

the cornflower

MND QUEENSLAND NEWSLETTER

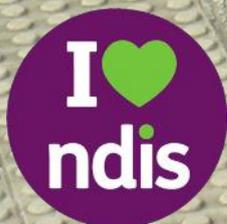
Reports on the Gold Coast, Brisbane & National Walks

OT Hannah's Learning Experience

Meet Simone - MND Advisor & Support Coordinator



REGISTERED PROVIDER



ANNUAL GENERAL MEETING UPDATE

The Association's 2021 Annual General Meeting (AGM) was held on Saturday 29 May both in-person at our Oxley headquarters and online via Zoom.

The major updates from the AGM are that our Secretary, Megan Peach has stepped down from the Board after serving for two years. We are extremely grateful for all of the hard work that Megan has put in over the last couple of years and the skills and expertise she has lent us and wish her well in her future endeavours.

In other AGM news Elyse Maberley has been appointed our Vice-President and Suzanne Graham has taken over the role of Secretary.

The 2020 Annual Review which was endorsed at the AGM is available to view online at www.mndaq.org.au/About-us/Annual-Reviews.



Pictured: Vice-Patron Henry Palacszuk and MND Queensland's Director of Services Stacey Thorpe at the AGM.

MND QUEENSLAND TAX APPEAL - PLEASE DONATE

We're currently running our tax time appeal seeking donations to enable us to continue to provide support to older people with MND. We receive no ongoing government funding so community support is very important. Donate at www.givenow.com.au/mndaq or call 07 3372 9004.

SOCIAL MEDIA & CONTACT DETAILS

MND QUEENSLAND

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SOCIAL MEDIA

Facebook: www.facebook.com/MNDAQ

Walk to D-Feet MND: www.facebook.com/Walk2DFeetMNDQLD

Twitter: twitter.com/MNDQueensland

Instagram: [@mndQLD](https://www.instagram.com/mndQLD)

Linked In: www.linkedin.com/company/4869077

YouTube: www.youtube.com/channel/UCf5MA4DA7qGU7BThP9Pg-Cg

FEEDBACK AND CONTRIBUTIONS

Please send your feedback or story ideas to fundraising@mndaq.org.au.

DONATIONS

You can make a donation by credit card by calling 07 3372 9004 or at www.givenow.com.au/mndaq. You can also post a cheque or money order (made out to MND Queensland) to the postal address above.



FROM THE CEO'S DESK

Since I chose Queensland as my home I have found that winter here is warmer than my New Zealand summers used to be, but having lived here now for more than 20 years, I now find the winter cold... I feel it. But I love the warm doona and the comfort meals and the sense of huddling and family. The last few months has seen our MND family coming together in so many ways, at the walks and with third-party fundraising efforts, in discussion groups and with people dropping in to our office. As with family gatherings, the sharing is special and we learn something every day, every time that we meet.

The sharing has helped us find our voice, and our advocacy for the rights of people with MND has been strong as we have joined with our other MND Associations around the country to make our voice heard in Canberra, in Senate and in the House of Representatives. Stacey (Director of Services) and I recently visited with Senator Anthony Chisholm who is on the standing committee for the NDIS. He shared that his life had been touched personally by the loss of a mate to MND and he was willing to support our case that the proposed legislative changes would seriously disadvantage people with MND.

We have other Senators yet to visit and we have contributed considerably to MND Australia's submission to the consultation. Raising a voice, joining a walk, participating in research are all ways we can raise awareness. With a rare disease, we have to fight for a profile and visibility for this dreadful disease. "Fighting is something that MND teaches us but never at the expense of acceptance... we need both"; the words of one of our MND clients shared with me at a recent walk.

Whilst the pandemic highlights changes to our lives, and winter encourages huddling, our team is out there every day in the homes of people with MND and who have



asked us for help. I am privileged to witness the passion in our wonderful team every day. They fight so hard for every client; they fight bureaucracy, they fight time, they fight for fairness and compassion. They are an awesome team and if you don't already have them in your corner, or you know someone who needs them... then make the connection.

