



Spectrum



e-Bulletin from the Cystic Fibrosis Association of Ireland

Issue 17, October 2010

Dear All,

Welcome to the 17th issue of our monthly e-Bulletin *Spectrum*.

There has been a lot of media coverage about Cystic Fibrosis over the past month, you may have read one of the many articles in the national newspapers or listened to RTÉ's 'Liveline' show on the radio. In addition to acknowledging the importance of such coverage, this issue begins with an overview of trying to find a balance between positive and negative aspects of such reports.

This issue of *Spectrum* also brings you the second installment of the series on 'Tips on Employment', which highlights the area of Rehabilitative Work this month. We also address swimming pool hygiene, and how many of our members are often confronted with the question of whether the benefits of swimming outweigh the risk of picking up infections.

The fundraising team have had a very busy month again, thankfully, so have a look inside for updates on events and activities taking place around the country. Also, well done to all those who participated in the Dublin Marathon for CF, and the very best of luck to those about to depart for the New York Marathon!

We hope you enjoy reading this month's issue, and if you would like to see anything in particular included in the next *Spectrum*, please email your ideas to amay@cfireland.ie.

Kind Regards,

Philip Watt (CEO)
Alica May (Editor)



• Latest News •

Media Reporting about Cystic Fibrosis can be a Double-Edged Sword – the Need for Positive as well as Negative Stories

The media is very important in the fight to get better CF services in Ireland. Without that support it is unlikely that some of the main recommendations of the *Pollock Report*, including a National Adult Referral Centre in St Vincent's, would have been implemented, given the present economic climate.

While acknowledging the importance of the media's role in the fight for better services, coverage can be a 'double-edged sword'. A period of sustained coverage can also contribute to a sense of hopelessness and 'nothing can be done', and that CF is only connected with negativity. It's a fine line.

Without glossing over the major problems and challenges that exist in relation to CF care, and the need for the media to continue to highlight these problems, this article contends that there is a need for greater balance in the media. There is a need for more positive stories about CF to be more reported by the media, to give a more rounded picture of people's lives and achievements, to recognise progress in services and treatment when they do occur and above all to contribute to the need to engender hope.

As a consequence of anxiety around the signing of the contract for St Vincent's Hospital there was a considerable focus on CF in the media in early October, particularly on RTÉ's 'Liveline'. However, after a couple of days of this welcome media coverage, parents, people with CF and clinicians began contacting the office to raise concerns that the media coverage was becoming negative and inward looking; it was creating a certain degree of despair that could have consequences for patient care.

As a patient group we must act on behalf of our members first and foremost. In this context the CEO of the CFAI, Philip Watt, made a private call to RTÉ highlighting the fantastic work of programmes such as Liveline in highlighting problems, but also to point out that the CFAI had received calls to the office expressing concern about the impact that sustained negative coverage was beginning to have on patient care and morale, which may not have been foreseen by the programme.

It was very disappointing that knowledge of this confidential call to RTÉ was subsequently leaked to the *Sunday Independent* and an article appeared under the headline that inferred 'Joe Duffy in the Firing Line'. This headline provided an entirely wrong impression of the purpose of the call – which was never intended to become public knowledge in any case. The CEO of the CFAI stated to the reporter he was not prepared to confirm if a call was made to RTÉ or to discuss the content of that call and he emphasised that Joe Duffy had always been a good friend of CF. Some of these comments were reported in the article.

Orla Tinsley's subsequent article in *The Irish Times* the following week (19th October) raised important issues about the unforeseen impact of sustained negative (though well intentioned) coverage about CF in the media including Orla's experience that 'young teenagers began contacting me very afraid of their future'.

