

MNDnews

The newsletter of the Motor Neurone Disease Association of Victoria



**CARING
FOR OUR
CARERS**

mnd 
Victoria

Until there's a cure, there's care

MESSAGE FROM THE CEO



Welcome to 2022. I hope that the Christmas and New Year period has been one of relaxation and reconnection for many.

It has been yet another odd start to the year – with the many disruptions and concerns that COVID is still bringing. I hope that your households and families have not been too negatively impacted.

In this Autumn edition of MND News, you will be reading a lot about carers and the support they provide to people living with MND – and the ways in which we at MND Victoria and others provide support to them.

We use the term “carer” as a catch-all for unpaid family members and friends who provide care and support to a person with care needs. Many of these people do not want to be called a “carer” – they are a husband, wife, son, daughter, or friend – who are doing what family and friends do when someone needs help. However, it is a term which we use that is recognised politically and in allied health circles.

Providing unpaid care for a person with care needs is such an important, and very often undervalued role in our community. It is estimated that there are over 700,000 unpaid carers in Victoria alone.

It is so important that carers take the time to take care of themselves as well – to recharge, refresh and stay connected with their social and support networks. If carers become burnt out and unwell themselves, then they become unable to provide the care and support needed by the person they are caring for.

We have recently been able to expand the support we can offer to carers of people living with MND in Victoria, and we are also investigating ways in which we can further improve and expand these supports – you will read about this further on in our newsletter.

We truly value the support we receive from the MND and broader community in raising the funds that assist us to provide care and support – and also to help fund research into care, cause, treatment and ultimately a cure for MND.

We thank the Three Peaks Challenge team who conquered Mt Stirling, Mt Feathertop and Mt Bogong in December and raised over \$116,000. Stirling effort!!

We also thank the Melbourne Men in Property group who raised over \$66,000 for us at an auction held at their Christmas lunch in December. The group chose MND Victoria to receive their donation, in memory of Graham Casson, who you may remember from our 2021 Tax Appeal.

Finally, our thanks also to all of those who donated to our Bucket List Wish campaign over the Christmas and Festive period. We look forward to launching this program in the coming months.

Hoping that 2022 brings us a more COVID-normal year – and more opportunities to catch up with friends and families.

Until there's a cure, there's care.

Kate Johnson
CEO, MND Victoria

MND VICTORIA SAYS THANK YOU



Geelong Softball Association

For its 2021 Fundraiser, the Geelong Softball Association launched 'Strike Out MND' with a range of merchandise in memory of GSA and Ocean Grove Softball Club Life Member and former President, Janine Jewell.

Janine was diagnosed with MND in August 2020 and passed away in May 2021. Janine loved rainbows and coloured windmills in the garden, so a design was created in memory of her with a softball "theme".

Family, friends, Try Boys (where Janine worked for over 30 years) and the softball community purchased merchandise and attended the fundraising night at Stead Park in Geelong.

Sales from the merchandise, MND socks, BBQ and raffle raised over \$3,000 to add to their fundraiser from 2020 - GSA has proudly reached their goal of raising \$10,000.

Heathcote Bowls

Heathcote Bowls Club and the 'Never Give Up' team have done it again. For the past 7 years, on January 26th, the club has hosted a spectacular lawn bowls event that's all about fun and the local community.

The event underwent a slight name change this year to recognise why bowlers and non-bowlers alike come together to raise funds for MND Victoria. The **Dennis Gleeson MND Superchallenge** is a fitting tribute to the man who inspired this event back in 2016. Although Dennis is no longer with us after losing his battle with MND a few years ago, his legacy is as strong as ever.

This year the club hosted around 100 people who enjoyed a few games of bowls, great food and fantastic hospitality, all in the name of raising funds for MND Victoria, so that people currently living with MND can receive the same quality care and support which Dennis received throughout his MND journey. Well over \$7,000 was raised on the day bringing the total since the beginning to a phenomenal \$90,000! The 'Never Give Up' group is made up of many members of the Heathcote Bowls Club who continue to work tirelessly to raise awareness and vital funds to support the work of MND Victoria. We can't say thank you enough!



Go in to Bat for MND

What a weekend of fun, sun, and cricket for everyone!

On the weekend of Friday 11th February - Sunday 13th February, a fundraiser was held at St Andrews Cricket Club in Wantirna, with a sausage sizzle, coffee van, raffle, and special guest appearances from Melbourne Stars WBBL superstars Tess Flintoff and Nicole Faltum, making it an incredible weekend.

