



**MUSCULAR DYSTROPHY
SOUTH AUSTRALIA**

Client SERVICES Newsletter

APRIL-MAY 2015

MD Ninjas

Are you bored of hanging out with your family on weekends? Do you want to join a cool group and have fun? Join the MD Ninjas.



Who: Boys and girls aged 7-14 who have been diagnosed with a neuromuscular condition.

What: Different activities, delicious snacks, drinks and invited special guests.

When: Monthly on a Saturday. The next group will be held in May, details to follow.

If you would like to become a part of the group contact Client Services on 8234 5266 or email hteimorzadeh@mdasa.org.au

Myotonic Muscular Dystrophy

Myotonic Muscular Dystrophy (MMD) is a form of muscular dystrophy that results in weakness of the voluntary muscles in the face, neck and lower arms and legs. MMD can affect other areas of the body system including the heart, breathing and swallowing muscles and cognitive function. Client Services can provide clients diagnosed with MMD and family members with information and support about the condition. Client Services can also source MMD research and findings. If you would like information regarding MMD **contact us on 8234 5266 or email aotoole@mdasa.org.au**

Myotonic Muscular Dystrophy Support Group



Muscular Dystrophy SA facilitates a quarterly support group for individuals diagnosed with Myotonic Muscular Dystrophy and their families/carers of all ages. On May 5th 2015 we have Grace McDonald, our speech therapist, coming to provide useful information on swallowing, speech, breathing and voice projection. The group will be held at the Muscular Dystrophy SA office from 10:30am-12:30pm. Morning tea will be provided. If you would like to come along, **RSVP to Hoda on 8234 5266 or email hteimorzadeh@mdasa.org.au. Please advise of any dietary requirements.**

Muscular Dystrophy SA Speech Therapy

Through Muscular Dystrophy SA's Client Services team, clients can access our **FREE Speech Therapy** service. Speech therapy involves the identification, definition, diagnosis and treatment of speech and language conditions.

These include: cognitive or other developmental delays, weak oral muscles, motor planning problems and respiratory and swallowing problems. Our speech therapist is available once a month at the Muscular Dystrophy SA office. If you are experiencing any of the above issues please contact **Client Services for more information on 8234 5266 or email aotoole@mdasa.org.au**

No Handicap Golf Club

No Handicap Golf Club is a fully inclusive golf program that takes place at the Adelaide Shores Golf Course, Military Road, West Beach. Families are invited to attend. No previous experience is required, the staff will be more than happy to teach you. Golf clinics are held fortnightly on Saturdays for \$25 and On Course Days are held bi-monthly on Sundays for \$35. **For more details or to get involved, contact Jacob at DRSSA on 8234 1533 or email: jacob@drssa.org.au**

Adelaide People First



Adelaide People First are holding public forums in May. The forums will discuss and explore disability-wide topics such as the detrimental impact of institutionalised practice, values-driven advocacy support, deinstitutionalisation across Australia, the NDIS, and leadership. Guest speakers will include people with lived experience of an intellectual and/or physical disability, as well as experts within the disability sector. Anyone who has an association with a person with a disability, whether it be family members or friends, is welcome. The forums will be held on Friday 1st, Monday 4th and Wednesday 6th May, all from 12:30pm-4:30m. The location is at Our Space, 104 Greenhill Road Unley, Adelaide. A gold coin donation is needed on the day to attend. For more information and to register, go to www.apfforum.eventbrite.com or call **8373 8333 for assistance from JFA Purple Orange.**

Community Living Options

Community Living Options was established in 1982. The organisation provides respite and accommodation options to people living with disabilities that are tailored to their individual needs, requirements and funding. Their mission is to help create positive life journeys through personal growth and empowerment by providing guidance, training and other lifestyles opportunities to their clients. For more information about accommodation, respite or tenancy options from CLO, **please visit www.clo.org.au or call 8297 4010.**

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[.com/MuscularDystrophySouthAustralia](https://www.facebook.com/MuscularDystrophySouthAustralia)



@MusDystrophySA



Motivation Australia – Walk for Wheels

Motivation Australia is a South Australian not-for-profit organisation that focuses on providing quality, affordable wheelchairs, prosthetics and walking aids to people living with disability in developing countries. On Sunday May 3rd, Motivation Australia are planning a 'Walk for Wheels' walk starting at 10am at 173 Port Road, Aldinga, and a 'Songbirds of the South' concert (starting at 1pm) at the Aldinga Arts Eco Village Amphitheatre. The walk and concert aims to help raise \$10,000 or more to allow the organisation to continue on their mission to provide mobility and rehabilitation services.