The same week as Orla's article appeared, the fear of people with CF not coming in for necessary treatment was articulated by the Medical and Scientific Council of the CFAI, which is comprised of most of the doctors working on CF in Ireland. A letter outlining their concerns was published in *The Irish Times*. While highlighting the need for better CF services, the doctors stated:



'We are very concerned that some people with Cystic Fibrosis do not come in to hospital for necessary treatment, or delay coming to hospital, because of their concerns about hospital facilities. Therefore, we want to make it clear that the health benefits of hospitalisation far exceed any possible risks for people with Cystic Fibrosis in Ireland. Hospital care improves the health of people with Cystic fibrosis. Delays in the treatment of CF exacerbations may lead to permanent damage to the health of people with Cystic Fibrosis.'

The media coverage has stimulated a debate within CFAI, and we welcome further discussion and views on the issue. There was, for example, a very good discussion on the impact of media coverage at a CFAI Southern Branch meeting on 27th October in Cork. This discussion related to general media coverage and not just recent coverage. Everyone at the branch meeting agreed about the need to highlight poor facilities for people with CF and praised the courage of those prepared to highlight these very real problems through media interviews. However, there was also a strong sense from the branch that we also need to have positive stories about CF to engender hope.

There are a lot of positive personal stories out there as well as the challenges, the problems and the heart-ache. At an individual level and despite the economic crisis, the Cork meeting discussion highlighted the increasing number of people with CF going on to study in third level colleges, getting jobs or becoming entrepreneurs. An increasing number of people with CF having families of their own, something that was far less common 20 or 30 years ago. There are many stories of how well many children with CF are doing at school, despite all the challenges. But also of course, much more needs to be done.

There are also fantastic efforts being made around the country to raise funding for better services, such as the new four bed unit for the Children's Hospital in Crumlin, Dublin paid for through the CFAI, which will open shortly. New outpatient facilities in Cork and Beaumont are being paid for by local CF fundraising. Developments are also planned by CFAI in liaison with CF Centres for Limerick, Drogheda and possibly Castlebar. There have also been significant strides in recent years in treating and managing CF from a medical perspective. This is not to gloss over problems or create a false sense of complacency, but to acknowledge that there is progress and hope.

The Cork Branch felt that the media could do more to highlight this type of progress and these successes and, in particular, to highlight the achievements and aspirations and courage of individual people with CF.

The Branch felt that because it is generally only negative coverage of CF that gets reported there is a danger that people with CF are more likely to be discriminated against when it comes to issues such as employment, insurance protection for mortgages or travel insurance. These are important issues. While it would be unfair to lay the blame for this discrimination mostly at the door of the media, it is also important that the media plays a role in challenging such discrimination and does not inadvertently paint a picture of complete negativity surrounding CF.

The CFAI is committed to working with the media to highlight the ongoing gaps, weaknesses, mistakes and absences in CF services in Ireland. But we will also continue to press the media to convey a more rounded picture of living with CF. To explain how, day and daily, people with CF and their families are facing up to these challenges and that progress *is* being made, slowly but surely.

Further discussion and comment on this issue is very welcome.

Philip Watt
CEO CFAI



Defero Text messaging system at St. Vincent's University Hospital

St Vincent's University Hospital has faced a challenge for many years when it came to managing outpatient appointments for its wide range of outpatient clinics. The rate of 'no-shows' or patient's that Did Not Attend (DNAs) could be as high as 40%.

The implications for the hospital were very serious in terms of wasted time by clinicians and other staff, and the related costs involved. A general HSE cost figure for each hospital DNA is approximately €80 per patient. This slot could be allocated to another patient and reduce the waiting list.

A major step forward in solving, or at least alleviating, the problem was the introduction of the Defero text messaging system, which has been implemented in all outpatient clinics in the hospital by Dublin firm Grapevine Solutions in the last year. The Defero software links to the hospital's patient administration system. Appointment reminders are sent to outpatients by SMS at five day intervals.

