



Muscular Dystrophy
New Zealand

Wellington

Muscular Dystrophy Wellington Branch News

AUGUST 2017

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Check us out on
Facebook—:
MDAWellington
Branch.

National Appeal
September 2017



'WHAT DOES IT
MEAN TO YOU?'

From The Office

Hello everyone.

Well Winter is well and truly upon us so now is the time to snuggle down with a good book, a drink of something you enjoy and look after yourself. Remember that we're here, working for you in the office, so feel free to pop in or give us a call at any time, we'd love to hear from you 😊

Members Annual Donation

Now it's the time to pay your annual donation. Just like last year, we have left it up to you as to how much you wish to donate to us to keep our services going. I know that both Penny and Dympna love meeting up with you when they are able so remember that by donating to us you are assisting us in keeping the fieldworker service free of charge to all our members.

Events

Coming up we have several events. Contact the office for more information on the following:

- ◇ Funny Money Casino Night in Hastings on September the 23rd. Tickets for sale to this fun event from Penny, our Fieldworkers in the Hawkes Bay and also at our Branch Office in Wellington.
- ◇ Movie Night at Lighthouse Petone on September the 24th. Tickets will be \$20 and can be purchased from the branch office.
- ◇ Art Auction at Southwards Car Museum in Otaihangā on October 28th. Tickets will be \$50 each and will be for sale online and from the office. Keep an eye out on our facebook page for more info.



Dympna's Dispatch

This morning (the shortest day of the year) bright and early I was struck by the beauty of the waning crescent moon and solo bright star by its side. It brought a smile to my face and I realised how lucky I am to be here. Finding beauty and happiness in life's little pleasures is uplifting and accessible to everyone.

Some of you may be aware that I permanently reduced my hours with MDA in March to pursue further study within the neuromuscular field. I am now working 10 hours in the fieldworker role. I will continue to serve the Wairarapa, Wellington, Hutt, Kapiti and surrounding regions area. I am no longer able to service our members in Taranaki and Whanganui. I am honoured to have met and worked with you over the years. As I'm still working in the branch, our paths will probably cross again.

I would like to organise a morning tea in Wellington and the Hutt over the coming months. Please contact me if you are interested in assisting and/or attending.

Thanks to everyone for your kind words and best wishes in my new ventures. I wish you well as the winter approaches. Keep protected with a flu vaccination, limiting exposure to cold winds and infections.



Penny's Press

Hi MDA families,
Winter is definitely upon us now, and I'm sure wherever you live you have felt the effects of some of the icy blasts moving up the country in recent weeks.

As a team, everyone in the Wellington Branch Office have been busy planning future fundraising events, as well as looking ahead to our appeal month in September. During September in Hawkes Bay we are putting together a 'Funny Money Casino Evening' to blow away election day blues – or celebrate, depending on who you are backing! We're also have a 'Fathers Day Sailing event planned in Napier, and you can expect me to make contact about that so be prepared to put names down for that event. Another event we are planning is a sausage sizzle at the Hastings 'Bunnings' hardware store. I'll let you all know the date when it's confirmed. Don't be shy to volunteer and help out on the day, all offers of help are welcome!

Stay warm and safe, and I look forward to seeing more of your smiley faces very soon.



Freedom beyond limits

Support Kiwis living with neuromuscular conditions.

Freedom Campaign

Celebrate Freedom with the Muscular Dystrophy Association of New Zealand (MDANZ) this September, and help us to raise awareness and vital funds for local services. We will be launching our campaign on Thursday the 7th of September, to coincide with Duchenne Awareness Day. We will conclude our campaign with a nationwide street appeal on Friday the 29th of September.

Campaign Objectives

The objectives of this campaign are to raise awareness, raise funds and engage with our members. We want to start a conversation amongst our members, and all New Zealanders, asking, "What does Freedom mean to you?" For our members these may well centre on everyday freedoms that can easily be taken for granted, like driving their own vehicle, living independently in their own home, making a cup of tea or cooking a meal, to broader concepts like having a career and relationships, or parenthood. There are many ways you can get behind MDANZ during the month of Freedom;

- ⇒ Volunteer to Fundraise for your local branch
- ⇒ Display one of our donation boxes in your workplace
- ⇒ "Like" us on Facebook
- ⇒ Share a picture or video on our facebook page talking about what freedom means to you
- ⇒ Challenge your friends and family to go without something they can't live easily without—like an electrical appliance, their car, or mobile phone for the day—if they can't they need to make a donation to your local branch or MDANZ
- ⇒ Hold a Freedom party
- ⇒ Buy a unique gift from MDANZ—we have limited edition Freedom merchandise for sale

Who is the Muscular Dystrophy Association?

MDANZ is a member-led New Zealand not for profit organisation that provides information and practical support to individuals and families affected by rare, muscle wasting neuromuscular conditions. We are almost fully reliant on fundraising and donations to continue our work in the community.

What are Neuromuscular Conditions?

Neuromuscular condition is a broad umbrella term that describes a variety of progressive muscle disorders, many of which are genetic and therefore impact families and whanau. Symptoms can appear at birth or later in life. They can be unpredictable and there are very few treatments available.

To find out more about neuromuscular conditions or MDANZ, visit www.mda.org.nz.

Whole month of September is Charcot Marie Tooth Awareness Month

September 7th—Duchenne Awareness Day

September 30th—LGMD Awareness Day

TO ALL OUR SUPPORTERS

THANK YOU

The Lion Foundation

COGS

National Lottery Board

The Pub Charity

Thomas McCarthy Trust

John Bereford Swan Dudding Trust

Mazda Foundation

Jack Jeffs Charitable Trust

Eastern & Central Charitable Trust

Community Post

Esme & Tom Tomleson Charitable Trust

Four Winds Foundation

Trust House Foundation

Hutt Mana Charitable Trust

Community Post

Star Buddy Charitable Trust

Infinity Foundation

Pelorus Trust

Pub Charity

Southern Trust

Hot Yoga Wellington

Caffiend Petone



Introducing your Branch Team including our Branch Chairperson

Left to right we are:

Elizabeth McCallum, Office Manager;

Penny Piper, Hawkes Bay based Fieldworker;

Annelize Steyn, Wellington Branch Chairperson;

Dympna Mulroy, Wellington based Fieldworker