

14 May 2020



## WHERE IT HITS YOU

Where does the current crisis hit you the hardest? Some people are struggling with the suffering of people they love. No doubt they are the hardest hit by all of this and our hearts go out to them first and foremost.

Some people are experiencing the absence of loved ones who are fighting COVID on the front lines in our clinics and hospitals. Naturally our gratitude is more than we can say.

Some people are getting hit really hard with Cabin Fever and don't quite know what to do with themselves at home all day. To those people I extend a more proportionate feeling of sympathy as well as the gentle reminder to get a hobby or a Netflix subscription.

Today I want to shout out to the people in our community who feel trapped and scared because they can't shop. There is a cold grip of fear that comes with scarcity, especially in a lucky country like ours where few of us ever really have to tighten our belt.

There could not be a more basic concern than making sure that you and your family have enough to eat or that you can supply your loved ones with the rudiments required for basic care and hygiene.

These are non-negotiables, and as a mother I can hardly bare to think of young families in Australia having to choose between disease risk and the weekly groceries.

But help is on its way. If you or a family member are living with CF then you qualify for special assistance listing on the Coles and Woolworths food delivery programs. Woolworths have been especially pro-active about including the CF community in this service however Coles has made an admirable effort of late as well.

Both these major chains have responded to CFA's request for special listing and that means you can sign up right now for timely, efficient, COVID-safe food delivery that will keep your family out of the storm.

So huge thanks to Coles and Woolies for helping us hit COVID where it hits you.

Kind regards

A handwritten signature in black ink that reads "Nettie Burke". The signature is fluid and cursive.

Nettie Burke, CEO  
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**Coles** have opened up their Registered Charity Priority Online Shopping to people with CF. And it is a very simple process. Simply email your full name and CF Centre to [robynp@cfa.org.au](mailto:robynp@cfa.org.au) and we will send you a unique code. Be patient as there is a great demand but priority access for people with CF.

**Woolworths** <https://www.woolworths.com.au/shop/discover/priorityassistance>