Since St Vincent's University Hospital sees around 143,000 outpatients annually in its various clinics, the average DNA rate of 23% represents almost 30,000 missed appointments. Dermot Cullinan, Head of IT Department, said that Defero text messaging was just one element of a combined effort between the clinical and administrative teams. "We used poster campaigns, leaflets and reminders to patients in order to emphasise the importance of keeping appointments or re-scheduling them. As part of that, we invited patients to opt in to the SMS scheme, so that we had the patient's permission and their interest".

The successful implementation of this project has reduced the DNA rate to 11.4% and the hospital is actively working on further quality and process improvements to reduce that rate further.

Swimming pools and the Benefits of Swimming

Swimming is an excellent form of exercise for people with cystic fibrosis (PWCF). However, many of us are confronted with the question of whether the benefits outweigh the risk of picking up infections? How can we minimise the risk?

The Benefits

Swimming works on a number of levels. It:

- Is a very good cardio work out
- Helps us to control and train breathing patterns
- Doesn't cause undue stress on joints
- Builds muscle and can improve posture



There is also the social aspect to swimming, swimming with your school, with friends (increasing number of people have pool parties for birthdays), swimming on holidays either at home or abroad.

How do we Minimise the Risk?

Very simply, ask your pool for the following information so you can make an educated judgment on how clean your local pool is.

Q. *How often do they test the water internally?*

The water should be tested morning and evening and numerous times in between.

Q. *Do they record and log water samples daily?*

They should, and there is no reason why they shouldn't show you same.



Q. What do they test water for?

There must be compliance with ILAM (Institute of Leisure and Amenity Management Ireland Ltd) Policy Area 4 – Pool Water quality and recommendations set out in "Swimming Pool Water" (PWTAG). There must be well-kept pool records to monitor levels of disinfectant, pH, alkalinity, TDS (total dissolved solids) and clarity. Bacteriological tests must be carried out at least once a month as a random check unless there is suspected water quality deterioration in which case frequency of bacteriological tests should be increased. Swimming pool water must be subject to weekly Water Balance tests with appropriate remedial action taken if necessary.

Q. How often do they have an external company test the water?

Records should be checked and an external tester should visit at least once a month to test water.

Q. What happens if there is a problem with the water?

If harmful bacteria or other substance is found in the water, the Environmental Health Officer will close the pool until the water is clear and safe to swim in again.

Quality Awards for Swimming Pools and Leisure Centres

The **White Flag for Leisure Facilities** is a new hygiene/environmental award launched by ILAM. The award, aimed at swimming pools, sports halls, gymnasiums and other indoor leisure facilities, is based on the highly successful European Blue Flag for Beaches award, which is granted to beaches and marinas that pass a number of environmental and safety criteria.



The award was devised by An Taisce and ILAM Ireland; it covers all areas of a facility – hygiene criteria and environmental parameters, life guarding requirements, facility exterior and grounds.

If in doubt about the cleanliness of your local swimming pool, contact your Local Environmental Health Officer who will be able to assure you of testing and water controls of any swimming pool in its catchment area.

Due to the water temperature of swimming pools and the chemical treatment of the water involved, the risk of picking up an infection is minimal. So, in my opinion as a life-time swimmer, the benefits of swimming in a clean pool greatly outweigh the risk.

For more details contact Caroline on 087 9323933 or email cheffernan@cfireland.ie

Article prepared by Caroline Heffernan, Patient Advocate, CFAI

Christmas Newsletter – Reminder All Branches!

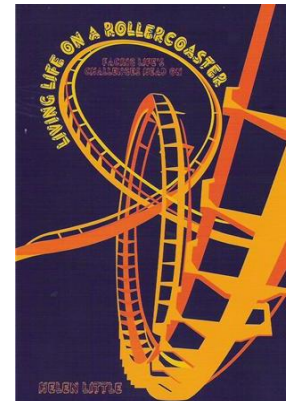
The CFAI Newsletter 2010 will be incorporated into the Christmas edition of *Spectrum* as a supplemental jumbo issue this year. We would like to encourage Branches from around the country to send in any information on important events and fundraising initiatives that took place throughout the year and to include photographs where available.

