

## Your **BENEFITS**

### Connection

Connect with our wonderful community of people with lived experience of neuromuscular conditions, through weekend retreats, camps, social events and online/face-to-face support meetings.



### Communication

Receive our monthly member e-newsletter, Talking Point, filled with latest community news, opportunities and stories. You will also receive bespoke emails updating you on the latest relevant announcements and events.

### Influence

Have your say and provide important feedback via MDNSW surveys and vote on items of importance at our Annual General Meeting. You will also receive our digital Yearbook, showcasing highlights throughout the year with lots of lovely photos and events.

### Access

Access our resources and receive advice and referrals from our Client Services support staff on NDIS planning and preparation. Also access medical expertise and information through our established partnerships and Neuromuscular Information and Research Day.



*See back for more benefits!*

### Advocacy

Receive support on the issues that matter to you most and utilise our community's influence on key decision makers. Also access the national MD network through our strong links with the Muscular Dystrophy Foundation and state-based organisations.

### Fun Stuff

Exclusive opportunities offered in our Perks Program, including free tickets, discounts, merchandise, experiences, event invitations and more!

*“Ultimately, every person with a neuromuscular condition should be able to live the life they choose. That's why we're always here for our member community with a listening ear and advice in times of transition.”*



**CHARLOTTE SANGSTER** MDNSW, CEO



## Get in **CONTACT**

Level 1, 93 George St, Parramatta NSW 2150  
PO Box 1450, Parramatta NSW 2124

**FREECALL** 1800 635 109

**P** 02 9888 5711 **E** [info@mdnsw.org.au](mailto:info@mdnsw.org.au)



[mdnsw.org.au](http://mdnsw.org.au)

**MUSCULAR  
DYSTROPHY NSW**  
YOUR NEUROMUSCULAR SUPPORT COMMUNITY



Being a  
**MDNSW** Member



## What it means to be a MDNSW MEMBER

At Muscular Dystrophy NSW, we know you want to live the life you choose. To do that, you need information on your neuromuscular condition, support programs, NDIS services, and a community that gets you.

The problem is, it's hard to find other people who have your condition, and service providers who understand your specific needs. Which leaves you feeling even more alone and unsupported.

We believe people with neuromuscular conditions deserve specialised support, and a community that understands them. We understand that a new diagnosis, or a change in your condition can make you feel anxious and alone. That's why for over 60 years, we've connected people across NSW living with neuromuscular conditions to the support programs they want, and the community they need.



Membership costs just **\$22 per annum** and is open to anyone with a connection to people with neuromuscular conditions, whether you are a person with a NMC, a carer, family member, healthcare professional or community group.

*“ Muscular Dystrophy NSW puts the client first. They have always been there for me throughout all the years. Without them I would be lost. ”*

**SAMSON** MDNSW, Member



## Our PROGRAMS & SERVICES

### Support Coordination

As a registered NDIS provider, one of the main services we provide is Support Coordination. We provide a specialised service that understands the complex support needs of people living with a neuromuscular condition. We will assist you to understand and implement your NDIS plan working with you to find the supports and service providers that meet your individual goals and needs. We will work with you to build your confidence to make choices about how you want to be supported so that you can reach your potential and live the life that you choose.



*“ Because George's condition was so rare, I didn't know where I could turn. Connecting with Muscular Dystrophy NSW put me in touch with a tribe of others who knew exactly what I was going through. The value that MDNSW provides, I can't find it anywhere else. They are vitally important to people living with a neuromuscular condition. ”*

**NADIA TEONG** MDNSW, Member

### Camps & Retreats

Our camps and retreats are very popular and are held at various times throughout the year for those living with a neuromuscular condition and their family members. They aim to bring people together to share, learn from and support each other.



*“ We are committed to providing quality services and programs for all our clients and members. We make a point of being there for our members at each stage of life, including in times of transition when they might not know what to expect next. We maintain a continuity of support, providing information and advice along the way, focussing on the specific needs of each member and anticipating their future supports. ”*

**JOAN MARTIN** MDNSW, Client Services Manager

### Peer Connect

We believe that people with disabilities are experts in their own lives. They become excellent navigators of many systems, innovative problem-solvers and hold the key to accessing information, support and services they need to participate in everyday life. We have a dozen online Peer Connect groups that aim to empower you throughout life stage changes by connecting you with others with similar lived experience.

**MDNSW members surveyed rated our Peer Connect program 4.5 out of 5 stars and 100% said they would recommend the program to others.**



More information on our programs and services can be found at [www.mdnsw.org.au](http://www.mdnsw.org.au)