We don't usually have a winter Cornflower but you can see the sunshine and feel the warmth in the pictures and the stories and so we wanted to share these with you.

Stay warm, stay safe and enjoy the company of good people.

Ian Landreth
Chief Executive Officer
MND Queensland



CALLING FOR INTEREST IN A NEW BIOGRAPHY SERVICE



Research has shown there to be great benefits in reminiscing and telling one's life story. It's a sharing of memories, philosophies, beliefs, and cultures. The biography service is about more than just creating a story, it's about creating a safe space for people to reflect on life and find meaning. It's an affirmation of one's rich and unique life. It's a legacy to our families, telling a story of living rather than dying and allows the storytellers to cherish the fact they will be remembered. In doing so it also helps to reduce anxiety and depression.

Everyone has a story to tell and there's magic in hearing stories from everyday people. It's a rewarding experience for everyone involved. When stories come from the heart, they are life changing. It's a recognition of achievements, a sharing of memories with loved ones, a reliving of LIFE and celebrating those moments. In sharing, one grows in peace through reflection and family are given an insight into who their loved ones were before this disease, allowing people to reclaim their identity, outside of their MND diagnosis.

If you have MND and you're interested in giving your feedback to help shape this project contact our volunteer Miriam by emailing miriam.cafer@mndaq.org.au or leave a message by calling 07 3372 9004.

MND QUEENSLAND - AN AWARD-WINNING EMPLOYER

We're delighted to announce that we are a winner of the Voice Project's Best Workplace Award for 2021!

Our team recently completed staff satisfaction surveys and the results showed that MND Queensland's employees were outperforming the peak bodies industry benchmark by 17% across all the benchmark questions!

Due to these amazing results we have been recognised with a Voice Project Best Workplace Award for 2021 which recognises that MND Queensland employees have exceptional levels of engagement and satisfaction and that MND Queensland is a workplace with excellent management practices.

SEEKING RESEARCH PARTICIPANTS WITH MND FAMILY HISTORY

Macquarie University are looking for research participants with a family history of MND for a study which aims to understand the psychological factors that determine whether someone undergoes predictive genetic testing. They also seek to understand the impact of familial MND and (where relevant) the impact of undergoing testing among those who receive positive and negative results.

They are specifically looking to recruit people who:

- Are over 18 years
- Are not symptomatic for ALS/MND or frontotemporal dementia (FTD)
- Are from a familial MND family

The study will involve an online survey where consenting

participants will answer questions on their family history of MND, their psychological well-being, and their reactions to receiving genetic testing (if applicable).

After the survey is completed, individuals will have the option to be paid \$15 or donate the \$15 to a nominated charity of their choice.

This study will be the first study to quantitatively assess the impact of genetic testing and familial MND on at-risk relatives. By filling this gap in the literature, the researchers hope to provide consumers more information on whether genetic testing for MND is the right option for them.

Follow this link for further information <https://redcap.mq.edu.au/surveys/?s=LX9WWWRFD>

Do you have a family history of MND?



Have you considered OR received predictive genetic testing for MND?

WE WANT YOUR HELP TO UNDERSTAND THE EXPERIENCES OF PERSONS AT RISK FOR MND

This study takes 15-35 minutes to complete and involves an online survey about your experiences related to MND and predictive genetic testing. You will be paid \$15 for your time.

To find out more about our study visit:

<https://redcap.link/mnd.gt>

FIND OUT MORE
Macquarie University NSW 2109 Australia
T: +61 (2) 9850 8127
mq.edu.au

CRICOS Provider 00002J



MACQUARIE
University

WALK TO D-FEET MND TOOWOOMBA

9AM, Sunday 12 September, Botanic Gardens, Queens Park



mnd
Queensland

REGISTER NOW AND HELP RAISE VITAL FUNDS TO HELP FAMILIES IMPACTED BY MOTOR NEURONE DISEASE

www.mycase.com.au/events/walk2dfeetmndTWB21

OT ADVENTURES - HANNAH'S LEARNING EXPERIENCE

MND Queensland has offered an Occupational Therapy Service since mid-2020 and it's been well-embraced by the community. Our OT Hannah Woods loves to come up with creative ways to make the impossible possible for people with MND who think they can't do the things that they once used to before they had MND.

