

Comments people have made

about our Camp program



This Camp provides the opportunity for our son to interact with other children who also have his form of muscular dystrophy. This experience is invaluable in a life where he normally doesn't have anyone else to talk to about what it is like for him.



Parent of a child camper

My daughter comes home from Camp full of joy and stories to tell of her experiences. I feel she is more confident and outgoing on her return and more prepared to seek opportunity as opposed to withdrawing from life and its social experience. She comes home with a belief in herself and her abilities.

Parent of an adult camper

Camp was fun. It was a great experience because there was so much to do. Everyone was so nice and they all encouraged me to do things I never thought I would do. **Camper**

I quickly came to admire the spirit and determination of all the campers, and found them to display the best traits of humanity. I left feeling that I would never be the same. **Camp Carer**

During Camp my daughter had lots of new experiences and got the courage to try new things that she would never have done before. This was possible because she was supported by caring and professional staff who included her, welcomed her, and made her feel like she belonged! **Parent of teenage camper**



MUSCULAR DYSTROPHY
NEW SOUTH WALES

How do I register for Camp?

Our Camps are extremely popular and book out very quickly, so register your interest as soon as you see the Camp advertised on our website, in Neuromuscular Clinics, or in our regular magazine - Talking Point. To find out more information about Camp please contact the MDNSW Event Manager on 9809 2111 or email info@mdnsw.org.au. Check out the Camp section on our website too for a full account of what has happened at previous Camps!



MUSCULAR DYSTROPHY
NEW SOUTH WALES

be proud

be strong

Camp Kula N' Gadu

discover

shine

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

MUSCULAR DYSTROPHY NSW CAMPS

MUSCULAR DYSTROPHY
NEW SOUTH WALES

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MUSCULAR DYSTROPHY NEW SOUTH WALES

Camps

Philosophy of our Camp program

The demands placed on families affected by a neuromuscular condition (NMC) can be considerable and exhausting. Our 5 day Camps offer a respite opportunity for you and your family whilst your children are in a safe and fun environment with other people of similar circumstances.



MDNSW's Camps provide the means for people with a NMC to experience teamwork, the thrill of a challenge and a huge sense of achievement. We encourage campers to become more independent in their thinking and decision making and provide an environment where they can discover all that they can be. Camp is about stepping outside your comfort zone and believing that you are a strong person who is capable of achieving remarkable things!

Who can come to Camp?

Anyone of any age, gender or ability who has a neuromuscular condition is welcome to attend our Camps!

Camp Activities

Camp activities are designed to promote positive self esteem and encourage social interaction. Previous years have seen campers participate in games such as The Amazing Race, Treasure Hunts, Survivor and Laser Skirmish, or play sports such as Radio Car Racing, Boccia, Fencing, Wheelchair Sports or Fishing. For those more creative we have offered such activities as photography, drama, craft, singing, cooking, and beatboxing, but our grand finale is always the ever popular Karaoke Party Night!



Camp Carers and Staff

Our professional and fully trained Carers provide 24 hour assistance to all the campers as required. The ratio of campers to carers is usually 1:1 and the majority of Carers are volunteers completing studies in Occupational Therapy. Many volunteers come back every year, ensuring we have a strong core team of experienced Carers at each camp. All MDNSW Camp Staff have First Aid qualifications and we also employ an experienced Camp Nurse to administer all medication. Further, we have 24 hour phone access to Clinic doctors/staff if required.



Camp Venue

Campers stay in motel-style rooms within the Sydney Academy of Sport and Recreation at Narrabeen, which is fully wheelchair accessible and accommodates the needs of all of our campers.

When are our Camps held and how much do they cost?

MDNSW runs two 5-day Camps per year during the April and September school holidays. Camps cost \$120 per camper, with the option for families to apply for FlexiRest funds through MDNSW to cover the fee and any travel costs involved. No-one is refused a placement on camp due to an inability to pay.