The **deadline for submission** of this material is **Friday 19th November**. You can post it directly to the Head Office, or email it to Alica May at amay@cfireland.ie.



Living Life on a Rollercoaster

Helen Little is a first time author. She lives in Dublin with her daughter and son. This book is about their experiences of living with Cystic Fibrosis from birth all the way up to one year after her daughter's double lung transplant. The book brings you on their journey and explains what it is like living with CF, the challenges of learning about new medications and treatments, the effects of CF on normal, everyday life, how they coped in tougher times, their experience of the transplant route, and highlights some positives that came out of tough times and life in the year after transplant.



Helen has kindly provided us with her synopsis of the book below.

'Our family has journeyed with Cystic Fibrosis for 21 years. Some of that time things have been challenging but manageable. At other times it has felt like we are on an extreme rollercoaster when all we can do is get through it moment by moment and hope for better days ahead. I wrote a book about our experiences of living with Cystic Fibrosis from the time my two children were diagnosed with CF until the year after my daughter's double lung transplant. There were a few reasons for writing the book, but one of the main ones is that I believe CF is a hidden illness. The person can look so well on the outside but inside their lungs tell a different story and I wanted to help raise the awareness in people for what CF sufferers and their families go through. The book about our family's story is called Living Life on a Rollercoaster and it can be bought through our new website www.cysticfibrosis.ie.'

The book costs €15. For post and packing, anywhere outside Ireland, please add €5.00.

Spectrum PWCF Spotlight



In an effort to highlight the more positive aspects of the lives of individuals with CF, *Spectrum* will be hosting a 'PWCF Spotlight' section in future issues.

The purpose of this section is to place emphasis on the accomplishments and achievements of individuals in the CF community. So if you have achieved something you would like to share, it may be something relating to work, your interest or hobby, school/college, or even sporting, please do get in touch – we'd love to hear from you!

Submissions should be sent to Alica May; amay@cfireland.ie or call 01 496 2433 for more information. Members are encouraged to include photographs with submissions, where possible.

Fertility Grant *Still Open*

The purpose of this grant is to provide financial support to PWCF and their respective partners who wish to undergo fertility assessment/treatment in the hope of becoming pregnant. This grant is limited to one cycle of fertility treatment per couple. The maximum value of the Fertility Grant in 2010 is €2,500; this is inclusive of initial fertility assessment costs. The application deadline for the Fertility Grant Scheme this year is **Friday 10th December 2010**.



Tips on Employment

Part 2 of 3



This issue of *Spectrum* brings you the second series in 'Tips on Employment' where we focus on Rehabilitative Work.

Rehabilitative Work

PWCF in receipt of a disability payment, for example, Disability Allowance, are allowed to do some other work that is classed as 'rehabilitative' or 'therapeutic', without it affecting your Disability Allowance payment, medical card, free travel etc. This is known as rehabilitative work and is recognition of how work can have a positive impact on your life even if you can only work for a few hours a week.

First, you must find a job. Then you need to get written approval from the Department of Social Protection to do rehabilitative work and retain your disability payment.

Some earnings from rehabilitative-type work are not taken into account in the assessment of your means and will not affect your payment. For PWCF on Disability Allowance, earnings up to €120 from rehabilitative type work are not taken into account in the assessment of means.



If your earnings from rehabilitative work are above €120 per week, 50% of your earnings between €120 and €350 will not be taken into account in the Disability Allowance. However, all earnings over €350 will be assessed as income and your entitlement to Disability Allowance will be reduced in line with the appropriate [reduced rates of payment for Disability Allowance](#).

In summery, you can earn up to €120 a week and keep your full Disability Allowance. If you earn €220 a week, the last €100 is taken into account as a means, so 50% of that €100 (i.e., €50) will be taken off you weekly Disability Allowance.

If you earn €320 a week, €200 will be seen as coming under means, so €100 a week will be taken off your Disability Allowance. If you have no other *means*, the maximum amount you can earn is €430 (2010) and still keep an entitlement to the minimum payment of €3.50 (2010).

