



## MUSCULAR DYSTROPHY QUEENSLAND

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### INTRODUCING MUSCULAR DYSTROPHY QLD'S SPORT & RECREATION SUPERSTAR AWARDS

Our new Sport & Recreation Coordinator, Jean-Paul, would love to share some of your special sport and recreation achievements so we have created our **Superstar of the Month Awards**. In each client update we will highlight people who are achieving great things in sport and recreation. If you have a special achievement or a fun recreational experience that you would like to share, please let us know.

#### MARCH SUPERSTAR!

#### MAX MACOURT: SHINING AT THE STATE TITLES!

**Sport:** Boccia

**How did you first get involved in Boccia?:** Muscular Dystrophy Queensland organised a demonstration game in 2012 which I went along to. My first throws were pretty good and John Kavanagh, who was the Queensland State Coach at the time and J-P encouraged me to come along to the Brisbane City club night.

**Boccia Highlights:** The State Titles and making it through to the finals - and winning silver!

*Max was recently selected on the Junior Queensland Boccia Team to compete at the 2014 Boccia Australia Championships in Narabeen, NSW after Max finished second in the recent Queensland State Titles. It's a fantastic effort by Max for someone who has only played the sport for such a short time. The Boccia Australia Nationals will be held in May.*

**Future Goals:** The next big thing for me is to go to the Nationals in Sydney (where I was born!) and play in some more competitions. One day I would like to play for Australia, for now I'm just learning from the more experienced players and the coaches.

**What do you like most about playing boccia?:** I like the laughs we have at training with Rob our coach, and I like playing my part in the team events. I've made many new friends and I look forward to seeing them each week.

**Comments from Max's family:** We love going to watch Max play and we are really pleased how much he is enjoying being part of an organised sport, who knows where he might end up playing in the future? We've also made some great friends and we get to share experiences (like assembling wheelbarrows and cooking sausages to raise funds). The inspiring thing is that the club members always cheer each other on and clearly enjoy the success of their team mates as much as their own achievements in the sport.

For more information about joining a Boccia club or how to get involved as a player, referee or volunteer, please go to the Boccia Australia website at <http://www.boccia.com.au> or contact Robert Marshall (President of Boccia Australia) on 0413120290. Otherwise you can contact our Sport and Rec Coordinator Jean-Paul LaFontaine on 3243 9700 or email [jean-paull@mdqld.org.au](mailto:jean-paull@mdqld.org.au)

#### INDIVIDUAL GOALS

At the beginning of each year many of us think about "new years resolutions" and try to plan for the year ahead. If you have goals that you would like to achieve over the coming 12 months and would like some help with planning, please contact one of our Caseworkers. Nicolas and Maryanne will be happy to help you organise a plan to achieve your goals.

Please remember that our caseworkers only contact you at your request or if we feel there is something to share that will be of particular relevance to you. If you ever need any assistance, please do not hesitate to contact us.

## RED BOW DAY

Muscular Dystrophy Queenslanders celebrate our Red Bow Appeal every year in March to raise money and awareness of muscular dystrophy. Each year this campaign is kicked off by the girls from All Hallows School in Brisbane with the year 11 students taking to the streets of Brisbane with merchandise and donation boxes. This year they raised a record \$19,604.65! We are extremely grateful to All Hallows School for this amazing support.

Many businesses from all around Queensland have been collecting donations throughout the month and we have also had clients and local businesses hosting morning tea's for Muscular Dystrophy. A big thankyou to everyone who participated!



## DID YOUR KNOW? - SPECIAL DISABILITY TRUSTS

Since 20 September 2006, families have been able to establish a Special Disability Trust, which attracts social security means test concessions for the beneficiary and eligible contributors. The purpose of the trust is to assist immediate family members and carers to make private financial provision for the current and future care and accommodation needs of a family member with severe disability and receive means test concessions.

Detailed information on Special Disability Trusts can be found on the Department of Social Services website: [www.dss.gov.au/our-responsibilities/disability-and-carers/program-services/special-disability-trusts](http://www.dss.gov.au/our-responsibilities/disability-and-carers/program-services/special-disability-trusts)

Also available on this website is **The Special Disability Trusts: Getting things sorted booklet** which includes information on: planning for the future, taking account of disability issues generally, how families can use trusts to provide for family members with disability, and availability of concessions from social security and veterans' entitlement means tests for beneficiaries and eligible family members establishing a Special Disability Trust.

