



Muscular Dystrophy
New Zealand
Northern

Muscular Dystrophy

Northern

ISSUE 51

JULY 2020

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CC29049

Join us on Face-
book!

[http://
www.facebook.co
m/#!/profile.php?
id=100000800815
656](http://www.facebook.com/#!/profile.php?id=100000800815656)

Mid-Winter Lunches

Join us for some mid-winter lunches to meet and socialize with other members and their families:

Saturday 18th July 12pm—
Rotorua Citizens Club, 1146
Rangiuru Street, Rotorua.

Sunday 26th July 12pm—
Swanson RSA, 663 Swanson
Road, Swanson.

Sunday 2nd August 12pm—
Hamilton Workingmen's

Club, 43 Commerce Street,
Frankton.

Saturday 26th September—
meet at 3pm for a walk
around the Town Basin (wear
lime green) followed by din-
ner at 6pm—Whangarei RSA,
9 Rust Avenue, Whangarei.

Menus and costs all available
online.

Please RSVP to
Denise@mdn.org.nz.



September Appeal

September is [MDA National Muscular Dystrophy Awareness Month](#).

The MDANZ's awareness drive includes **#30DaysofStrength**, a fundraising campaign aimed at supporting our four national branches, the Bradley Jenkin Memorial fund, engaging educational events, and other year-round efforts.

During September, campaign supporters can either [donate](#) or start their [own online fundraiser](#), personalising it with a declaration of their intent to reach a 30-day goal and their own per-

sonal choice of where the funds go.

For example, a supporter may dedicate to cooking a new meal nightly for 30 days while helping the MDANZ advance innovations in research and advocacy through sponsorship of that goal.

As part of #30DaysofStrength, MDANZ is seeking to spark social discussions by featuring stories highlighting the willpower and goals of those living with neuromuscular disease. Each week in September, we will also highlight someone whose mis-

sion it is to transform patients' lives. The launch begins with [World Duchenne Awareness Day](#) observed annually on September 7 2020 and ends with Limb Girdle Awareness Day on the 30th September. We are also looking for members and family/whanau who would like to tell their story via our social media channels so that we can educate and inform people about the realities of living with a Neuromuscular Condition.

If you would like to be involved please email Natalie on ea@mda.org.nz.

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From the Chair..

Well here we are on the other side of Covid 19 lockdown. I hope everyone is doing ok and are feeling a little better after the lockdown. I feel this Covid 19 pandemic has opened up a few new ways of how we can work with our members using digital technology.

The pandemic has seen a strain on funders and donors so we are going to be looking at different fundraising ideas. Attached with this newsletter is our annual membership donation form, please remember to update if there have been any changes so we have the most up to date contact information for you. Also please remember any

donation you make to MDN is gratefully received and all donations over \$5.00 are tax deductible.

We have a few events happening from July through to our appeal month in September so I do hope to meet up with members at these events around the Northern Branch area.

Most of you will have now heard that I have resigned as National Executive Chairperson for the National Association but I remain as the Northern Branch Chairperson and Northern Branch Rep on National Council which now frees me up to concentrate on the branch.

We are always interested in getting feedback from members on events and fundraising ideas so any suggestions are welcomed.

Sadly, due to uncertainties with funding we have had to cancel our annual camp but we are hoping we can have another one next year.

I will leave it here for now please be safe and remember we are here for you our members so please feel free to make contact with either our branch office or directly with myself :

chairperson@mdn.org.nz or
021 267 4380.

Kind regards
Trevor Jenkin

News & Views

Youth Group

Are you aged 18-25 years and would you be interested in meeting up with other members for the occasional social outing? If you replied 'yes' please let us know. We are looking at an initial event in Auckland to start things off.

Parent Project Virtual Conference

WEDNESDAY, JULY 22 –
SATURDAY, JULY 25

Welcome to PPMD's 2020
Annual Conference – Virtual
Edition!

This is an extraordinary time for our global community, as we slowly begin re-emerging from the COVID-19 pandemic. During this time, our always resilient community continues to inspire and energize PPMD.

[https://
www.parentprojectmd.org/
get-involved/attend-events/
annual-conference-2020-
virtual/](https://www.parentprojectmd.org/get-involved/attend-events/annual-conference-2020-virtual/)

Awareness Days

FSH—20th June

Myotonic Dystrophy—25th
July

CMT—all of September
Duchenne—7th September
Myositis—21st September
Ataxia—25th September
Limb Girdle—30th September

Hamilton Coffee Group

The Hamilton coffee group meets every second Wednesday at 10.30am at Palmers Garden Centre Café, Rototuna. Next meeting 8th July.

All welcome!