Everyone involved really got behind the aim of 'going in to bat for those living with MND', with a phenomenal total of over \$5,000 raised! An awesome achievement from everyone involved.

This event was organised by Ben Cross who, at only 14 years of age, wanted to do something to raise awareness and funds in honour of his godfather, Andrew Barrett, who bravely fought a three-year battle with MND before passing in November 2021. Thank you to Ben and the rest of Team Barrett for your great work!



Christmas Appeal – Bucket List Wish

Thank you to everyone who donated to our 2021 Christmas Appeal. We are very excited to announce that over \$46,000 has been raised!

These funds will be used for our brand new **Bucket List Wish Program**, which will fund a wish for someone living with MND. This new initiative and pool of funds will provide experiences, gifts, or services, to help make a wish come true, and give families a chance to create memories which they can cherish together during an incredibly difficult time.

The Bucket List Wish Program will become available in the upcoming months, and we cannot wait to see what wishes we can grant.

Thank you to everyone who donated to our 2021 Christmas Appeal!

Happy Birthday Ian

There is nothing like a terminal diagnosis to make the passing of the years a miracle that needs to be celebrated.

Ian was diagnosed with MND just three weeks before his 39th birthday. That birthday celebration was muted, as our family struggled to comprehend the implications of his diagnosis. The following year, Ian's 40th birthday party was a true celebration. It was more than a milestone birthday; it was a joyous gathering of family and friends.

And here we are - another four years later - having just celebrated Ian's 44th birthday! I am pinching myself. And as Ian himself observed, "every birthday now is a true reason to celebrate".

In the intervening years, we have not let Ian's MND diagnosis stop us from doing things as a family. We travelled overseas several times in the first two years after his diagnosis - including taking our son to Disneyland. We enjoyed going out to the theatre - before COVID hit! - as well as going to galleries and museums.

Ian received a tracheostomy and has been ventilator-dependent since August 2019. Even that hasn't stopped us. In the last two years, we

have enjoyed the Tyabb Air Show, visited Sovereign Hill, attended outdoor performances, enjoyed many afternoons out at the playground or park. And much more!

I think that it's really important for people to understand that a person's life does not end just because they have received a life-shortening diagnosis. With that in mind, we decided to host a Birthday Extravaganza for Ian. However, how to do so in a manner that would be COVID-safe? Just because the government has decreed that the community should "open up" doesn't mean that we - as a family and friends of a highly vulnerable person - should ignore sensible infection prevention measures. Luckily, we live on acreage, so hosting a large gathering in a COVID-safe manner outdoors could be easily achieved. Similarly, it would be fully accessible for Ian.

And so the idea of an outdoor movie night came about. With catering from a local favourite restaurant, we were all set to host a huge group of friends



- some of whom we have not seen in over a year because of COVID. But then... Melbourne's notorious weather hit! We had to reschedule. Twice! Finally, at the end of January, we got together and celebrated - better late than never.

A big shout-out to the cinema hire company. Not only did they happily reschedule multiple times because of the weather, but they have also extended a very generous offer to the MND Vic community. Frontyard Flicks will offer a 15% discount to MND Vic families who are within the area that they serve.

MND RESEARCH

MiNDAUS PARTNERSHIP

MiNDAUS Partnerships

New MND Registry

Many of you have taken part in the Australian Motor Neurone Disease Registry (A MND R) and this is a precious resource that may be useful for future generations.

A MND R has now been replaced and updated as part of a National Health and Medical Research Council funded project called the MiNDAUS (pronounced MindOZ) Partnership. This partnership consists of a broad Australia wide membership between Clinicians, Clinics, Researchers, and support organisations such as MND Australia, MND Victoria, other state organisations, and FightMND.

This project has created the MiNDAUS Patient and Clinical Registry which not only replaces A MND R but offers something completely new as well.

MiNDAUS Patient & Clinical Registry

We hope that this new Registry will be of direct and immediate benefit for people living with MND and their Carers, as well as important for Neurologists, Researchers, and Health Professionals, to increase the understanding of MND.

The new MiNDAUS Patient Registry allows you to control and update your own information, keep track of your care team, and share your information with the MND Clinic, MND Victoria

Advisor, care provider or a new doctor.

The new MiNDAUS Clinical Registry will hold information collected during clinic visits about your journey with MND so that, in the future, we can try to find out more about:

- * What causes MND?
- * What are the different types?
- * How can we best treat the symptoms?
- * How we can discover effective treatments?
- * Can we find a cure?

