

What our Retreaters

have said about program

It was so refreshing and lived up to every expectation and more. We will take home special memories of meeting some lovely people, exchanging stories and loads of laughs! We are telling everyone what a great organisation MDNSW is and how proud we are to belong and so blessed by having such caring people working so hard on our behalf. I'm sure everyone had the best time, especially the mums, dads and carers who truly must have benefitted from this retreat. Well done in putting us all together - we all got on so well it was magic.

Carole and Tom Cullen (Far North Coast)

It has been lovely to get away from the stressors of everyday life. Our every whim was catered for! We loved the balance of time with others (relaxed and non-confronting) and time just to be a couple and do whatever we want. Thank you so much for providing this fabulous event; it will remain with us for a long time yet.

Sally and Simon Longmore (Riverina)

We used this Retreat as a trial, to evaluate our ability to travel by air with a wheelchair. We feel now that we can manage it on our own. Seeing other places, and other people, widens your horizons and sets your everyday life into perspective.

Phil and Lucy Bates (Hunter)

It was lovely to get away from the caring responsibility and be an individual with others who had similar situations to us.

Andrea and Nigel Watts (Far North Coast)

My baby boy was diagnosed with Duchenne about 2 years ago, and since then our whole world has turned upside down and inside out. It has been such an emotional roller coaster dealing with all the emotions and daily appointments without a break or an end in sight. This year I hit rock bottom and without these Retreats I don't know how I would keep on keeping on. Muscular Dystrophy NSW has become my family and we are so grateful for everything they do.

Diane (Sydney)



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We certainly try to make our Retreats an experience that offers a combination of social opportunities, relaxing moments, and complete and utter enjoyment! We are really looking forward to sharing a weekend with you sometime in the near future.



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Special Weekend Retreats for adult getaways

**Our Retreat program is proudly supported
by Ageing, Disability and Home Care**

MUSCULAR DYSTROPHY NSW RETREATS

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What is a Retreat?

Muscular Dystrophy NSW's Retreats are a unique opportunity for adults to get away for the weekend with someone special to enjoy some quality time together in an environment you otherwise would perhaps never get to experience. It's a great opportunity to recharge, relax, and recoil from the routines of home, whilst meeting other wonderful people in similar situations to you. No wonder our Retreats have quickly become one of our most popular programs!



What happens on Retreats?

Depending on the Retreat location, the itinerary commonly involves a perfect mixture of planned group events such as a theatre show, a dinner or a festival, as well as a heap of free time to spend as you wish. There are plenty of opportunities for Retreaters to chat to other members of the group in a relaxed and supportive environment. There are also just as many opportunities for you to have your own special time together as a couple to reconnect or slow down or live it up in the fast lane! It's a rare chance to be you again, away from the demands at home – whatever they may be!



Where are the Retreats held?

Muscular Dystrophy NSW tries to provide a variety of Retreat locations and themes so as to cater for the different individual tastes and interests of our client group. We have held Culinary Retreats in Melbourne, Theatre Retreats in Sydney and Musical Retreats in the Hunter Valley just to name a few. All have their own appeal and all are guaranteed to provide you with the most wonderful time away together!



Who can come to the Retreats?

Our Retreat program is open to adult parents/carers of people with a neuromuscular condition (NMC) or to adults having a NMC themselves.



When are the Retreats held and how much do they cost?

Muscular Dystrophy NSW now runs three Weekend Retreats per year. Retreats cost \$90 per person and this normally covers all of your accommodation, transport, most meals and tickets to the main event of the Retreat. No-one is refused a placement on any of our Retreats due to an inability to pay.

How do I register for Retreats?

Our Retreats are understandably one of our most popular events so it's really important to register your interest as soon as you see the Retreat advertised on our website, in Neuromuscular Clinics, or in our regular magazine - Talking Point. To find out more information about our Retreat program please contact the MDNSW Event Manager on 9809 2111 or email info@mdnsw.org.au. Feel free to check out the Retreat and Picture Gallery sections on our website too as you'll find articles and photos from previous Retreats to give you an idea of how much fun it is to attend this wonderful event!

