



MUSCULAR DYSTROPHY  
NEW SOUTH WALES

# Adventure Camp 2014 Port Stephens

Thanks to **ADHC** for your continued support of our Camp Program

“ We are currently taking the 8hr trip back home from Adventure Camp. The three girls are flaked out in the back. The conversation so far has all been about camp. We would like to express our delight with the quality of care and opportunities provided to our girls at this week's camp. The level of service is exceptional. The enthusiasm and commitment of the carers, Paris, Jess, Ali and Claire was fabulous, typical of all of the carers who have worked with Sophie in the past. This is testament to your leadership and commitment to the clients. We acknowledge the tremendous emotional investment that you put in both to the children and the parents. Your approach gives us the confidence to leave our children in your care and has allowed us some genuine and much needed respite. The short break from the daily grind of disability has provided valuable time for recharging and reconnecting. Thank you for going above and beyond in facilitating our few days at home without the girls, it was wonderful. Above all, your work with the camp provides life long experiences and opportunities for our children. The level of excitement, exhaustion and stimulation from our three is lovely. Most importantly, with each camp we have seen Sophie's sense of self worth grow exponentially. The opportunity for Sophie, Emma and Claire to share in the camp experience and normalise disability is invaluable. So important for us in a distant regional area where we rarely see another wheelchair. Your work provides our kids, and many others with positive influential experiences that will shape them as people. Thank you for your positive impact on our family. Bravo! Peter and Katie ”



Many personal challenges were overcome in sandboarding



Jack and Connor were thrilled with the 4WD trip on the dunes



Scott and Tegan were among the many who voted laser skirmish in the Gaol as the best ever camp activity



Great achievement Chase and Ross!



The Beach Party went off!



Lucas got right into it!





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Connor and Emma took a heap of prisoners



Ryan kept warm after a swim in the rain!



Jess and Azelia became great friends



We did it!



Oh yeah Michelle!!



The rough seas simply meant we had a great swim in the pool instead!

“ The past month has been pretty tough on Chase as his legs have lost their strength to carry him. But he was given an opportunity to go on a camp and meet other boys with the same condition. At first we were worried, as he’s never been away from us without his family before, but we trusted he needed this camp to help him get through his journey. He had so many great things to share and had many compliments for his carers. He can’t wait for the next camp. We would like to say a big heartfelt thanks to Muscular Dystrophy NSW and Loretta Downie for giving us the opportunity; for taking our son, caring for him and making more of his dreams come true. To his carers, Ross and Emma, and also to the boys and other helpers at camp who accepted him and helped him to have an enjoyable time. We couldn’t thank you all enough. *Mashana and Dion* ”

“ Thank you so much for the camp. Connor loved it so much, especially feeling the freedom of being able to do the activities that were provided. He loved the friendships he developed and felt very well supported by all of the wonderful carers and staff. Receiving the texts from you was a great reassurance and I certainly didn’t need to be concerned as Connor was having a wonderful time. I have noticed since Connor returned that he is much more inclined to want to be independent and more confident in trying new things. You could say he is growing into his age and I am ever so grateful to you all for giving him this experience and opportunity. Thank you so much Loretta and everyone who organises these camps. You’re my heroes for giving my son such a great opportunity and to be so caring both to Connor and to me. *Sofie and Connor* ”



Big Boys Duning!