A MND R data

The records held in A MND R are retained and will be analysed in the future alongside the newly collected information. Assoc Prof Paul Talman, chair of A MND R, would like to gratefully acknowledge all of the people with MND who took part, and also acknowledge the tireless work of the doctors and nurses at the clinics who contributed data.

To find out more, visit www.mindaus.org (or scan the QR code on the right), contact your MND Advisor, or contact Catherine Hansen, MiNDAUS Operations Manager at e: catherine.hansen@deakin.edu.au or ph: 0467 523 911.



Research at Calvary Healthcare Bethlehem - invitation to get involved

Dr Susan Mathers, Director of Neurology at Calvary Health Care Bethlehem, is undertaking a research project titled "Identifying and Responding to the Health Literacy Needs of People Living with MND/ALS (Finding Clear and Useful Health Information about MND/ALS)". The project aims to find out how easy or difficult it is for people with MND to find, understand, and make use of information about managing their life with the disease. Specifically, what help do these people, together with their families or carers, need to make the decisions which are best for them?

In this project, Dr Mathers hopes to recruit up to 350 people (including those living with MND and their families or carers) to complete some short online questionnaires.

To complete this survey, please visit hsu.imb.uq.edu.au/mnd-health-literacy or scan the QR code on the right.

For more information, contact either: the CHCB Study Research Nurse at ruth.krasniqui@calvarycare.org.au or ph: 03 9595 3294; or MND Victoria Education Team at e: info@mnd.org.au or ph: 03 9830 2122



We are pleased that this research has been funded by MND Research Australia via the Victorian Superball Grant.

LIVING BETTER

Carers' Tips and Tricks

We all care for others, don't we? But when do we become carers? Possibly when we're doing things for our loved ones that other people don't have to do, even when we're doing it willingly and out of love. And that's when it's good to recognise the change in role and seek some support for this new role.

Top 10 Tips

1. **Be kind to yourself** – take that opportunity to catch up with a friend for coffee, do that art class, go to the gym. Whatever it is that fills your cup, do it; and if you find you can't, reach out for some support.
 - * Check out the funding for Carer Respite - fancy words for taking a break.
 - * Come to a Carers Wellness Relaxation Day.

Carer Respite Funding

MND Victoria has been successful in receiving short term funding from the Victorian Government's Support for Carers Program to fund respite services to support Victorian carers of people with MND. This funding is available until 30th June 2022 and is available for carers in Victoria. It is limited to a maximum of \$2,000 per carer and is dependent on funds still being available.

So, if a massage, a pottery class, or a night away sounds like something that would give you a lift, speak to your MND Advisor, visit www.mnd.org.au/page/114/carers-support, or scan the QR code on the right.



Carer Wellness Relaxation Days

Planning has commenced for arranging three separate days to provide carers with a well-earned break and a bit of relaxation.

- Wednesday 6th April in Mornington, Victoria
- Sunday 10th April (online) or
- Saturday 7th May in Ballarat, Victoria

Come together to explore the art of caring for yourself as well as being a carer, the art of relaxing and a bit of art itself.

Visit www.mnd.org.au/events or scan the QR code below, to register and select the date on which you'd like to attend.

If you need assistance arranging for someone to be with your loved one to enable you to attend the event, speak to your MND Advisor who will be able to assist by referring to our Carer Respite Program.



2. **Look after yourself** – make sure you keep on top of your own health needs with regular check-ups.
 - * Book an appointment with your GP if you haven't seen them in a while.
3. **Learn to say "No"** – it's okay to say no, but we need to practice. Say no to the extra things, the things that deplete you. Can someone else do the thing you're saying "no" to?
 - * Talk to your MND Advisor/Support Coordinator about the tasks you can't do in caring for your loved one.
4. **Learn to say "Yes"** – accept help. I am sure that, in the past, you have helped and supported others, now it's your turn to accept the help and support in return.
 - * Talk to your MND Advisor/Support Coordinator about the help available.

5. Find your people – where do you get support? We all need someone to listen to us when we need to vent, someone to advise us, someone to pick us up and get us back on track. Look for the people to do these things for you. Sometimes a counsellor or psychologist can be just who you need.

- * Come to a Kitchen Table Conversation online or by phone.
- * Join the MND Carers Facebook group, with other carers from around Australia – search for 'MND Carers Australia' on Facebook or visit www.facebook.com/groups/1408400102747388
- * The Carer Gateway has loads of resources including counselling - call 1800 422 737

Kitchen Table Conversations

Join in these monthly online conversations which will be guided by whoever joins in. Ask a question, share something you have discovered, learn from each other and support each other.

