

Client Services Newsletter March/April 2015

~Upcoming Muscular Dystrophy SA Events & Notices~



Camp Capacity



The annual Camp Capacity is back for 2015! Camp Capacity is for people who have been diagnosed with a neuromuscular condition aged 5-25 and their siblings aged 5-18. Running from Sunday 12th-Thursday 16th April 2015, this year's camp promises to be one of the most exciting yet.

Held again at the ever accommodating Mylor Baptist Campsite, the theme of this year's camp is *Sensational Superheroes and Secret Surprises*.

With plenty of activities and surprises in store, why wouldn't you want to come and join in on the fun? **For more information contact Client Services on 8234 5266 or email Amber Pyle at APyke@mdasa.org.au**

MD Ninjas!!!

This Saturday, 21st March will be Muscular Dystrophy SA's first MD Ninja group. The MD Ninjas group will consist of girls and boys aged between 8-14 who have been diagnosed with a neuromuscular condition. They will be meeting at the Muscular Dystrophy SA office to get to know each other and to have some fun with our Art Therapist, Wendy Kelly. The group will meet monthly for some seriously fun activities so please let us know if you would like to get involved. Contact Client Services on **8234 5266 or email HTeimorzadeh@mdasa.org.au**

Buddy Up Program

Muscular Dystrophy SA facilitates the Buddy Up Program. Buddy Up involves 1:1 interaction between a client and a volunteer. Buddy Up is a social opportunity for clients where they and their volunteer can spend time at the client's home or go on an outing, for example to the cinema. The Buddy Up Program is for clients and volunteers of all ages and we welcome new people to join. If you would like to be involved, **contact Client Services on 8234 5266 or email HTeimorzadeh@mdasa.org.au**



For Sale

Muscular Dystrophy SA is selling two individual brown lounge chairs, in good condition for \$50 for both. If you are interested in purchasing one or both of these chairs, **please contact Client Services on 8234 5266 or email AOtoole@mdasa.org.au**



Leukodystrophy Information

Leukodystrophy refers to a group of rare genetic conditions that affect the central nervous system by disrupting the growth or maintenance of the myelin sheath that insulates nerve cells.

Leukodystrophy is a progressive and primarily inherited condition. Client Services can provide clients diagnosed with Leukodystrophy and family members with information and support about the condition. Client Services can also source

Leukodystrophy research and findings. If you would like information regarding Leukodystrophy contact **Client Services on 8234 5266** or email **AOtoole@mdasa.org.au**

Potential Changes to the DSP

In the latest report into welfare, changes to the Disability Support Pension (DSP) and care payments were suggested.

It has been suggested that people with a disability, parents, carers, students and the jobless would get a tiered working-age payment recognising their ability to work. It has also been advised that those with a more severe disability who cannot work more than eight hours a week would get a supported living pension. A means-tested payment would be paid to parents or guardians with children under 22; conditional on regular immunisations and school attendance. It has also been recommended that supplements for housing, child and family education and carer and disability costs would be put in place. Lastly, a "Passport to Work" would be created that guarantees no disincentives to work if employment hours change and ensures retention of concession cards. **To find out more about these potential changes go to www.linkonline.com.au/enews/15/fe4/content.html**

ACH Group - Wyatt Holidays

The ACH Group works to support older people and their carers to break down the barriers that stop them from taking a much-needed holiday. Wyatt Holidays is a service that ACH provides which is designed to meet the needs of the individual and their carer. Wyatt Holidays can help you with arranging a suitable companion if you need someone to go with, transfers, financial assistance, arrangements for personal care, hiring of equipment, care of your home while you are away and anything else that will help you to take a holiday. **To talk to someone about assistance in booking a holiday, please contact 1300 224 477.**



Free Tickets!

Razzamatazz is known for being a



wickedly wonderful show, where anything goes. It is a madcap cavalcade of comedy featuring outstanding international performers. Razzamatazz is steeped in the traditional disciplines of magic, clowning, juggling, puppetry, acrobatics and more, all performed with the highest degree and expertise. On Saturday 16th May, 2015, Razzamatazz will be holding two shows, the first at 11:00am and the second at 2:00pm. It will be held at the Thebarton Theatre, 112 Henley Beach Road, Torrensville. Muscular Dystrophy SA is able to order free tickets to the show so **please contact Aisling on 8234 5266 or email aotoole@mdasa.org.au** if you are interested in attending!

YMCA has moved base

YMCA Recreational link up is a free service that provides information, planning and introductory assistance for people with a disability or mental health issue to access recreational activities in their local communities. YMCA has now relocated to the John McVeity centre and are all settled in. Whilst this is a predominantly northern location, it does not affect the organisation's ability to support people across all of Adelaide. Their updated address is 182 Peachey Road, Smithfield Plains, 5114. If you know of anyone who would benefit from their service, **please phone 8200 2508 or email rec.linkup@ymca.org.au**

Program of Support for Disability Support Pension has changed

The Program of Support helps you prepare for, find or maintain work. The Program of Support providers will usually develop a plan with you, taking your level of impairment into consideration. From 5 January 2015, as part of the 2014-15 Federal Budget, only Commonwealth Government funded programs can be a Program of Support. These include: Disability Employment Services, Job Services Australia, Remote Jobs and Communities Program, and Australian Disability Enterprises. Programs not funded by the Commonwealth may only be taken into account if you commenced the program before 5 January 2015.

Using your Motorised Mobility Device on Public Transport

When a train or tram is due, people who require the ramp should go to the area on the platform painted with the international symbol for access, known as the 'boarding patch'. The train/tram

driver or passenger service assistant will then deploy the ramp. Mobility devices must be placed in the allocated space clearly marked on the floor of the vehicle. There are at least 2 allocated mobility device spaces on every bus, tram carriage and train carriage. To check if the next bus is accessible, please use Real-time Information on the Adelaide Metro website: www.adelaidemetro.com.au, third party 'phone apps' or call the InfoLine on **1300 311 108**.

Adventure Challenge



Do you have a taste for adventure? Join the Muscle Team and raise \$10,000 for Muscular Dystrophy SA to earn your place in this year's Adventure Challenge. In October this year, ten deserving fundraisers will undertake the adventure of a lifetime which will take them on a journey across the seas to a mystery destination where they will be immersed in local culture and activities. **See our website for further details or to register your interest: www.mdadventurechallenge.org.au or contact Lucy on 8234 5266.**

Bay to City

Join the Muscle Team for the 2015 Bay to City Fun Run! You may have conquered the City to Bay, here's your chance to do it in reverse – while putting your muscles behind muscular dystrophy! On Sunday 19 April, the Bay to City Muscle Team will undertake the 12km walk from Colley Reserve, Glenelg to Adelaide Oval's Telstra Plaza. We're hoping to make a big impact at this year's event to create a sea of red, so deck yourself out in all your Muscular Dystrophy SA merchandise. **For more information go to www.mdmuscleteam.org.au or contact Lucy on 8234 5266 or email Irussellbyrne@mdasa.org.au**

Giveaway Electric Recliner

Electric recliner chair to giveaway to client! It is beige in colour and is in good condition. It will need to be picked up by two people in order to lift it. Muscular Dystrophy SA is advertising the item on behalf of a client.

If you are interested in purchasing the electric recliner chair, please contact Aisling on 8234 5266 or email AOTOOLE@mdasa.org.au

JOIN OUR NETWORKS

Facebook: Muscular Dystrophy South Australia
Twitter: @MusDystrophySA



**MUSCULAR DYSTROPHY
SOUTH AUSTRALIA**