### WHAT'S ON



27 April 2014

**Sensory Movie Day**  
**Walking With Dinosaurs**  
see page 2 for a cinema near you

18 May 2014

**Hog Ride**  
Leaving from Morgan & Wacker,  
Newstead

25 May 2014

**Sensory Movie Day**  
**Mr Peabody & Sherman**  
see page 2 for a cinema near you

## DISABLED ACCESS AWARENESS GROUP

Graeme Mathieson and Michael Pullen are the Directors of the Disabled Access Awareness Group, run as a voluntary advocacy group for help in accessing businesses, council, and issues to do with safety throughout the Sunshine Coast and beyond for able or disabled members of the public.

There are many members of the public that do not have the ability, or know how to contact the relevant authorities when it comes to access, safety or other concerns.

The Disabled Access Awareness Group are not an advisory group but simply act as an advocate for the public on issues that affect them on a daily basis.

They can be contacted by email on [disabledaccessawarenessgroup@yahoo.com.au](mailto:disabledaccessawarenessgroup@yahoo.com.au)

## YOUR LIFE YOUR CHOICE

New resources are now available to support the implementation of Your Life Your Choice on the Pearls of Wisdom webpage: [pearl.staffingoptions.com.au](http://pearl.staffingoptions.com.au)

Topics covered include:

- What is self direction?
- Planning for supports and services.
- Engaging your own staff.

## SCOOTER FOR SALE

Ann Carter has a Picolo folding aluminium scooter for sale. It is easy to fold, light weight (only 27kgs) and strong. Suitable for a person up to 125kgs and is certified for air travel. This scooter is in near new condition and is worth \$4,200 (new price). Ann is asking for \$2,800. If you are interested please call Ann on 0414 652 364.

If you have equipment that you would like to sell or give away, please let us know and we will advertise it for you in our newsletter.



## SUNSHINE COAST RECREATION DAYS

Muscular Dystrophy Queensland hosted our first Pamper Day at Caloundra on 27 March thanks to some generous funding from the Sunshine Coast Regional Council. Though the weather was wet and wild outside, the 12 clients who attended were pampered and relaxed - enjoying reflexology, massage, manicure, lifestyle coach and henna tattooing.

The weather did pose a bigger problem for the fishing day and unfortunately it had to be postponed until further notice.

With so many people showing an interest in attending the pampering and fishing days we would love to be able to offer them in other regions around Queensland as well. We will be looking for funding opportunities and services around the state so that more of our clients will be able to enjoy a great day out.



## TELECONFERENCE WITH SENATOR SUE BOYCE



Senator Boyce was our Guest Speaker for our NDIS live teleconference on Wednesday 2 April where she gave an overview of the National Disability Insurance Scheme (NDIS) and confirmed that it will be proceeding and is scheduled to be rolled out in Queensland from 2016-2019. She encouraged everyone to ignore all the speculation through the media and confirmed that the Capability Review will be undertaken of the National Disability Insurance Agency (NDIA) so that it can improve the quality of its services. This review is not to delay the roll out but to ensure the integrity of its systems and processes. The Senator has been working tirelessly to support the NDIS and, in particular, to showcase Scott and Daniel Harry's story of self-direction.

We were delighted at the level of engagement in the conversations by participants who were present for the teleconference, including Scott and Daniel, who shared their stories as well as their experiences which gave hope that the NDIS will give people with disabilities control and choice.

If you would like to listen to this teleconference it will be uploaded onto [www.mdqld.org.au](http://www.mdqld.org.au) by Friday 11 April. CDs are also available upon request.

*Muscular Dystrophy Queensland would like to thank Senator Sue Boyce for her valuable contribution as Senator for Queensland and wish her all the very best for her future endeavours as she leaves the Senate on 30 June 2014.*

## SENSORY MOVIE DAYS

"Sensory Movie Day" was created for Families with Special Needs. Children are free to try every seat, lighting stays on dim. Fire exit doors are monitored for those escape artists. This movie experience is a positive, non-judgemental experience. Free membership cards are required to purchase tickets, which can be handed out on the day of the screening. Tickets cost between \$6 and \$8 depending on the venue, children 2 years and under are free and companion I.D. cards are accepted.

