

7 April 2020

Consumer Connect Follow Up

Last week continued our run of fantastic and informative chats with CF experts. We are committed to bringing you the very latest on CF and COVID-19 as well as keeping you up to date on the best ways to stay healthy in lockdown.

Special thanks to our presenters last week Michael, Anthony and Tamarah. We really put them through the ringer with questions from the whole community and we certainly appreciate them giving their time during this frantic period.

We promised you links for more resources and here is a one stop shop for staying healthy in 'Lockdown'. We have included Mental Health resources here because it is important to acknowledge that stress and anxiety managements are key facets of overall health, and we hope that you all of you out there are treating your SELVES as well as your symptoms 😊

INFORMATION FOR YOUR DIETARY HEALTH

1. [COVID + Diet factsheet attached.](#)
2. high fat snacks - <https://www.chef4cf.com/recipes/snacks> and <https://kidshealth.org/en/parents/about-cf-recipes.html>

INFORMATION FOR YOUR PHYSICAL HEALTH

At the top of the list is:

<https://beamfeelgood.com/onDemand/list/cystic-fibrosis>

Custom made for the CF community. The mix of live and on-demand classes provides a great variety and scheduling in the live classes can help with the routine building.

www.beamfeelgood.com

Promocode BEAM-FEEL-GOOD for a free trial.

Two of Michael's favourites. Both provide options right through from kids to adults I'm told the mum's might also enjoy having a bit of Joe Wick's or Sam Wood on in the house!

<https://www.youtube.com/user/thebodycoach1>

<https://www.facebook.com/samwood28/>

Helpfully divided into age categories, 2-4, 5-8, 9-12, teens:

<https://www.youtube.com/channel/UCq4RxmjydS7wixyEYVRDOWA>

<https://www.thekidscoach.com.au/>

For the dancers out there:

<https://go.dancechurch.com/> - live streams from the US, daytime in Sydney

https://www.youtube.com/channel/UCITBXIWPx7L_jhJ_vdRAu-A

One last one from the US, love the passion these instructors have:

<https://www.facebook.com/PlanetFitnessAUS>

INFORMATION FOR YOUR MENTAL HEALTH

Professional mental health support is now more readily available mental health care plans that can be accessed through your GP (possibly now even from your desk or couch).

Mental health support, including telephone counselling, with good strategies around COVID-19 (e.g., handling thoughts and worries): <https://www.beyondblue.org.au/>

Helping children cope: <https://raisingchildren.net.au/>

We've given you a lot of homework but with the nation at a standstill many of us can say that we have time on our side.

We want to send out our thoughts and prayers at this time to all those on the front lines of our medical services - we know you are going above and beyond.

We can all help out our hospital heroes by staying healthy and safe.

Kind regards

A handwritten signature in black ink that reads "Nettie Burke". The signature is written in a cursive style with a large, prominent initial "N".

Nettie Burke
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