While no restriction has been placed on the number of hours you may work, you should use a maximum of 20 hours a week as a guideline.

If you have any questions in relation to Rehabilitative Work you can contact CF House or Tomas Thompson by emailing thompson@cfireland.ie or phone 087 932 3930.



Cork sisters honoured by the Presidents Award

Sisters Karen & Marie O'Sullivan from Ballygrogan, Co. Cork are to be honoured with Gold medals in recognition for raising awareness and fundraising for cystic fibrosis.

GAISCE – the President's Award is Ireland's very own National Challenge Award, the country's most prestigious and respected award programme for people aged between 15 and 25 years of age. There are three different types of awards that can be earned – bronze, silver and gold.

The girls planned, prepared and undertook a 4 day, 3 night adventure journey covering a minimum total distance of between 80–110 km and chose Cystic Fibrosis Research as their charity. They raised awareness and much needed funds along the way and were overwhelmed by the support they received. On arrival in Mallow, Co. Cork, their final destination, they were greeted by the Town Mayor and a reception was held to show our appreciation for their trojan efforts. A big well done to the girls!

• Events •

Better Options College Fair

A one-day event for students with disabilities and specific learning difficulties considering their college options will be hosted in Trinity College Dublin on **Tuesday 30th November**.

Students with disabilities are no different to their peers in their dreams and career aspirations, therefore, it is extremely important that they are informed about the opportunities and facilities the colleges have to offer them.

Representatives from Universities, Institutes of Technology and further education colleges will be there to give you information on application procedures, course details and the various supports that are available for you. They will also be able to provide you with information on courses and will be on hand to discuss supports in third level. There will also be workshops on DARE for students and Guidance Counsellors.

Included in the schedule of events is the following:

- A presentation on the Disability Access Route to Education (DARE)
- Information sessions on the completion of CAO Supplementary Information Forms for the online DARE process
- Services and Supports available in third level
- Students and graduates with disabilities outline their experiences of higher education

This event is being hosted by AHEAD (Association of Higher Education Access & Disability) and DAWN (Disability Advisors Working Network). AHEAD aspires to increase the number of students with disabilities in third level education, but also to ensure that students with disabilities have the same opportunities as their peers in aspiring to a course of their choice.

This event is free and all are welcome. For further information please contact Lorraine Gallagher, Information Officer at AHEAD (Tel: 01 7164396 or email: ahead@ahead.ie).



• Fundraising •

Fundraising continues to be a busy area, and a number of events, both planned and ongoing, are raising much needed funds.

We express our thanks to members of the CF community who participate and help out when asked by National Office. Remember, all funds raised benefit the CF community in some way nationally.

The generosity of our public at large is helping to stave off the worst effects of recessionary times, and hopefully that will continue.

Cycling for CF

The event kicked off on Saturday 9th October, from the Mount Herbert Hotel, Ballsbridge, Dublin 4. Eufemia Solinas, Fundraising Co-ordinator of CFAI was there to wish the lads well on their journey, as was Oral Tinsley, Dr. James Reilly, TD, FG Health spokesman and Minister Eamon Ryan, TD with his trusty bike to cycle out of Dublin with Cathal and Conor.



L-R: Avril McCarthy, PWCF, Cathal Phelan and Conor Doyle before the lads set off on their journey; Conor and Cathal and supporters in Galway.

At the time of writing the lads are heading out of Ballina, Co. Mayo for Sligo City. Despite the poor weather conditions exacerbated by the undulating terrain, the lads are in good spirits, and looking forward to a well earned rest tonight in Sligo.

What remains of their route is reprinted below, so if you would like to come out and greet the lads in your area, or even cycle a few kilometres with them, it would be much appreciated as a welcome morale boost. With the capable assistance of Cliona Doyle, sister of Conor, the lads have generated significant awareness for Cystic Fibrosis through local newspapers and radio.