- 1st Friday of each month at 2:00 pm
- 4th Tuesday of the month at 7:00 pm

Come once or come every month. This is a safe space to share or listen, and to have a laugh or a cry - just like we would if we were sitting around a kitchen table.

Hosted by Andrea Salmon, Carer Project Coordinator at MND Victoria & Lynette, past carer

6. Take a walk outside each day – notice 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, and 1 flavour you can taste.

- * Download Smiling Mind, an app full of short meditations and support tools to help manage stress.

7. Allow yourself to lament (have a good cry) – you are allowed to feel sad, but if the sadness is overwhelming and ongoing, that's not good for you. Some people write journals, some light a candle, some people seek counselling.

- * Grief counselling is for everyone - ask your GP or MND Victoria for more information.

8. Be prepared – find out about the things that are concerning you, ask questions, get answers, know more about what to expect so that you feel better prepared.

- * Contact us at e: info@mnd.org.au or phone: 1800 777 175 and ask your questions.

9. Take Control – in a practical sense. You may need to find out more about financial or legal matters, wills, or powers of attorney. There's no such thing as a silly question - if you've thought it, you should ask it.

- * Visit www.chronicillness.org.au/workwelfarewills/ and use the drop-down menu to find what you're looking for.



10. Take a deep breath – breath in for the count of 3, hold for the count of 4, and breath out for the count of 5. Practise deep breathing a few times each day - while you're waiting for the kettle to boil, the phone to be answered, or the shower water to heat up.

Wisdom from other Carers

"Treasure every moment and be open to all the support that MND Victoria has to offer."

"Everything won't happen tomorrow. Your relationship with the illness is different to your partner's. Be conscious of your own needs."

"Take care of yourself, and don't be afraid to ask for help."

"It's okay to be sad, scared or angry."

"Make time for yourself and don't feel guilty about it. Don't beat yourself up if you aren't perfect at being a carer all the time."

"Nothing that you do is right or wrong, just find what works for you."

Andrea Salmon

Carer Project Coordinator, MND Victoria

PERSONAL STORY

One Day at a Time Colin Wilkinson

Colin Wilkinson is a real family man. He has a fierce love for his wife - Sharon, his children - Glenn and Fiona, and his grandsons - Austin (8) and Isaac (6).

"Sharon and I have been married for nearly 39 years. We met at a party when we were about 18 or 19. We met, got together, went out for about 3 years, and got married because I wanted to have children. Shaz got pregnant straight away. And when we decided we wanted another child, she got pregnant straight away again. And that was it. It just worked well and everything fell into place for us. We were blessed there."

Colin loves to spend as much time as he can with his children and grandchildren. They live close by, and he and Sharon often mind the grandkids a couple of times a week. "We just want to do it as much as we can. I can't go and play sport and wrestle with the kids anymore, so now our thing is PlayStation and Nintendo. We mainly play car racing games which I like because I can beat them at those. I can't beat them in the other ones. They've got all their favourites as well but they just blitz me all the time. But that's part of the fun. They teach me, and I teach them as well."

Before his retirement, Colin was an auto-electrician and ran his own business. "I started my own business when I was about 20, and I ran that for about 20 years, sold that and then became a trade teacher, quit that and started a caravan electrical business for another 20 years. I got to the end of that and that was when we decided to retire, sell the business, and go caravanning. But that's when I got crook. So we sold everything off and took a whole different avenue and went in a different direction."

Colin first noticed something wasn't right in December 2019. He usually had a great sense of balance, but suddenly found he was tripping over out of the blue. "I'm like a mountain goat, I never fell over anywhere. I was the

stable one. Shaz was always tripping over things and we'd just laugh about it.

But we'd be walking along, holding hands, and I'd be back on the nature strip, laughing 'What happened?' We laughed about it half a dozen times before thinking that something was going on here. And then we might have a couple of drinks on a Friday night, and after two or three cans I could hardly talk. My speech was totally slurred. Shaz was going 'What's wrong with you? You can't handle your beer anymore.' It was just weird. So we started doing some checks and finally found out what was going on. It took something like six months to diagnose and then they say this is what you've got. You've got MND. Having survived a Non-Hodgkin's Lymphoma in 2009, I really thought I'd had my share of bad luck. But apparently not."

