

MUSCLE TALK

MESSAGE FROM MUSCULAR DYSTROPHY SA'S PRESIDENT

Our Aim Is To Serve You Better!

The introduction of The National Disability Insurance Scheme (NDIS) has been a catalyst for Muscular Dystrophy SA to review the range and effectiveness of the services that we offer to our clients and families.

In this regard we have run, and continue to provide, consultative forums with those who are our clients, families of clients and staff. We have done this to gather information and opinions which will allow us to better understand what services we should be providing. This process will conclude this month, we will then analyse the information collected and commence revamping our service delivery.

We are not yet sure what services and to what extent those services will be provided to individuals with a disability. Our aim is to provide a more relevant range of services for our clients. As the NDIS is rolled out we will need to be more flexible to ensure we complement the services the NDIS provides and fill the gaps the NDIS does not cover. Even though the more formal consultative forums will finish soon, we will continue to ask for and rely on your feedback and suggestions to ensure that we do provide the services that are of value to our clients and their families.



MUSCULAR DYSTROPHY SA FORUM NATIONAL DISABILITY INSURANCE SCHEME: PREPARING FOR THE FUTURE

Muscular Dystrophy SA is planning a full day forum to be held on 6th July 2014 at the Thebarton Community Centre, registration 9:30-10:00 am, conclude 4:00 pm, lunch provided. The forum will explore current research developments into neuromuscular conditions, as well as providing information about the National Disability Insurance Scheme, and future directions for Muscular Dystrophy SA.

The day will include sessions on:

- Research – a researcher will outline research currently being undertaken and future possibilities
- NDIS – information provided about the scheme, its current trials and future roll-out
- Department for Disabilities & Social Inclusion - The state government changes
- Muscular Dystrophy SA – drawing on feedback provided in recent focus groups, this session will consider the purpose of the organisation now and in the future, and future possibilities for Client Services in an NDIS world.

Muscular Dystrophy SA would like expressions of interest from those who would like to attend to Phil Martin (pmartin@mdasa.org.au) or Amber Pyle (apyle@mdasa.org.au) or by phoning 8234 5266.

CONNECT WITH US:

WEBSITE:

www.mdasa.org.au

FACEBOOK:

[www.facebook.com/pages/
Muscular-Dystrophy-South-
Australia/174461835897392](https://www.facebook.com/pages/Muscular-Dystrophy-South-Australia/174461835897392)

TWITTER:

twitter.com/#!/MusDystrophySA



MUSCULAR DYSTROPHY SOUTH AUSTRALIA

Telephone: (08) 8234 5266

Fax: (08) 8234 5866

Email: info@mdasa.org.au

Web: www.mdasa.org.au

36-38 Henley Beach Road
MILE END SA 5031

PO Box 24

TORRENSVILLE PLAZA SA 5031

BAROSSA MARATHON

On Sunday 25 May Muscular Dystrophy SA again teamed up with SA Road Runners as the official charity partner of the Jacob's Creek Barossa Marathon Running Festival. An incredible 1,600 people took part in the festival by walking or running as little as the 5km distance up to the full marathon!

160 people put their muscles behind muscular dystrophy and joined our Muscle Team to raise much needed funds and awareness for children and adults living with a neuromuscular condition.

We have currently raised over \$30,000 from the Barossa Marathon Running Festival Muscle Team! This is an astonishing effort by all of our fundraisers and participants in the Barossa Marathon Running Festival and we thank everyone for their support of this event.



Highlights from Barossa Marathon 2014

HARRIS REAL ESTATE DONATION

Muscular Dystrophy SA were delighted to be presented with a cheque by Niki and Peter Shizas from Harris Real Estate Prospect. Harris Real Estate Prospect together with the Harris Foundation raised much needed funds and awareness for Muscular Dystrophy SA at the Prospect Community Fair in March.

Thank you to the team at Harris Real Estate Prospect and the Harris Foundation for your kind contribution and support of Muscular Dystrophy SA!

MUSCLE TEAM ADVENTURE CHALLENGE

This years Muscle Team Adventure Challenge has kicked off with another excited bunch of adventurers keen to take up this experience of a lifetime! The 12 participants have taken on the challenge to raise an astounding \$10,000 each for Muscular Dystrophy SA and be taken on an adventure of a lifetime.

Many of our adventurers have begun fundraising and planning events for the year, to keep up to date with the adventure and to follow the progress of our team please follow our Muscle Team Adventure Challenge website and Facebook pages:

www.muscleteamadventurechallenge.mdasa.org.au
www.facebook.com/MuscleTeamAdventureChallenge



Baiada at Camp Capacity

Harris Cheque presentation

BAIADA PARTNERSHIP

Baiada Select Poultry have announced Muscular Dystrophy SA as a key charity partner in their Children's Charity Nest.

The Children's Charity Nest is an excellent way for the employees of Baiada as well as the company itself to make a contribution that will make a difference to a child's life. Baiada have already donated \$6,300 for Muscular Dystrophy SA to put towards children's services.

We are looking forward to the long term partnership with Baiada through their Children's Charity Nest and thank the organisation for supporting children living with a neuromuscular condition.

MD MAFIA

The MD Mafia, a group for young men aged 15-25 living with a neuromuscular condition, continue to meet regularly at the Muscular Dystrophy SA office.

