



**MUSCULAR DYSTROPHY  
QUEENSLAND**

1149 SANDGATE RD, NUNDAH  
(07) 3243 9700 • 1800 676 364

**MOVING TOWARDS THE NDIS**

There has been a lot of talk in recent times about the adoption of a new National Disability Insurance Scheme. There are trial sites around Australia. In Queensland our State Government is already rolling out the Your Life Your Choice self-directed support framework that will position Queenslanders for the implementation of an NDIS. This initiative gives people with a disability, their families and carers greater choice and control over the services they receive and who delivers them.

Muscular Dystrophy Queensland is a registered host provider for YLYC, so if you have recurrent funding and would like to know more about joining, come along to one of our YLYC workshops (see info p2).

The NDIS should provide Australians with disability much more choice and control over the supports that they receive and eligible Queenslanders with a disability will start entering the scheme from 1 July 2016. It will be progressively rolled out in Queensland so that by 1 July 2019, all eligible Queenslanders will be covered.

Muscular Dystrophy Queensland is very conscious that times are changing and we will need to change as well to ensure that our organisation is available to assist you as we transition to the NDIS and beyond. We will continue to provide case work including timely information, advice and referral via our MD Helpline which will be available Mon-Fri 9am till 5pm on 07 3243 9700 or 1800 676 364.

We are also still committed to providing long term loans of hi-lo beds and assisting with repairs of vital equipment. Our client services team will help with other requests for assistance and practical supports where possible or will offer other options.

**YOUR CLIENT SERVICES TEAM**

With the changing times there has also been some necessary changes to the team at Muscular Dystrophy Queensland. Although these changes will mean that you may no longer be dealing with the caseworker that you are used to, we will continue to assist you through the MD Helpline and our extended client services team. We welcome your feedback during this time of transition. As from Monday, 10 March 2014, your client services team will be:



**Client Services Manager:** Susan Ball will oversee the team and provide back up support including working alongside clients with high needs. Susan will also be supporting the continuation of community networks.



**MD Helpline:** Caseworkers Nicolas Velez and Maryanne Dover will be available to offer information, referral and advice. If you need our assistance, please do not hesitate to call and we will help in any way that we can.

**Support Staff:** Marianne Hall, Ondrea Hornsby and Suzi Zahnow will provide admin support to the client services team. They will be the first point of contact when you call Muscular Dystrophy Queensland and they will transfer you to a caseworker on the MD Helpline.



**Sport & Recreation Coordinator:** Jean-Paul La Fontaine has taken on the role of Sport & Recreation Coordinator after the departure of Jeremy Synot. He looks forward to expanding the sport and recreation programs and opening up new opportunities for our clients. J-P will also be assisting with Your Life Your Choice.



**YLYC Coordinator:** Kim McNab can assist you with all Your Life Your Choice enquiries. She will also be assisted by Jean-Paul La Fontaine in this role.

## FAREWELL

'Bon Voyage' to Tien Nguyen who has been the Case Worker for Brisbane South and Central Queensland and who will be leaving us on the 7th of March to travel through Europe and Central Asia.

Vanessa van der Werff who was the Case Worker for the Gold Coast and Far North Queensland finished on the 18th of February.

Jeremy Synot, our previous Sport and Recreation Coordinator has decided to go back to full time study and finished on the 21st of February.

We have valued their contributions to Muscular Dystrophy Queensland and we certainly wish them all the very best in their future endeavours.

### WHAT'S ON



**7 March**  
**Red Bow Day**

**22 March**  
**FSHD Support Group Meeting**  
Lifetec, level 1 Reading Newmarket  
Cnr Newmarket & Enoggera Rds

**24-25 March**  
**Disability Conference**  
Brisbane Entertainment Centre

**27 March**  
**Sunshine Coast Pamper Day**  
Caloundra RSL  
19 West Terrace, Caloundra

**27 March**  
**Sunshine Coast Fishing Day**  
Meeting at Fraser Park Pier  
Golden Beach, Caloundra

**2 April 2014**  
**Teleconference with**  
**Senator for Queensland Sue Boyce**

Call 07 3102 8950 or 1800 246 489  
enter security code 405882#

**10 April 2014**  
**YLYC Workshop**  
Toombul Shire Hall,  
1141 Sandgate Rd, Nundah

**18 May 2014**  
**Hog Ride**  
Leaving from Morgan & Wacker,  
Newstead



### TELECONFERENCE

Join us for our next teleconference on the 2 April at 11am. Our guest speaker will be Senator Sue Boyce, Senator for Queensland. She will bring to us the latest news on the NDIS and what it will mean for Queenslanders with disability.

A copy of this teleconference will be available on our website or can be posted to you on request.

To join a teleconference, dial 07 3102 8950 or 1800 246 489 then slowly enter security code 405882# and you will be connected.

### YOUR LIFE YOUR CHOICE WORKSHOP

*Have you been hearing the term 'self directed' but aren't sure what it's all about?*

Muscular Dystrophy Queensland is having a presentation for clients with recurrent funding on what self direction is and the services Muscular Dystrophy Queensland provides as a host provider under the Your Life Your Choice program.

**Date:** Thursday, 10 April 2014

**Time:** 10 am - 12 noon

**Venue:** Toombul Shire Hall, 1141 Sandgate Road, Nundah

**RSVP:** Please RSVP to Kim McNab by Tuesday 8 April on (07)3243 9700 or email [kimm@mdqld.org.au](mailto:kimm@mdqld.org.au)

There is a loading zone just up the road from the hall in front of the Department of Communities, next door to our new office at 1149 Sandgate Road and there is some parking in the cul-de-sac at the end of Danby Lane (next to the hall). Alternative parking is also available in Nundah Village (Woolworths) off Buckland Road where you can park free for 3 hours. The hall is an accessible 5-10 minute walk from either Toombul or Nundah railway stations.