Venues: Morayfield Birch Carroll & Coyle  
Maroochydore Birch Carroll & Coyle  
Capalaba Birch Carroll & Coyle  
Browns Plains Event Cinema

Ipswich Birch Carroll & Coyle (Tickets only \$6 each)  
Coolangatta Birch Carroll & Coyle  
Bundaberg Reading Cinemas (Start time 1.30pm)  
Lismore Birch Carroll & Coyle



"Walking With Dinosaurs" - 2pm Sunday 27th April

"Mr. Peabody & Sherman" - 2pm Sunday 25th May

Movie changes are possible due to unforeseen circumstances.  
Contact Chanelle Avison [sensorymovieday@hotmail.com](mailto:sensorymovieday@hotmail.com) or phone: 0422 416 509.



## APRIL SUPERSTAR!



### TRACEY JACKSON: RIGHT ON TARGET!

**Sport:** 10 m Air Rifle Target Shooter

**How did you first get involved in Shooting:** I have always had a secret love for guns, big ones or small, anything with fire power. I had only ever shot one rifle in my life before this and loved it. So when MDQLD sent me a notice for a "come and try" weekend at Belmont Shooting Range last year I accepted with much excitement and anticipation. I had set my mind on shooting pistols however when I got to try one I found it way too heavy for me. I was devastated because I so badly wanted to shoot. The assistant Olympic Coach was there on the day and asked me if I would like to try shooting a rifle. I was given a stand to rest the rifle on and fired off half a dozen shots. To my amazement my grouping (shooters talk) was very good, enough to impress the Olympic Coach. He asked me if I would be interested in coming back and getting involved in shooting as a competitive sport and well the rest is history. I haven't stopped since that day and I love it so much.



**Shooting Highlights:** Winning a bronze medal in my first interstate competition in Sydney last year competing against Olympic champions; Becoming Queensland State Champion in late 2013 and achieving 3 personal bests and 2 bronze medals at the International Grand Prix Sydney in February this year. I also love it when strangers approach you at the airport to ask about your medals (which I always wear home...if you've got them, why not show them to the world) and ask if they can have a photo with you to show their family. Now I would have to say that's pretty cool!

**What are your future goals:** My future in this sport is up to me and how hard I want to work at becoming the best in the world. I have my sights set on the Paralympics in Rio 2016 but first I need to qualify and that is my aim for this year. There are 8 qualifying tournaments that I must attend this year to get a ranking. I have shot in 2 thus far and I'm improving with every shot. I am currently ranked 4th in Australia and am the only female in my classification (SH2) shooting in Australia.

**Why do you love shooting?:** Whether it's for fun or in competitions, club shoots or interstate this is the best thing I have ever done. I thought my calling was in drag racing (another story in another life) now I would have to say shooting is my calling, fancy finding this out so late in life - not that I'm old! I just mean with my inability to do things as well anymore, I find shooting and I'm rather good at it. Not to mention I LOVE IT. Shooting has opened a door for me to enjoy myself with people that have a love for the same thing as me. Other people see me as just another person and not the disabled person in a chair. I find shooting a way to de-stress and even though competitions are stressful, when I shoot I'm in my own little world and I find it relaxing and yet very exciting at the same time. I can't wait to get to training every week and wish I could do it full-time.

**Observations and Obstacles:** Since getting the chance to travel around Australia, something I haven't done much of in my life, I have found flying really easy. The airlines are very good when it comes to people like us (special), you just have to ask and so far I haven't had a problem. Now, finding accommodation, well that's not so easy. When you're looking for a room always call and ask for photos - especially of the bathroom because some places haven't got a clue.

You're probably wondering how I manage funding my travel on a pension. I am always looking for grants to help in any way. Last year I received a grant for my shooting jacket from Sporting Dreams Foundation. I am also a member of the Sporting Wheelies Association who help with travel and uniform expenses. There are other grants out there and I'm always on the look out for them. At the beginning of the year I sat down and worked out my schedule and estimated costs then I went looking for grants etc. and put together a budget for the year. It's always good to be prepared.

For more information on joining a rifle club or how to get involved as a player recreationally or at a competitive level, to referee or volunteer, please go to [www.paramount.org.au](http://www.paramount.org.au) or contact Bill on (07) 3847 1300 . Otherwise you can contact our Sport and Rec Coordinator Jean-Paul LaFontaine on 3243 9700 or email [jean-paull@mdqld.org.au](mailto:jean-paull@mdqld.org.au)

### FRIEND REQUEST

Are you on Facebook? If so, please "like" our Muscular Dystrophy Queensland Facebook page and keep up to date with all the latest news from MDQld. We love to share your news too - so let us know if you have something you would like to share.