Hannah is also keen to research possibilities and likes to know that her referrals will work for our clients. Since we live in Queensland, the beach is a destination that many of us love to visit, but if you're in a wheelchair or have mobility issues, this can be difficult. Hannah recently visited Burleigh Heads to see how their 'Changing Places' accessible bathroom and their beach matting and equipment stacked up.

Changing Places is a national program that promotes the availability of accessible bathrooms and changing facilities. The website <https://changingplaces.org.au> showed that Burleigh Heads had an accessible bathroom, beach matting and equipment loans. The website shows that some Surf Life Saving Clubs have keys to these facilities that you can loan or you can also apply to have your own key to access bathrooms.

Before setting out on her research adventure, Hannah booked a Changing Places key for the facilities, but found there was confusion about who she needed to speak with during her booking. At Burleigh Heads she went between Council and the Surf Club but nobody knew where the key was! She was able to stand on a wall to peer over to look at the change facilities and she could only see that they had a H-track hoist (you need to bring your own sling) but couldn't see the toilet/change facilities available.

A trial on the day was to test out a Hippocampe beach wheelchair that we have available to loan to clients. It's a lighter wheelchair that fits into the back of our work SUV and is able to be set up by one person.

Hannah found the Hippocampe was smooth to use with good suspension and it worked better on the wet, harder sand near the waterline and was great on pathways, but it was impossible to steer and it didn't work on the fluffy, dry sand and it was very difficult to push up to the shoreline.



Pictured: MND Queensland's Occupational Therapist Hannah Woods testing the Hippocampe beach wheelchair at Burleigh Heads.

This exercise was very useful for Hannah as she found a number of flaws with the beach accessibility offered by the Club and Council, and she is going to pass on her expert feedback to the beach access program and trial other beach wheelchairs so she can be sure that her recommendations will work.

Making sure that her advice is accurate and beneficial is important to Hannah as she wants to make sure that people with MND can continue to live their best life despite their progressive symptoms and she wants to make wishes come true... like visiting the beach.

If you have any OT queries, get in touch with Hannah by emailing hannah.woods@mndaq.org.au or call 07 3372 9004.

MASTERMIND FOR MND

6PM, Friday 6 August 2021
Metro Community Hub, Woolloongabba

Is your brain full of fun but completely useless information? Are you the king or queen of important but unimportant facts? Are you a whiz of unriddling the unnecessary? Well we have the night for you! Join MND Queensland for an evening of trivia and put your mind to the test to see if you or your team can be a Mastermind for MND and raise funds to support Queenslanders living with MND. Get your team together and book a table, but hurry, our last trivia night sold out! There will be a bar, grazing platters and a raffle, plus a great prize pack for the winning team.

Book now using the link below or call 3372 9004

<https://www.stickytickets.com.au/q38g4>



THE WALK TO D-FEET MND GOLD COAST RETURNED IN 2021

The Walk to D-Feet MND Gold Coast 2021 was held on Sunday 21 March at Hollindale Park, Main Beach. The walk had a good crowd with 252 participants attending despite the threatening skies.

The last Gold Coast walk was held in March 2019 and we organised two walks for the Gold Coast in 2020 but both were cancelled due to COVID-19. It was great to see a strong crowd come out in support of people with MND and MND Queensland. Together we raised around \$38,000 .

The event went well, but the weather could have been better with forecasts of severe storms. The morning looked okay though, so we went ahead and the rain didn't start until the walk commenced. It wasn't too heavy at this stage, but by the time everyone arrived back at base camp it started getting heavier. We rushed through the awards ceremony and raffle draw as the rain got heavier. Then when it was all over, the downpour that caused flooding on the Coast that weekend began.