If you would like to come, or would like some further information, please contact Kim McNab on 07 3243 9700 or email [kimm@mdqld.org.au](mailto:kimm@mdqld.org.au)

## RED BOW APPEAL

Our annual Red Bow Appeal will happen in March with Red Bow Day on Friday 7 March. Each year this campaign helps us raise awareness and generate much needed funding so that we can continue to support people across Queensland with muscular dystrophy or other neuromuscular disorders.

Would you like to get involved?



- Host a morning tea for muscular dystrophy - raise awareness and money by hosting a morning tea in your home or workplace.
- Collect spare change - we have disposable collection boxes available for you, your family members and friends to collect your spare change during the month of March.
- Volunteer your time - maybe you would like to collect donations and sell merchandise at your local shopping centre.

For more information please contact Samantha on 07 3243 9700 or email [samanthab@mdqld.org.au](mailto:samanthab@mdqld.org.au)

## CEO RICK CARR ACCEPTS THE WHEELCHAIR CHALLENGE

Our CEO Rick Carr will be winding up the Red Bow Appeal and honouring International Wheelchair Day by spending a day in a manual wheelchair. On Friday 28 March he will experience some of the challenges that many of you face on a daily basis, hoping to promote community awareness and raise some money for our Red Bow Appeal.

You will be able to see how he fares and offer encouragement and support on our facebook page - so if we are not already "friends", please "like" our Muscular Dystrophy Queensland Facebook page and keep up to date with all the latest news.



## NDIS WEBINAR

The National Disability Insurance Agency (NDIA) presents the third NDIS Webinar on the theme 'A Strong Voice: Self Advocacy'. This interactive webinar will take place on Thursday 27 February at 12:00 midday (EST). Please join us online.

'A Strong Voice' will focus on self-advocacy, and how people with disability take control of their own lives to speak for themselves with greater confidence. Our panel of guests will discuss ways that self-advocacy has helped them to make informed choices about their reasonable and necessary supports and achieve their personal goals as valued, contributing and included members of the community. Strong self-advocates will bring stories from their own lives and share with you their insights into self-advocacy as part of a panel discussion. Our guests will answer your questions about how to build self-advocacy into your own life.

The NDIA invites people with disability, family members, carers, advocates, support providers and community members to join the discussion online and contribute to the conversation. Please register your attendance at [engagement@ndis.gov.au](mailto:engagement@ndis.gov.au) or phone 1800 800 110. A link to join the live event will be provided closer to the day

Send through your questions to [engagement@ndis.gov.au](mailto:engagement@ndis.gov.au) or tweet live on the day using the hashtag #NDISwebinar.

## SUNSHINE COAST RECREATION DAYS

Clients on the Sunshine Coast are invited to attend either a day of fishing on a wheelchair friendly charter boat or a day of pampering. Both of these activities will take place on Thursday 27 March and have been made available by funding from the Sunshine Coast Regional Council.



### PAMPER DAY

Join us for a day of pampering at the Caloundra RSL from 10am - 3pm. We will have a private function room to indulge in some massage, manicure, pedicure, bowen therapy, reflexology and henna tattooing as well as enjoying a lovely lunch together.

### FISHING DAY

If a day of fishing is more your speed, meet us at the Fraser Park Pier in Golden Beach, Caloundra at 10am. We will enjoy a day of fishing from the pier as well as on Sporthand's awesome wheelchair accessible charter boat. All bait, rods and tackle will be provided and we will have a BBQ lunch in the park so you won't need to bring a thing but don't forget to slip, slop, slap!

RSVP to Jean-Paul on 07 3243 9700 or [jean-paull@mdqld.org.au](mailto:jean-paull@mdqld.org.au) if you are interested in participating in one of these events.



## CONGRATULATIONS DOUG!

We would like to congratulate Doug Robins on his awesome performance in the stage show "Propelled" which ran in January at the Jute Theatre in Cairns. The show written about and performed by Doug has received excellent reviews from both audience and critics alike...well done!!

## FSHD MEETING IN BRISBANE

The FSHD Support Group is meeting on Saturday 22 March at LifeTech in Newmarket. Guest speakers will be Dr Uli Schmidt from Genea and senior scientist Dr Meagan McGrath from Monash University who will be presenting on behalf of Prof. Christina Mitchell.

This will be a brilliant opportunity to learn more about FSHD and the work being undertaken at the moment. It is also a great opportunity to discuss information and meet others with FSHD and their families. There is a \$10 charge to help cover venue costs and it is recommended that you bring something for lunch as facilities are limited.

Please RSVP to Leona Kelly 0402771109 or email [leonakelly@hotmail.com](mailto:leonakelly@hotmail.com) by 10 March if you are interested in attending.

## HOG CHARITY RIDE

This year will mark Muscular Dystrophy Queensland's 20th HOG charity ride! Every year, the guys from Brisbane's Harley Owners Group band together to support Muscular Dystrophy Queensland by taking pillions on a day long adventure on the back of a Harley Davidson.

This years ride will be on Sunday 18 May. The day starts at 8:00am with breakfast and registration at Morgan and Wacker in Newstead before leaving on a full day ride with morning tea and lunch provided.

Let your family and friends know about this great day out. Tickets are \$140.00 and are on sale until Friday 9 May unless sold out prior.

Contact Samantha for more information on 07 3243 9700 or email [samanthab@mdqld.org.au](mailto:samanthab@mdqld.org.au)