Walk for Wheels also aims to raise awareness for the organisation and its clients. Patrons have the option of partaking in the 4.5 or 7 km walk. **To get involved contact Motivation Australia on 8556 6703 or go to www.iwannaticket.com.au and search 'Walk for Wheels + Songbirds'.**

Disability Parking Permit

Did you know? If you utilise a ticket parking space within the City or North Adelaide ONLY, the Adelaide City Council DOES NOT require you to purchase a ticket if you display a disabled parking permit. You not only save money, but are entitled to additional time to the marked sign as follows: Less than 30 minutes, the time limit for a Disability Parking Permit holder will be 30 minutes, 30 minutes or more but less than one hour, the time limit for a Disability Parking Permit holder will be two hours, more than one hour, the time limit for a Disability Parking Permit holder will be twice the period indicated on the sign. **For more information go to www.adelaidecitycouncil.com/online-services/parking/disability-parking/**



NDIS Family Pre-planning Workshops

Would you like help to prepare for your planning conversation or the review of your NDIS plan? Are you unsure of what an NDIS planning conversation might look like? The NDIA are running regular workshops throughout 2015 for families and carers to help them understand NDIS processes. The next workshop will be on Wednesday 22nd April 2015 from 6pm-7:30pm at the NDIA Southern Office, 15-31 Ayliffes Road, St Mary's. The workshop will explain how the NDIS works, provide tools to help you identify your child's goals and aspirations, explain and assist you to prepare for the planning conversation, help you identify and access mainstream supports in your area and help you understand how the NDIA make decisions about reasonable and necessary funded supports. Children are welcome under parental supervision. **Please RSVP as places are limited, email stmarys@ndis.gov.au or phone 8394 1800. Please advise of any dietary requirements.**

Camp Jumbunna SA Inc

Camp Jumbunna is an annual retreat for mothers of children/partners/parents with a disability. It provides well-earned respite, relaxation and a chance to share experiences. It is state-wide with mothers from all across South Australia getting involved. Delicious meals are provided, pampering sessions are organised and workshops take place over the weekend. Camp Jumbunna is safe environment for women to let go, enjoy and laugh. **For more information visit their Facebook page. www.facebook.com/camp.jumbunnasa or email campjumbunnasa@gmail.com**

Walk on Wheels

Walk on Wheels specialise in supplying aged care and rehabilitation equipment to individuals and healthcare professionals, as well as repairing services for equipment that may be damaged or in need of maintenance. Walk on Wheels have been operating on the same landmark premises for the past nine years. For more information, **contact Walk on Wheels on 8293 5444 or visit them at www.wowsa.com.au**

Camp Capacity 2015

Camp Capacity is over for another year and what a week it was! It all started on Sunday, May 12th when we met at Muscular Dystrophy SA and headed to the Mylor Baptist Campsite. The theme for this year's camp was Sensational Superheroes and Secret Surprises. We spent the days riding motorbikes, watching magic shows, taking photos, creating masterpieces in the craft room and dressing up as our favourite Superheroes. Client Services would like to thank all of our Campers and Carers for another amazing Camp Capacity. We have multiple photos on the way. **Like Muscular Dystrophy SA on Facebook to view all of the photos soon.**



Fundraising Events

Barossa Marathon – 24/05/2015

Muscular Dystrophy SA is proud to be the official charity of the Jacob's Creek Barossa Marathon Running Festival. Participants can choose to run or walk their choice of 5km, 10km, 21.1 or 42.2km through Barossa Valley. All Muscle Team runners who raise over \$30 will receive a free Muscle Team running singlet. For more information or to register, please visit the Jacob's Creek Barossa Marathon Running Festival website, www.barossamarathon.com.au or contact Lucy on 8234 5266.

Golf Day

Put your muscles behind muscular dystrophy and join us for the Muscular Dystrophy SA 2015 Golf Day held at Glenelg Golf Club on Friday 1 May. Men's, ladies and mixed teams are all welcome to participate in the Ambrose Competition of the full 18 hole course which includes breakfast, morning tea and a presentation luncheon. To register or for more information, contact Lucy on 8234 5266.