The fundraising effort of our Gold Coast supporters was outstanding. Our highest fundraising team, Steve E's Team E's raised over \$12,000! Steve raised over \$5,000 alone making him the highest individual fundraiser too. Sadly Steve recently lost his battle with MND and we send our condolences to his family.

Our second-highest fundraising team, Team T-Roy raised over \$6,200 and were our biggest walk team in MND Queensland's history with around 90 people in the team!

The crowd were kept hydrated by The DNA Coffee Company and were filled up by a sausage sizzle held by the Lions Club of Southport. Both donated proceeds from the day to MND Queensland. Radio station Juice FM interviewed staff, volunteers and participants and helped to raise awareness about MND.

Our thanks go to everyone who participated, raised funds and awareness, donated and/or volunteered at the event. We look forward to bringing you the walk in 2022.



A NEW VENUE FOR THE WALK TO D-FEET MND BRISBANE

Brisbane really turned on a beautiful day by the river at New Farm Park for the Walk to D-FEET MND Brisbane which was held on Sunday 18 April.

Over 350 participants registered for the 2021 walk and together they have raised over \$36,000. Numbers were down a little on our last Brisbane walk in 2019, but this is understandable as it was our first walk since the pandemic which caused two walk cancellations in 2020.

This year's event moved to a new location, New Farm Park. The park was provided at no cost by Brisbane City Council and our walkers enjoyed a stroll along the beautiful Brisbane River to Teneriffe and back.

It was a fantastic day and it was wonderful to see so many people attend in support of people impacted by MND and the work of MND Queensland. Well done to our top fundraising team JoJo's Legends and our top individual fundraiser from that team Jo (pictured in sequins on this issue's cover). Patricia's Yellow Roses

were our second-highest fundraising team and continue to be major fundraisers at our Brisbane walks. Congratulations to all of our award winners.

Jacko and the Bay FM outdoor broadcast van were a part of the event again this year and Jacko did a great job emceeing for us and warming up the crowd. The Lions Club of Brisbane Inner-North hosted a sausage sizzle and donated the proceeds from the day. Flinders Coffee were busy serving up hot and cold drinks to our walkers and in conjunction with Vivo Coffee Australia, they donated 50c from every coffee sold on the day.

Walks are very important events... They help create a community... they help to increase awareness about Motor Neurone Disease and they help to raise vital funds so that we can continue to provide quality services and support to families impacted by MND.

We are grateful to all of our participants, donors, vendors and volunteers for helping to make the event a success.



NATIONAL WALK TO D-FEET MND DAY - QUEENSLAND'S EVENT

For the first time, all State MND associations put on a Walk to D-Feet event on Sunday 2 May to mark the beginning of MND Awareness Week 2021.

Walks were held in Queensland, Western Australia, South Australia, Victoria and New South Wales on the same day. MND Queensland held our walk at the beautiful Robelle Domain at Springfield Central. We chose this as not only was it a lovely venue with great accessibility, but we had had some requests to bring a walk to the Ipswich region.

Between walkers, volunteers, vendors and MND Queensland staff, over 110 people came together for the event and over \$6,500 was raised by our participants .

Federal Member for Oxley Milton Dick and State Member for Jordan Charis Mullen spoke at the commencement of the walk. The Lions Club of Forest Lake kept everyone energized with their sausage sizzle and That Coffee Guy provided hot and iced drinks to keep us hydrated.

The skies opened right at the beginning of the walk and there were a couple of heavy showers, but that didn't dampen spirits as everyone was there to help increase awareness of Motor Neurone Disease and raise vital funds to provide care and support to families impacted by this terrible disease across Queensland.

Tracey Sellers was our top individual fundraiser raising \$1,000 and the Brookwalkers were our top fundraising team. Our thanks go to all of our our volunteers, vendors, participants and donors.