Rumour has it that Philip Watt, Martin Cahill and Alica May are going to cycle the last stage from Ashbourne to Dublin on 11th November (part of the staff fitness ethos).



Date	Location
November 1st	Letterkenny
November 2nd	Malin Head
November 3rd	Portstewart
	Dunluce Castle
	Giant's Causeway
	Carrick a Rede
	Ballycastle
November 4th	Cushendall
	Larne
November 5th	Belfast
	Portaferry
November 7th	Clough
	Maghereagh
November 8th	Newry
November 9th	Ardee
November 10th	Ashbourne

Cycle route Key

Blue Icons - Stay the night; **Green** Icons - Passing through; **Red** Icons - Rest day

Please come out and show your support for the lads if they are cycling through an area near you. You can view the cycle route, follow the blog during the trip and donate to the CFAI through the lads' charity homepage at the following link: <http://cyclingforcf.blogspot.com/>.

Dublin City Marathon 2010-10-29

CFAI had more than 50 participants in this event, not including those running under the auspices of Local Branches.



Thankfully the weather was excellent, and a big thank-you to all who took up this challenge on behalf of Cystic Fibrosis.

Halloween

A number of local events are taking place around the country which are too numerous to mention here. We thank all who are taking part to raise funds for CF.

A Walk in My Shoes

A book entitled 'A Walk in My Shoes' (parent of Derek, pwcf (deceased)) written by Anna Melia, currently being reviewed by John Waters of *The Irish Times*, will be launched by singer Christy Moore at a concert in the Moat Theatre, Naas, at 8 pm. on Sunday November 14th. Tickets available at the door. Book will be on sale in bookshops and also online shop on CF website, www.cfireland.ie at a cost of €15 plus post and packaging.

Seems like an ideal Christmas present! All proceeds go to CFAI.



Tour de Force Cycle

This is an Annual Garda Cycle event which in 2011 is taking place in Ireland. CFAI have been chosen as the sole beneficiaries of the proceeds in 2011. We are delighted to be associated with this prestigious event and will publish full details in future issues of *Spectrum*.

New York Marathon 2010

We have a final total of 23 participants in this event, all whom have raised individually raised a minimum amount of €5,000 to participate. The marathon takes place on Sunday 7th November and promises to be a memorable challenge for all.

The Dublin Fire Brigade Tache-A-Thon

Members and friends of Dublin Fire Brigade have decided to organise a Tache-A-Thon in aid of Cystic Fibrosis. A spokesman for Dublin Fire Brigade said, "The Cystic Fibrosis Association of Ireland is very close to our hearts and we would do anything possible to raise money and awareness for this charity". The Tache-A-Thon challenges men to grow their tache for 30 days and raise as much money as possible for this deserving cause. For further information on the Tache-A-Thon, you can email tacheathon@gmail.com or log onto facebook where you can view the participants progress and vote on your favourite tache.

65 Roses Floral arrangement

The Association of Irish Floral Artists (AOIFA) held their National Flower Festival this year in Castletown House in Celbridge, Co. Kildare in aid of the Cystic Fibrosis Association of Ireland. The event took place from the 1st to the 3rd of October 2010. Philip Watt and Zoe Woodward spoke on behalf of CFAI at the launch of the Festival on the 1st of October.

Philip Watt said 'The floral exhibits were just fantastic and displayed to their best effect throughout the beautiful Castletown House. Many thanks to all in AOIFA for their ongoing support and, in particular, to Carol Bone (Chairwoman), Gillian Scanlan and Una Whelan who designed the 65 Roses arrangement shown at the Festival and to Zoe who spoke so well at the launch'.





Festive Fillies

These are a group of ladies from Mullinavat on the Kilkenny/Waterford border, who hold an annual event to raise funds for 10 different charities with whom some of their members are connected. John and Maria Phelan and son Sam are the CF contact.