"2020 was a big year. It all happened very quickly. But it was a case of 'had to'. We had to change. COVID meant we couldn't go caravanning and then, with my diagnosis, we had to change everything. We were living in a house with three levels, so we sold the house, sold the business, sold the car, sold everything, and then moved into a retirement community in January 2021."

"It took a while for us to get used to it. Now it's the best thing we did - we don't have to do anything. It makes life easier - there's nothing to worry about for Shaz. She doesn't have to do any work at all. We can spend our time together. That was the whole plan - to spend as much time together. We've always been joined at the hip, but now, we're even more joined at the hip. I'd be lost without her, completely lost. She does everything."

"We've got a lot of support from OTs, physios, our MND Advisor and everyone else. They help you get through each day, especially with all the equipment that's needed. But the biggest thing is family and friends. I've got great family and friends. Without the love and support of our family, we would not be able to make it through this struggle. Fiona and Glenn, their partners Jacinta and Richard, my sister Deb and her husband Rod have been completely supportive and caring all the way through this journey, despite their own despair at what I am going through. We have always been a close family but now we are even closer as each day passes and we focus on all of the important things that matter to us. Our family is our strength. They are our heart and soul. Our wonderful friends ring all the time and drop in when they can. You know you had a great network before, but this just reinforces it. Everyone is there for you."

"My diagnosis has taught me not to take life for granted. I always thought I was bulletproof, but you don't know what's around the corner. Tomorrow, that's the next thing on the list. Getting up and doing it all again for as long as I can. We've got each day to look forward to."



UPCOMING EVENTS



SOUTH EAST MELBOURNE Walk to D'Feet MND

We are excited to welcome back our Walking Warriors to the South East Melbourne Walk to D'Feet MND 2022!

When: Sunday 1st May 2022 | 10:30 am - 3:00 pm

Registrations open at 10:30 am for a 12:00 pm start

Where: Lakeside Amphitheatre, Lakeside Blvd, Pakenham VIC 3810

Bring your family, friends and dogs along for a fabulous day out to support people with MND. The Walk is an easy 1.3km flat walk around the Lakeside Amphitheatre in Pakenham, and is wheelchair and pram friendly. Disabled parking is available for people with MND. Every registered participant will receive a free Walk T-Shirt.

For more details and to register, visit www.mnd.org.au/events/45/semelb-walk-2022 or scan the QR code on the left.



The Great MND Relay

In honour of MND Victoria's 41 years of providing care and support services for Victorians with MND comes our biggest event ever (or should we say longest?!).

On Thursday 23rd June 2022 we will be having a 41-hour walking relay event - The Great MND Relay!

The Great MND Relay is an opportunity for our community to come together and show support for people impacted by MND. There will be options to attend the event in Melbourne or to take on your own Relay challenge.

Details of "The Great MND Relay" will be announced in mid-April, but make sure you save the date in your calendars - the Relay will begin on Thursday 23rd June and continue through to Saturday 25th June.

To make sure you don't miss out on hearing about "The Great MND Relay", head to www.mndrelay.org.au to sign up to be among the first to know about the event!



MND VICTORIA VOLUNTEERS



Volunteer with us!

MND Victoria volunteers are amazingly resilient. Over the past two years, our volunteers have stepped up whenever they have been able – to assist with community events, to support the work of the organisation at Canterbury Office, and to continue to support people living with MND.

Our thanks go to our volunteers for all that they have given. Despite the most challenging of times, last year volunteers contributed over 1,600 hours to the work of the organisation. While this is a decrease from pre-COVID times, those contributions from our volunteers have been crucial to the support MND Victoria provides for people living with MND.

We anticipate that, in the coming months, we will see opportunities open up for volunteer involvement, as referrals and requests for support and access to volunteer skills increase. We are therefore seeking to grow our team of volunteers.

In particular, we are seeking volunteers across metropolitan and regional Victoria to join our **Life Story, Hand and Foot Massage, Social Visiting, Social Chat** and **iPad Buddy** teams.

Life Story volunteers are good listeners who record the stories of the people that they work with and help prepare them to be printed. Being comfortable working on a computer is important for this role.

Social contact and links with the community are important for all of us. Our **Social Visiting** and **Social Chat** roles provide opportunities for volunteers and people living with MND to meet for regular visits or calls. Getting to know each other over discussions or exploring shared interests are key to these roles.

MND Victoria provides an iPad for people living with MND where it will meet their needs and support their goals for social connection. Our **iPad Buddies** are confident iPad users who are available to provide short term support to assist new users in becoming confident using their iPad. If you would like a role that involves short term assignments, being an **iPad Buddy** might suit you.