If you've missed out on a Walk to D-Feet MND event, there are still two to come this year at Toowoomba and Redcliffe (see the ads in this issue). Or, if you want to host a walk in your local area, get in touch with our Events and Fundraising Coordinator Caitlin Mulcahy by emailing events@mndaq.org.au or call 07 3372 9004 as there are all sorts of ways we can help you put on a walk in your area to raise funds and awareness.



BELINDA SHARES HER DAD DAVID'S BATTLE WITH MND

Belinda recently reached out to MND Queensland as she wanted to offer her support, including raising funds, sharing her Dad's story and speaking on behalf of our organisation. The following is Belinda's story about her late father David.

On 24 April 2016, I lost my best friend and my inspiration, my wonderful father David Robinson who fought a horrific four-year battle with Motor Neurone Disease. He was just 59 years old and weighed approximately 45kg at the end.

This torturous neurological disease steals sufferer's ability to talk, walk, eat, swallow, breathe and eventually their ability to continue living.

Currently there is still no effective treatment and no cure. There is no known cause and there is limited awareness of the disease.

My father did not drink or smoke. He had a very physically active job, performed weight training, swimming and skipping every morning, as well as daily tai chi and meditation. He was fit, maintained a healthy weight and enjoyed a balanced diet and was rarely sick. He had an infectious, delightful sense of humour and a remarkable zest and enthusiasm for life, which is how I will always remember him. He lit up every room the moment he walked in.

In 2012, my family took a holiday to New Zealand. It was at this time that he began to notice a developing impediment, he felt his speech was slurring. However initially it was so slight that it was unnoticeable to anyone but himself. Over the following months, the slurring of his speech and difficulty swallowing increased. He began experiencing difficulty holding objects and using his hands due to weakness of the hand muscles. He also experienced weakness of the tongue and throat muscles, as well as cramps and muscle twitching. He visited a doctor and was referred to a neurologist who diagnosed him with bulbar onset Motor Neurone Disease in early 2013.

I recall Googling 'Motor Neurone Disease' and reading about it for the first time on Wikipedia. I learned with a heavy heart that the disease was fatal and there was no cure. My father was determined for the diagnosis to be



Picture: Belinda and her late father David

incorrect, a mistake, and he fought relentlessly.

As the disease rapidly progressed, I watched my stoic father struggle to the point of exhaustion every single day to attempt to do all of the normal everyday activities that we usually take for granted, such as ingesting solids and liquids, going to the bathroom, showering, dressing, communicating, walking and even holding up his head to see.

It is a truly devastating and undignified way for anybody to live and it is extremely painful to watch a loved one suffer this way.

My father was incredibly brave, he kept his spirit and hilarious sense of humour right until the very end, he tried to protect me from the pain he was going through the entire time.

In April 2016, I said my final goodbye as we laid him to rest at peace at last. However there will always be an agonising and unfillable void left in all of my family's hearts, as he was taken from us far too young and far too soon and we had so much more love and happy memories to share with him.

My selfless father fought for my family for four long years. Now it is my turn to fight for him, to raise awareness and fundraise to fight for a cure. A cure is out there and I strongly believe that together we can change the future of Motor Neurone Disease.

Rest in peace, Daddy. I love you always.

WALK TO D-FEET MND REDCLIFFE
9AM, Sunday 17 October, Suttons Beach, Redcliffe

REGISTER NOW & GET SPONSORED TO HELP QUEENSLAND FAMILIES IMPACTED BY MND



www.mycause.com.au/events/walktodfeetmndredcliffe

BLUE CORNFLOWER TRIBUTE CEREMONY

The Friday of every MND Awareness Week is Blue Cornflower Day and to mark the occasion we held our Blue Cornflower Day Tribute Ceremony on Friday 7 May at Wilson Outlook Reserve, New Farm.

The venue was chosen for its fantastic views of the Story Bridge which we had lit in blue for MND Awareness Week thanks to Brisbane City Council (and we also had our banner hanging over the north end of the bridge for the week to raise community awareness).