This year's event was launched in Tom Frisby's premises and was well supported by a large group of 'Fillies' and also Tommy Walsh, Ken McGrath, Noel Connors, Liam Griffin, Liam Fennelly, and other members of the Waterford, Wexford and Kilkenny hurling fraternity. They are expanding the event this year and have succeeded in obtaining some fabulous prizes for their raffle, including a top prize of a €10k fitted kitchen sponsored by Tom Frisby of *Frisby Furniture* in Mullinavat. They hope to sell tickets nationally through the charities' networks. See www.cfireland.ie online shop for further details.

Importantly, the full amount of money generated by all tickets sold through CF members will go to CFAI only. An initial draw to select the 10 winners will take place in the Rising Sun, Mullinavat on Wednesday 1st December, and the final draw for the prizes will take place at the Festive Fillies night Ladies only) in the same venue on Saturday 4th December. Our grateful thanks to Susan Walsh, 'the ideas woman', and her committee of 12 who organise the event.

Gala Valentine's Ball

Georgina Cavey (aunt of Matthew Thornton, PWCF) and her colleagues from the Project Management Class at Smurfit Business School are organising a gala ball on behalf of CF. The Ball is on Friday 11th February 2011 in the Royal Marine Hotel Dun Laoghaire. The Carnival Ball will be a Black Tie event, with a Champagne Reception, a three course-evening meal and entertainment. There will be a raffle and a silent auction on the night and the ticket price is €55. Further details can be obtained from National Office.

32 Steps to Mount Everest

Cian O'Brolchain and Henry Doherty have chosen to undertake a climb to the summit of Mount Everest in 2012. Under the training and supervision of Ian Taylor, the youngest Irishman to reach the summit (2008) the lads are undertaking a challenge to climb the highest peak in every county in Ireland over a period of months in 2011 to raise funds for CF. They welcome local participation in these events, particularly with sponsorship cards, collections and actual climbing if you so desire.

A full schedule will be published in December *Spectrum* and on our website.

Cystic Fibrosis National Awareness Week 2011

This takes place from 8th-15th April 2011, with the Annual Conference tentatively scheduled for Westport on the weekend of 8th. **Awareness Day** will be on Friday 15th. Preparations are in hand to target shopping centres, transition year students and volunteer centres nationally to organise sale of CF emblems publicly.

Finally, we are once again chosen as the charity of choice for **IPPA Happy Faces in 2011**; tentatively, the 13th March is the main day, and full details will be in next issue of *Spectrum*.

Let us jointly build on the success of last year's event.



New World Record made at CF Fundraising Event

On Friday 22nd October a Cork barber set a new world record for the most number of heads shaved in 60 minutes. Paul O'Neill of Bazzers, Cork city, undertook the task of attempting to beat the current world record of 60 head shaves in 60 minutes and he more than succeeded.

On the night, 68 heads were shaved in the Evergreen Bar much to the delight of volunteers and CF supporters who had turned out in huge numbers. The buzz was electric as the men took their seats and said goodbye to their locks, raising more than €6,000 to help Irish people living with Cystic Fibrosis. A lot of hard work was put in to make the event the success it was and a huge thank you to everyone who took part, in particular, to the volunteers who braved the razor.

Relaunch Night of 'A Dozen Poses for 65 Roses' Calendar

A date for calendars everywhere, **Saturday 20th November** and the place is the Evergreen Bar in Turner's Cross, Cork. Caroline O'Leary, the woman behind the calendar, A Dozen Poses for 65 Roses, will hold a relaunch night due to the huge success of the original launch night earlier this year.

People from all walks of life got together with one goal in mind, helping people with CF. They also decided to do this naked so it makes for a very interesting calendar indeed! There will be music and food and spot prizes galore on the night so I would urge everyone to come along and join in in the fun. Entry is free.