Gentle massage can provide a way to connect and relax for people living with MND. Our **Massage Volunteers** learn skills in gentle massage to help people living with MND relax.

All MND Volunteers are provided with training to prepare them for their role and ongoing support, education and connection with other volunteers. For more information about these roles, and to discuss the process to become a volunteer with MND Victoria, email volunteer@mnd.org.au or call Deb (Coordinator of Volunteer Programs) on ph: 0432 053 287.



New Merchandise Alert!

We are excited to launch the newest addition to our MND Victoria Merchandise Store – “Never Give Up” socks! These vibrant crew socks are the perfect addition to jazz up any wardrobe.

- * Made from superior rich cotton for all-day comfort
- * Reinforced wear points for longevity
- * Hand-linked toe for seamless comfort
- * Certified OEKO-TEX® Standard 100

They are available in both Men's and Women's sizes and are only \$10 per pair. Purchase yours today at www.mnd.org.au/store/products/32/never-give-up-socks or scan the QR code on the right.



GIVING

Join MND Victoria's Committed Community

MND Victoria's Bucket List Wish Program will become available in the upcoming months, whereby those diagnosed with MND will be able to apply for a wish.

There is no dream, goal, experience, or hobby that is too big or too small. Every wish is unique, and every wish provides the opportunity to give those impacted by MND a chance to create memories that they can cherish during an incredibly difficult time.

This new program has been funded through our Christmas Appeal, and the funds will continue through the generosity of our Committed Community.

MND Victoria's Committed Community is a passionate and kind group of monthly givers who are giving anything that they can afford to enable those with MND to have a wish come true. By signing up for a regular donation, you are stepping up and making an immediate difference by providing ongoing support for the 470 Victorians living with MND. Our Committed Community is making an impact, and so can you.

When you sign up to be part of MND Victoria's Committed Community, you will:

- ✳ Join an exceptional group of Australians who are helping to make a difference by allowing wishes to be granted for those impacted by MND.
- ✳ Allow us to plan more effectively. Monthly donations are the most reliable source of income - so we can worry less about raising funds and focus more on delivering our services.
- ✳ Receive an exclusive quarterly impact report on how your contributions are helping.
- ✳ Receive exclusive offers on our merchandise and event tickets.

Make an immediate difference and help to grant wishes for Victorians diagnosed with MND by signing up today to be a regular giver.

Contact our friendly team at community@mnd.org.au, on (03) 9830 2122 or head to www.mnd.org.au/regular-giving (or scan the QR code below).



"I wish I could go to hear the music of the Melbourne Symphony Orchestra and share this experience with my family."

Catherine



"I wish I could go skydiving."

David



"I wish I could watch my footy team play in luxury."

Peter

HOW YOU CAN MAKE A DIFFERENCE



There are many ways to make a positive difference for those living with MND. Some are bigger than others, but there are a lot of little things that you can do which will have a larger impact.



Have a conversation

Chatting about MND with a friend, acquaintance, or even your local barista, will help to raise awareness of this horrid disease and the work of MND Victoria.



Volunteer your time

We couldn't do what we do without the help of our incredible volunteers. Whether they're helping out at our Canterbury office, working directly with the people we support, or assisting at community events, their work and dedication truly make a difference. See page 8 for a list of our current volunteer opportunities.



Come to one of our events

Our team run a variety of events that range from information sessions and educational webinars to physical challenge and community events. Check out our current events at www.mnd.org.au/events



Run your own fundraiser

There are so many different ways that you can fundraise, both virtually and in person. From hosting a movie night or free dress day at school/work, to shaving your head or running a marathon, no idea is too small or too crazy. Reach out to us if you're interested in creating your own event – we will be there to help you every step of the way. Email community@mnd.org.au or call (03) 9830 2122.



Buy some official MND Victoria merchandise

Wearing your MND Victoria merchandise out and about with pride helps to raise awareness and spread the word about our cause - it may even lead to a great conversation with someone you pass on the street. Plus, the funds from the sale of each item are used to provide direct care and support. What's not to love? Check out our whole range at www.mnd.org.au/store








Donate

70% of the funds required to deliver our vital service come from the generosity of our fundraisers and donors, so every dollar really does make a difference! Plus, any donation over \$2.00 is tax-deductible. Visit www.mnd.org.au/donations to make a contribution.



MND VICTORIA

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