Around 70 people attended the event and as the sun set, the bridge lit up in blue and the ceremony commenced

hosted by volunteer celebrant, Kellie Rainbow. Songwoman Maroochy from the Turrbal People performed a beautiful Welcome to Country at the commencement, Dr John Lee from The University of Queensland spoke about MND research and Liam from Brisbane Boys College played bagpipes. MND Queensland staff read touching tributes from community members who had lost family members to MND.

Thank you to everyone that attended, spoke or sent in a tribute. With the success of the event, we are going to incorporate it into our annual calendar of events... at least until we can find a cure for MND.



Monet & Merlot

Sat 28 August 2021

Channel your inner artist for a creative afternoon that will have you painting like Monet, with a paint brush in one hand and a glass of wine in the other! Follow along as a professional guides you through the steps on how to create your own masterpiece to take home! No experience needed, just bring your friends and family for added fun. Entry includes a glass of bubbles on arrival and a gourmet grazing platter. There will be a fabulous raffle with tickets on sale at the event. Proceeds will assist to provide specialised support to Queenslanders impacted by MND and their families. This Brisbane venue has limited capacity, so make sure you get in quick!

Secure your spot now by calling 07 3372 9004 or online
<https://www.stickytickets.com.au/i2ok6>

MEET SIMONE - MND ADVISOR & SUPPORT COORDINATOR

Simone Morison is MND Queensland's newest MND Advisor and NDIS Support Coordinator. We asked Simone a few questions so that you can get to know her a little more.

Can you please tell our readers when you started at MND Queensland and a brief background on your professional life and any relevant skills that you bring to the role?

I started with MND Queensland as a volunteer in August 2020, looking for a career change. My previous working life in advertising, managing multimedia campaigns and my experience as a carer for my mother with complex Parkinson's has given me the skills to manage multiple clients and their budgets whilst also having a great personal understanding of being a carer for someone with complex needs.

Can you please tell us a little about your work with people with MND so far at MND Queensland?

I really enjoy assisting our MND clients get the best help we can find so they can make the most of their funding but more importantly it allows them to make the most of each day doing the things that they most enjoy whether that be fishing, feeding the birds in their garden, diamond painting or just hanging out with the grandkids.

What do you find rewarding about working for MND Queensland?

I am so lucky to have been given this opportunity by MND Queensland who are so great to work with. It really is a great team who are very passionate about their MND clients, about educating the community and fundraising to provide support and services. My learning trajectory has been enormous, such as learning how to navigate the NDIS and how to find the best services with experience of MND. No two days are the same, so each day we get challenged to learn more.

MND is a complex condition to manage. What is one of the biggest learnings you've had since working at MND Queensland?

I have learnt that the MND diagnosis and then the influx of all the services required is just so overwhelming for the client and their families, I was not anticipating their lives to be impacted so enormously. Our role of being both an Advisor and a Support Coordinator is just so beneficial for everyone involved, we impart so much knowledge which helps everyone. We truly take our role seriously and try to take away as much stress as we possibly can for the client and family, for them to enjoy as much time as possible with their friends and family.

What do you get up to in your spare time? Any interests or hobbies?

I have a 13-year-old son, so I spend quite a bit of time managing his AFL extracurricular activities however I make sure I remain active and take time out for myself too by going to my Pilates class each week, walking the dog and taking any opportunity to get outside either gardening, bushwalking or day trips to the beach with our friends.

Is there anything else that you'd like to share with our readers about your role at MND Queensland?

Building relationships with our clients at such a challenging time in their lives is so rewarding. Our clients are so strong, I'm not sure they realise how much we admire their strength and resilience.



10AM, Sunday 18 July 2021

Brisbane North and Sunshine Coast... it's time to start your engines for the *Motor On for Motor Neurone Disease* car scavenger hunt! This fun, family event will see teams searching for clues across the south end and hinterland of the Sunshine Coast. It will end with a picnic and awards (e.g. 1st team to complete, best-dressed team, best decorated car...). Register your team now and get sponsored to raise vital funds to support families impacted by MND in Queensland.

