

The **Duke of Edinburgh's** Award

Muscular Dystrophy NSW is extremely proud to be running The Duke of Edinburgh's Award for those with a neuromuscular condition. This successful program enables our young people to participate in the Award whilst being supported by people who understand that their physical restrictions need not impact upon their desire to challenge themselves and achieve remarkable things!



I used to admire people without disabilities; not because of the physical things they can do but because of all the different paths in their lives they have to choose from. The possibilities they have and I don't. I had a simple mind and a simple world of my own until I was introduced to The Duke of Edinburgh's Award by Muscular Dystrophy NSW. It turned my life upside down. This Award made me believe that I have the one thing everyone else has, and that is the power to fight for my own dreams. It is like a force pulling me into the circle of life instead of watching it from the outside.

And so I'd like to say a big thank you to all involved with this program. Because of your generous heart, I am now one step closer to reaching out for something I've always seen at a great distance but never been able to hold in my hands. My future. My dreams.

Melanie Tran
16 years old



Improving the quality of life
for all people affected by a
neuromuscular condition



*We're here for you
when you need our help*

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MUSCULAR DYSTROPHY NSW

If your life
is affected by a
**neuromuscular
condition...**

We're here to help





About Us

Muscular Dystrophy NSW understands that living with a neuromuscular condition can sometimes be overwhelming for all members of the family for a variety of reasons.

We are here for you when you need our help and we can offer you access to a wide range of services and programs run by our dedicated staff. Muscular Dystrophy NSW is a not-for-profit organisation who works strongly towards enabling individuals to live a fulfilling life, rather than defining them by their disability.



We offer the following services to those living with a neuromuscular condition in NSW



Respite Funding

A chance for individuals and families to use FlexiRest funds to enjoy a well deserved break away from home

Information and Referral

Support to help you navigate through the maze of service providers and entitlements. Includes the provision of regional services via the Care for Carers program

Clinic Support Program

Face-to-face support at the Neuromuscular Clinic, offering advice and a listening ear - generally at the time of a new diagnosis

Social Groups Opportunities

For carers and/or individuals with a neuromuscular condition to socialise and have a friendly chat

Medical and Information Seminars

Events where respected medical specialists present up to date information about the latest treatments and diagnosis in their particular fields

Advocacy

Protection and promotion of the rights of individuals and families so that they can fully participate in the community

Support to Service Providers

An information service to enable other service providers to better meet the needs of their clients who have neuromuscular conditions

Weekend Retreats

A chance for adults to get away for the weekend with someone special to enjoy some quality time together, whilst meeting others with similar circumstances to themselves



Equipment Funding

A unique service offering families access to funding to help with the purchase of essential equipment

Camps

A wonderful week of fun where people with a neuromuscular condition come together to meet new friends and experience teamwork, the thrill of a challenge and a huge sense of achievement

Event Program

A wide range of activities and events held all throughout the year including Boccia camps and competitions, The Gala Ball, Christmas Parties, The Royal Easter Show, Radio Control Car Racing workshops, and a range of other events designed for specific groups.

