

# Supporter Newsletter

## Festive Appeal 2024

**Bring a little joy.**  
Your help changes lives this festive season



### A message from our CEO

People living with neuromuscular conditions, like many living with a disability, are often excluded from participating in many areas of life.

That why as well as providing NDIS plan management, support coordination, and allied health services, MDQ also provides free charitable services - including our Infoline, advocacy, social support, equipment loans, extended care, and more - that rely entirely on the generous support of donors and philanthropic partners just like you.

Your donation, large or small, will enable us to support some of our most vulnerable community members when they need it most this festive season. Your regular gift, or lasting gift in your will, enables us the flexibility to plan, for now and for the future, and to respond to unexpected needs.

All the very best wishes for a safe and happy festive season. Thank you for being part of our generous community. **We're stronger together.**

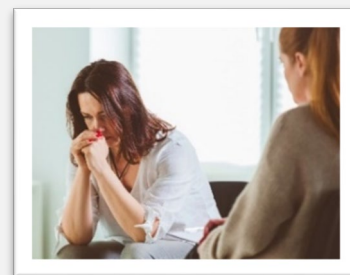


Penny Deavin  
CEO

### Are you able to bring a little joy this festive season?

The festive season is traditionally associated with joy and family gatherings, adorned with lights and decorations, carols, and presents. However, for many of our community members living with neuromuscular conditions, like the Wilson family, experiencing social isolation and stress at this time of year can be far too common.

Every relationship can be impacted after a family member receives a life-altering diagnosis. Rates of divorce are incredibly high for families dealing with neuromuscular conditions. And the festive season brings many of the impacts of such family unit break downs to the fore. Sadly, the Wilson family are not alone, as the number of people living with neuromuscular conditions is at least as high as Parkinson's disease and twice that for Multiple Sclerosis.



Our free charitable services, from our Infoline to our social support, counselling, equipment loans, and more, rely entirely on the generous support of donors and philanthropic partners like you. Help bring a little joy this festive season. Find out how you can get involved or donate now at [mdqld.org.au/donate](https://mdqld.org.au/donate).

### Sunshine Coast Lunch



Thanks to our wonderful Sunshine Coast community for joining us for lunch at the Banana Bender Pub last month. It was a lovely opportunity to meet and reconnect the team and local members. Our free community events, like this, are only made possible thanks to the kind support of donors like you, enabling our members to catch up in a safe and friendly environment with others with similar lived experiences to feel more connected. Get involved or donate now at [mdqld.org.au](https://mdqld.org.au)

### Thanks for taking on the challenge

Thank you to everyone who took on the challenge in our Ride Walk Roll event to achieve an exercise goal and fundraise. Ride Walk Roll would not have been possible without the support of our major sponsors Incito, KND Digital Performance, and prize sponsors Bowe Cycling Apparel and Active Truth Activewear. A big shout out to our ambassadors, event founder Chris Wiles, and actor Eloise Rothfield along with our top fundraising teams the Walkie Talkies, Hugos Hero's, Lindsay's Loafers, and our very own Team MDQ.

Check out how much our challenge raised at [ridewalkroll.org.au](https://ridewalkroll.org.au) as we were still receiving your kind donations going to print! You can also find out about other fundraising events at [mdqld.org.au](https://mdqld.org.au)



We're stronger **together**

[mdqld.org.au](https://mdqld.org.au)

## Eloise Rothfield's picking up the phone for MDQ

MDQ is excited to announce rising Australian actor, Eloise Rothfield kindly agreed to pick up the phone and get moving to help raise awareness and funds for local people living with neuromuscular conditions as our new charity ambassador.



Acclaimed for her breakout role, Eloise played the young Shelly Huffman when she is first diagnosed with muscular dystrophy in Netflix's Logie award-winning *Boy Swallows Universe* limited series based on Trent Dalton's award-winning novel.

When researching for the role, Eloise could find little representation in film or television of anyone living with neuromuscular conditions and the experience made her determined to find ways to support.

Some of you may have seen on our socials and websites that Eloise was part of our MDQ Ride Walk Roll team and kindly joined us at our community launch event. Find out more about our wonderful MDQ Ambassadors and Patron at [mdqld.org.au](http://mdqld.org.au)

## Join us for the final Ray White Surfers Paradise Gala

Our event partners, Ray White Surfers Paradise have let us know that after more than 25 years hosting this wonderful event, this year's event will be their last gala. Join us for this **not to be missed** event with limited table sales and individual tickets still available.

**What** 3 course a la carte dinner + beverages + entertainment

**When** 7pm until late on Saturday, 19<sup>th</sup> October 2024

**Where** The Star Gold Coast Event Centre Ballroom

**Tickets** [rwspevents.com.au/](http://rwspevents.com.au/)  
[rwspevents.com.au/](http://rwspevents.com.au/)



## Join a Community Fundraising Event

It's becoming more and more popular to get involved in large community events, like the Bridge to Brisbane, Brisbane Marathon Festival, Gold Coast Marathon, Sunshine Coast Marathon, 7Cairns Marathon Festival, Somerset Rail Classic, GC50 Run Festival, and more.



But did you know you're able to nominate MDQ as your preferred charity of choice for any sponsorships or donations you receive?

Find out more about how you can join a community fundraising event and Make a Move for MDQ today at [mdqld.org.au](http://mdqld.org.au)

## Young adults' dinner

At our recent young adult's dinner, one of the boys, a current university student, mentioned to Pene Hodge, MDQ's GM Community Services that he had never meet another person with muscular dystrophy before.

He has DMD, and all his friends are, as he said, able bodied. He and other attendees thoroughly enjoyed the evening.



MDQ's free community events, like this one, are only made possible thanks to the kind support of donors like you, enable our members to lean into others with similar lived experiences and to feel less alone and more connected. Find out how you can get involved or donate now at [mdqld.org.au/donate](http://mdqld.org.au/donate)

## Providing a breath of hope



Thank you for your kind support of our winter appeal raising funds for our free equipment loans, including cough assist machines to help this flu season and beyond. Thanks to your kind support, along with a Gambling Community Benefit Fund grant, MDQ was able to purchase eight machines and extend our important free charitable services.

## Phasing out cheques

Many banks and financial institutions have already been assisting their customers with moving away from using cheques, in line with Federal Government requirements. It is best to discuss your options with your local branch in the first instance.



MDQ recognises that this change in payment methods may be confusing or difficult for some people. That's why we have included several options for making your donation or purchasing lottery tickets. Please do not hesitate to contact us if you would like any assistance on 1800 676 364.

## Is 13 your lucky number?

Don't miss your chance to **win \$13,000** with our Lucky 13 Lottery #114 closing black Friday, 13 December. Take a break, buy a car, make a home improvement, or have an adventure. Change your life and others! Tickets for as little as \$13 each are selling fast. Buy 3 for \$39 and get one free! It's win/win!

Plus, join our auto supporters club and win a bonus \$1,300. Get your tickets today at [lucky13.org.au](http://lucky13.org.au)



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