MND

MOTOR ON
FOR MOTOR NEURONE DISEASE

www.mycause.com.au/events/motoron4MNDwinter21

WHAT'S ON

- 21 Jun - Global MND/ALS Day** get involved, host your own fundraiser or share our social media messages and help increase awareness about Motor Neurone Disease
- 18 Jul - Motor On for Motor Neurone Disease**, our 2nd car scavenger hunt for 2021. This time it's from Golden Beach to ??? Register & fundraise at <https://www.mycause.com.au/events/motoron4MNDwinter21>
- 06 Aug - Mastermind for MND**, a fundraising trivia night at Metro Community Hub, Woolloongabba <https://www.stickytickets.com.au/Q38G4>
- 24 Aug - Official national 'Drink Tea 4 MND' day**, host your own fundraising morning tea for MND QLD. Get in touch with us for more info if you need help or ideas on how to fundraise by calling 07 3372 9004.
- 28 Aug - Monet & Merlot**, a paint and sip fundraising event to be held in South Brisbane. Book your place now at <https://www.stickytickets.com.au/I2OK6> or call us on 07 3372 9004.
- 03 Sep - 10th National MND Australia Conference**. More info at www.mndaust.asn.au/conference
- 12 Sep - Walk to D-Feet MND Toowoomba**, 9AM, Queens Park Botanic Gardens. Register now and get sponsored at www.mycause.com.au/events/walk2dfeetmndtwb
- 17 Oct - Walk to D-Feet MND Redcliffe**, 9AM, Suttons Beach, Redcliffe. Register, get sponsored and support people with MND at www.mycause.com.au/events/walktodfeetmndredcliffe

MND SUPPORT GROUP MEETINGS

If you've been impacted by MND you are welcome to join in on our free MND Support Group Meetings. The meetings sometimes have special guest speakers and you will get to meet other people who are experiencing, or have experienced MND so that you can share and learn from one another.

Due to COVID-19, we've introduced regular online support group meetings via Zoom. All clients are sent invitations to participate via email. Please make sure we have your current email address on file to make sure you're getting your invitations. If you would like an invite or support to use Zoom then email supportgroups@mndaq.org.au or call 07 3372 9004. You can participate in Zoom meetings using a computer, laptop, tablet or phone.

Gold Coast MND Support Group - Meets every second month at 1PM at Level 2, Kay House, 35-39 Scarborough St, Southport. Upcoming dates: 14 August. RSVP to Leigh on 07 3372 9004.

Monthly Carers' Support Group Meetings - Via Zoom, 1PM every fourth Tuesday. The next meeting is at 1PM on 22 June then the following meeting will be at 1PM on the 20 July (and then every fourth Tuesday).

Online MND Support Group Meetings - For people with MND. 11AM every Thursday via Zoom with special presentations with guest speakers fortnightly.

Our educational Special Presentations are recorded and can be viewed on our website at www.mndaq.org.au/Get-informed/MND-QLD-Webinars and you can also find us on YouTube by searching for MND Queensland.

MND QUEENSLAND DONATION FORM - WINTER 2021 NEWSLETTER

I would like to donate: \$.....(write amount) I'd like to give this amount monthly via my credit card

I am paying by: Visa MasterCard Cash Cheque/Money Order (made out to MND Queensland)

For direct deposit donation details, please call 07 3372 9004 or email info@mndaq.org.au

My Details:

Name:.....

Address:.....

Suburb:.....

State:.....Postcode:.....

Phone:.....

Email:.....

Card Number:

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Card Expiry: CSC: (3-digit CSC on back of card)

Cardholder's Name:.....

Cardholder's Signature:.....

Send to: MND Queensland, PO Box 470, INALA QLD 4077 Please send me information about leaving a gift in my Will
Or, if you are using a credit card you can call us on 07 3372 9004 or donate online at www.givenow.com.au/mndaq