The young men met on Saturday 17 March to catch up and to also be a part of the Muscular Dystrophy SA focus groups, to assist in the planning of future service directions and how the organisation can best support clients and families. The group has also started planning for some exciting activities and events they would like to attend in the future.



GOLF DAY 2014

On Friday 2 May, 17 teams put their muscles behind muscular dystrophy and took part in our annual Golf Day Challenge. The Muscular Dystrophy SA Golf Day was a fun day of golf while providing the perfect opportunity to network, entertain clients and most importantly support children and adults living with a neuromuscular condition.

Our Golf Day Challenge kicked off with a hot breakfast for our participants to warm up with before they headed out for tee off. The winter conditions didn't stop our teams as they headed out rain hail or shine! Our wonderful team of volunteers kept the participants happy with on course games, on course refreshments and morning tea. Participants then enjoyed a 3 course meal presentation luncheon followed by the opportunity to bid for auction items and win raffle prizes.

Thank you to all of our participants, sponsors and volunteers who contributed to making the day a success.



CAMP CAPACITY 2014

Muscular Dystrophy SA's Camp Capacity was held from Sunday 13 April until Thursday 17 April 2014 at the Mylor Baptist Campsite. This year's theme was Camp Capacity 'Festivale' and with that in mind the Client Services team set about making camp the biggest one ever! And big it was, with 29 campers, 15 siblings and 43 full time carers to provide support this was Muscular Dystrophy SA's biggest Camp Capacity attendance yet.

This year Link SA provided five access buses and Kanga Coachlines provided a 54 seat Coach to transport campers to the camp site. Big Ange again provided his 24ft truck to transport essential equipment and camp items, what an amazing job he did to fit it all in! The week flew by with campers and carers developing lasting friendships and networks that have continued on beyond Camp Capacity.

Camp Capacity receives a fantastic amount of support from the community and this year was no different. A big thank you goes out to the following businesses and organisations; Bow Tie Bears Volunteer Events Committee, Baiada, Harley Owners Group (HOGS), Big Ange Deliveries, Lolly Jar Circus, Precision Dance Studio, Snapple Photo Booth, Paul Duff- Caricaturist, Link SA Kanga Coachlines, Slack Taxi Entertainment, Patti & the Face Painters Ink team, June Searle Cupcakes.



2014-2015 MUSCULAR DYSTROPHY SA's MEMBERSHIPS ARE NOW DUE

Your membership is one of the things that helps us to be heard when we are lobbying for the needs of people with neuromuscular conditions. Basically, the more members we have, the stronger our voice when we are seeking sponsorships, funding and a better deal for our clients. An organisation with many members is stronger than one with few.

Please complete the enclosed membership form and return it to Muscular Dystrophy SA in the Reply Paid envelope provided as soon as possible.

THE VOICES KARAOKE NIGHT

Back by popular demand our exciting 'The Voices' karaoke night is to be held on Sunday 29 June!

A great afternoon of entertainment, fun and laughter! This event is also a great opportunity to meet our Muscle Team Adventure Challenge Team. For tickets call (08) 8234 5266 or email nanderson@mdasa.org.au

Jetts Partner with Muscular Dystrophy SA

We are excited to announce our recent partnership with Jetts!

Jetts will be putting their muscles behind muscular dystrophy as we become their official charity partner in SA.

General Manager Tristan will also be getting behind the Muscle Team Adventure Challenge becoming our 12th participant.

Jetts would like to offer our supporters great membership deals, to take advantage of no joining fee, \$59 card fee 24/7 access and a reduced weekly rate of \$11.95 contact your favourite Jetts today!



Muscular Dystrophy South Australia invites you to our

2014 Multicultural Feast

Saturday 25th October, 6.30pm
Payneham Community Centre
Tickets \$70 per person

Join us for a night of celebration with a 7 course menu from around the globe, wine, entertainment by 'No 2 Ways' and a live auction whilst supporting children and adults living with a neuromuscular condition.

To purchase tickets or for further information please contact Jayne on (08) 8234 5266. Email jegarr@mdasa.org.au or visit our website www.mdasa.org.au



Highlights from Multicultural Feast 2013

ADELAIDE MARATHON

Have you ever wanted to walk or run a marathon, half marathon, 10km or 5km distance? The Adelaide Marathon is again upon us on Sunday 24 August. Muscular Dystrophy SA are again teaming up with SA Road Runners to be the charity partner for this great event.

If you would like more information about the Adelaide Marathon or how you can join our Adelaide Marathon Muscle Team to support children and adults living with a neuromuscular condition, please contact Jayne on 08 8234 5266 or jegarr@mdasa.org.au

Yes! I'd like to help improve the lives of children & adults living with neuromuscular conditions!

I enclose my Cheque Money Order Other for the amount of \$ _____

OR please debit my Visa Master card Amex Diners

Walk ... RunClimb

Card No: _____ / _____ / _____ / _____

Every child deserves to walk, run and climb. However many will not.

Expiry: __ __ / __ __

Your fully tax deductible donation will help

Cardholder's Name:.....

Signature



Please accept my one off tax deductible gift for:

\$30.00 \$50.00 \$100.00 My Choice of: \$ _____

OR I'd like to make a regular tax deductible donation

Quarterly Monthly Fortnightly Other _____

Of the following amount:

\$30.00 \$50.00 \$100.00 My Choice of: \$ _____