



GOVERNMENT HOUSE
SYDNEY

Message from

**Her Excellency the Honourable Margaret Beazley AC QC
Governor of New South Wales**

As Patron of Muscular Dystrophy NSW, I welcome everyone to Parramatta Park on the beautiful land of the Darug people, as you gather for The Big Red Roll + Stroll.

Whether rolling or strolling - this day is all about celebrating our supportive community and spending time with each other, following a difficult year of isolation and uncertainty. Among the throng of more than 150 supporters - and that's not counting our canine support! - we also remember those who are no longer with us.

In re-connecting with each other, this event provides the opportunity to re-invigorate our face-to-face services including camps, retreats, independent living skills programs and peer connect gatherings. Last year saw many of these services cancelled or moved online due to COVID-19.

It enables us to plan for each of those programs which are so critically important to people with muscular dystrophy and neuromuscular conditions in New South Wales. Last year, I discovered how valuable these programs are, when I spent two hours speaking to the mothers of the Muscular Dystrophy NSW Online Mums Peer Connect Program.

In between the 'zoom' laughter and shared wisdom, I was struck by the practical solutions, empathy and solidarity offered by each mum, some of whom live in more remote and rural areas of New South Wales.

While 'zoom' has its place, I am delighted that we can now resume our social gatherings under COVID-safe guidelines. I look forward to joining some of you at next weekend's Mums' Retreat morning tea on the Hawkesbury.

For now, it's time for me to join you in spirit and to get strolling.

Congratulations, all Big Red Rollers + Strollers.

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