Calendars cost €10 and would make an ideal Christmas present. Anyone interested in buying them should contact Caroline on 087 2566260 or Tom Madden on 087 6534925. Alternatively, check out their fun website at www.dozenposes.com

Parachute Jump for CF

A group of 19 friends of the late Kevin Butler R.I.P Hollyford Co Tipperary recently did a parachute jump from 10,000 feet in Birr, Co Offaly and raised €8,050 for the new CF unit for adults at Limerick Regional Hospital where Kevin attended.



It was a great tribute in memory of Kevin who was a wonderful friend and a very courageous young chap but sadly died just a year ago. The 19 young men and women who did the parachute jump presented the cheque to the Tipperary Branch after his 1st Anniversary Mass on Saturday the 16th of October. Kevin's parents, Pat and Patricia and his brother Niall provided refreshments in the local hall for everyone after Mass.



The Barry Kelly Memorial Pitch & Putt Challenge in aid of Cystic Fibrosis

An avid pitch & putt player Barry Kelly (PWCF) from Ballincollig, Co. Cork passed away in April last year. A fellow pitch & putt player from Athlone, Harry O'Hanlon undertook a challenge to play over 100 Pitch & Putt Union of Ireland affiliated courses in Ireland between 28th April–6th June 2010. Harry travelled to and played on 103 courses in 30 days. Harry's challenge, in memory of Barry Kelly, raised a total of €13,500 for Cystic Fibrosis as well as raising awareness amongst the pitch and putt community around the country.



L-R: Alan Kelly (PWCF) & twin of the late Barry Kelly, Harry O'Hanlon, & Caroline Kelly (Alan's wife) presenting cheque for €13,500 to Paul Higgins, Chairman of Cystic Fibrosis Association of Ireland

CFAI to benefit from "Just 2 Will Do" campaign

The Cystic Fibrosis Association of Ireland is one of 25 charities that will benefit from "Just 2 Will Do" campaign that aims to raise over €2 million for the participating charities per year.

One million homes will receive an invitation to participate by signing up to send a €2 text each month. Because of the extraordinary levels of cooperation received from Vodafone, O2, 3 and Meteor, the generosity of Phonovation and the low overheads, the "Just 2 Will Do" campaign will be able to pass on a minimum of €1.73 from each text to the charities.

This will be the first time that such a large grouping of Irish charities has come together for a fundraising campaign. The campaign is supported by leading celebrity figures that include economist Eddie Hobbs, Boyzone & Coronation Street star, Keith Duffy, football legend Ronnie Whelan and Glen Power from high flying band The Script but to name a few.

Signing up for the "Just 2 Will Do" campaign is straightforward. Text '2WILLDO' and your county to 57802. So, if you are based in Dublin that would be '2WILLDO Dublin'. You will be charged €2 for the text. If you want to find out more please log on to www.charity25.ie.

Ryder Cup Jacket and King Cobra Golf Bag up for Auction

A limited edition Canali jacket from the 2006 Ryder Cup Team Europe, an event that was held in Ireland for the first time in 2006, will be up for auction shortly. The jacket, which is salmon pink, was kindly donated to the CFAI by Louis Copeland (letter of authentication enclosed).

An Ian Poulter autographed King Cobra golf bag is also up for auction. Ian was recently on the winning team of the Ryder Cup that was held in the Celtic Manor Resort in Wales.



For more information on the reserve price for each, please contact the head office or keep an eye out on our website for further details.

All proceeds from this auction will go to the CFAI.

Motorbike Run for CF

Congratulations to all involved in the Motorbike Run for CF, who raised €4,173 for the Mayo CF building Fund; well done and many thanks!



Peter Gannon, Tony Brennan, James Mulhare, Tommy Davis (spray can), Tommy Murray, Pat O'Brien, Luke Mannion, Mark Rowson, Frank Shaughnessy, Mick Connors, Paul Severs, Gerry Ward (major tom) John Gavin, Tommy McGuire (tucker) Kieran McStay, Caroline Heffernan (Note: missing from photo John Gavin).



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Many thanks