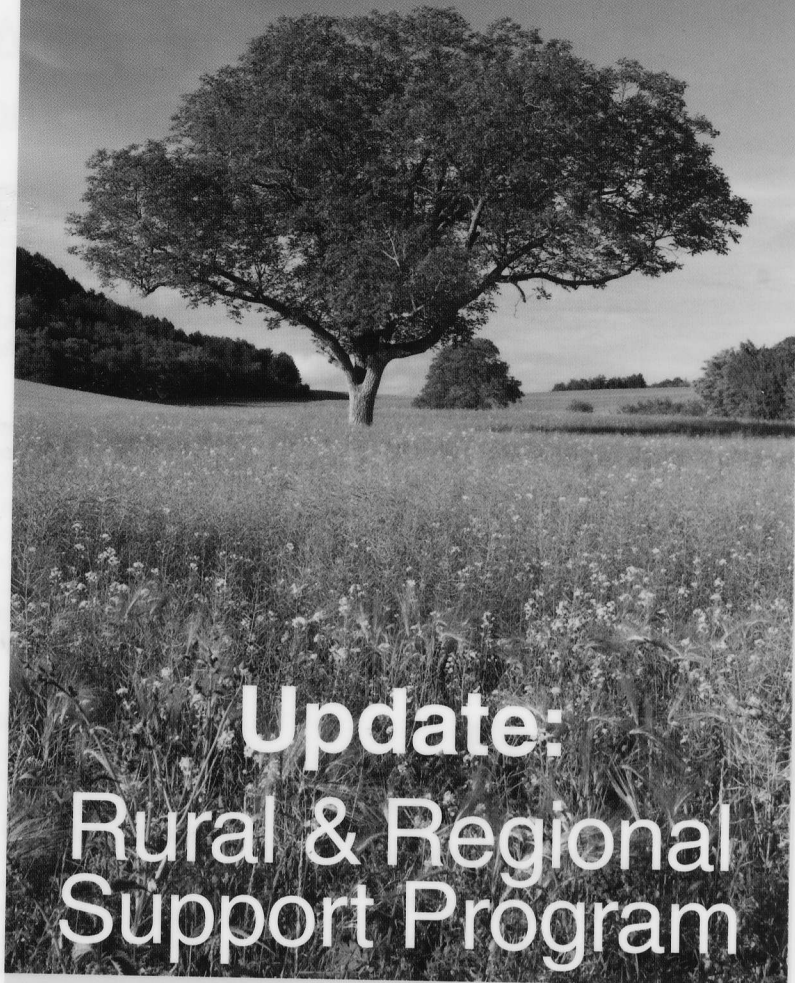
To be eligible for this program you must be a CFV member, over 16 years old, living in Victoria (or along the NSW/Vic border) and attend a Victorian CF clinic. Some conditions do apply so you must complete an application form.

For more information call Sarah or Wendy on (03) 9686 1811 or visit our website www.cfv.org.au

Programs & Service Review

CFV is reviewing its services and programs to ensure that they meet the needs of the CF community. All programs and services are subject to the availability of funding and some advertised activities may change from time to time.

If you have any suggestions or ideas regarding new ways in which we can support you, please do not hesitate to contact Sarah Gliddon or Wendy Collins on 03 9686 1811.



Update: Rural & Regional Support Program

Development and implementation of CFV's Rural and Regional Support Program is underway. While the program includes many different aspects, the major component is the education and training of local health professionals, and others within the community, in CF specific knowledge and techniques.

The past few months have been spent collecting and collating additional information provided by CFV members to assist in 'mapping' the location of individuals with CF in the local council and shire regions around the state. This has helped us identify 10 key municipalities around Victoria which will be targeted by the program. A trial of the program in one of these key areas will commence shortly, then it will be rolled out to the remaining areas over the next 18-24 months.

As access to physiotherapy support is a key component of the program, we are recruiting a team of regional physiotherapists who are willing to provide CF specific services in regional areas. Each 'local' physiotherapist will be trained by our CF Physiotherapist link who will be working closely with the CF physiotherapists from the three treating hospitals. CFV members will be able to access CF skilled physiotherapy via these nominated regional physiotherapists. We will keep you informed as to how and when you will be able to access the program in your local municipality.

In conjunction with improving access to physiotherapy services, CFV will be facilitating information sessions for local GPs, community health centre and hospital staff and local council support workers.

The Program promises to have many benefits for members living in rural and regional Victoria such as the development of links within the local community, reduced frequency of travel to Melbourne and less time away from family.

For up-to-date information about the program, visit: www.cfv.org.au or contact Kerry Mclver via email: kmciver@cfv.org.au