

Recreation update: 15 – 18 Years Camp

Amanda Holmes

The end of June brought our yearly 15 – 18 Years Camp at the Gold Coast. Once again, the crew at the Runaway Bay Sports Super Centre (RBSSC) were kind enough to support the camp, providing us with accommodation and some of our meals. On Monday, we checked into the Centre and settled into our lodge to plan some of the activities for the week.



Brodie and Steven enjoy camp

Tuesday morning we headed off to Cavill Avenue to go crazy at Timezone. Many managed to get lots of tickets and receive some great goodies! After lunch we headed back to RBSSC for an afternoon of relaxation, games, and for the more energetic – the gym! We then headed out for dinner at Hogs Breath at Marina Mirage.

The next day it was off to the Ashmore Bowling Alley for lunch and ten pin bowling. The afternoon was spent getting excited about the big match – State Of Origin! With a good mix of Queensland and New South Wales supporters, there was tension in the air. After a typical 'footy' dinner of pizza, we headed to a room with a massive screen to cheer on our teams. And yes, we all know the better team won on the night – GO QUEENSLAND!

Thursday was our shopaholics day at Harbour Town, and yes there were lots of shoppers in our group! For dinner that evening we had a great night at Dracula's Theatre Restaurant with the guys from Teenage Adventure Camps Queensland.

We woke on Friday feeling a little tired and sad that it was already the end of the week. Exhausted and full of memories we returned to Corinda to meet our families and say goodbye to new and old friends.

With great weather, great company and fun activities – a fantastic time was had by all!

HeartSongs

In April this year, MontroseAccess physiotherapist Helen Posselt was one of four representatives from Australia invited to attend the HeartSongs summit in Leeds, England. It was the first of two conferences aimed at establishing an international collaboration of organisations and individuals known to have expertise in the area of comprehensive care of life limiting neuromuscular conditions.



The Australian and Canadian delegates enjoy the opportunity to brainstorm at HeartSongs

The conference assembled affected families and specialists in neuromuscular disease and palliative care. Along with Helen, the invited Australian representatives included an intensive care specialist and occupational therapist from Westmead Children's Hospital in New South Wales and a Paediatric Neurologist from the Royal Children's Hospital in Melbourne.

In preparation for the 2009 summit, delegates were asked to assess ways in which the quality of life for those living with life threatening and limiting neuromuscular diseases in their particular country can be improved. The Australian group identified the need for increased respite for families where children and parents can rest and receive support and medical care; and the potential establishment of a rehabilitation wing to manage postoperative care of children in Brisbane. The Australian delegates are planning a neuromuscular conference to be held in Sydney in October 2009. MontroseAccess families will be invited to attend.

Helen would like to invite parents or anyone interested in these projects to phone her on 07 3717 1137 or 0410 439 378.

At Respite care

Chantelle, age 11

At Respite care at MontroseAccess we do many different things during the holidays, like dance workshops, motor fests, jewellery making etc. On Wednesday 2 July the Respite care had a music workshop hosted by one of the carer's daughters, Megan. Megan sang a few songs and showed us all her instruments like different types of guitars, amplifiers and a didgeridoo.

We mainly have six clients in Respite care. Adults come in during the week and children come on weekends and holidays. The carers are all nice people and they make sure that everyone has fun. It is a really fun place because there is a Nintendo Wii, Xbox 360, Starlight activity centre, computers, Foxtel etc. There are supervisors that work during the week so on holidays us kids like to annoy them but they're also really nice people. Respite care is to give parents or guardians a break. So Respite care is a fun, safe and enjoyable place.

Beach wheelchairs

Thank you to Parent Project Australia for offering MontroseAccess the use of four beach wheelchairs. The chairs are available for loan by clients of MontroseAccess through the Resource Centre at Corinda. Phone 07 3379 9200 for more information.

Acorn Superglide Stairlift needs a home

MontroseAccess has kindly been donated a virtually new Acorn Superglide Stairlift. It's for an indoor stairway, and it is currently dismantled in the Corinda Resource Centre. A handyperson with a moderate level of skill would be required to install the lift. Phone 07 3379 9200 for more information.

Manual wheelchair for sale

MontroseAccess parent Steve Bayley has a manual wheelchair for sale, in very good condition. The 'Comet' chair is electric blue with a rainbow seatbelt. Specifications are as follows:
Front wheels 12cm x 2.5cm
Rear wheels 51cm x 3.5cm
Seat depth 30cm
Seat back 26cm high
Top of handles 89cm high
Handle grips.

The asking price is \$1,000 or nearest offer. (New chairs of this model retail for around \$2,500). For more information, phone Steve on 07 4128 2926 or 0417 388 575.

Membership

As a MontroseAccess donor or supporter, have you considered becoming a Society member? Membership is \$10 annually, or \$300 for life. Please address all enquiries to Irene Quine at MontroseAccess on 07 3717 1116, or email iquine@montroseaccess.org.au.

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www.montroseaccess.org.au

The Grantley Stable Memorial Bursary

The MontroseAccess Board is offering an annual bursary in memory of Dr Grantley Stable, for the purpose of funding a research project, study tour or other activity which will benefit MontroseAccess clients. The successful application would demonstrate innovation and creativity, and contribute to the enhancement of knowledge and skill base within the organisation.

Any staff member, client family member of MontroseAccess or any member of the public may apply for the bursary, which provides a grant of up to \$10,000 per annum.

For more information, visit www.montroseaccess.org.au or phone MontroseAccess on 07 3379 9200.

Bequests to MontroseAccess

Making a Will is a very personal thing, and a way of ensuring the people and causes you hold dear are supported long after your death.

By making a bequest to MontroseAccess in your Will, you are giving the ultimate gift: enabling us to continue supporting young people with physical disabilities throughout Queensland.

Bequests can be made in a variety of ways, so when making a Will, it is always recommended that you seek qualified legal advice from a solicitor.

For more information on making or changing your Will to include MontroseAccess, please contact us on 07 3379 9200.

Thank you to our sponsors and supporters



Our Mission

To provide support services to clients with physical disabilities and their families to assist these clients to achieve their maximum individual potential for participation in the community.

Hydrotherapy and Windward Passage fee increases

Please note that Hydrotherapy fees at Corinda have increased. All prices are inclusive of GST.

Individual
1 session – \$12.10
5 sessions – \$46.20
10 sessions – \$79.20

Individual – concession
1 session – \$8.25
5 sessions – \$35.20
10 sessions – \$55.00

Non-Individual
Physiotherapist with one pool user (45 mins) – \$14.30

Exclusive Use (30 mins)
Exclusive use of pool – \$49.50

Fees have also increased for Windward Passage, with concessional rates ranging from \$280 for a two-day stay in low season to \$1,045 for a seven-day stay in high season. For a full accommodation price list, please phone 07 5492 3666.

BHP Matched Giving Scheme

MontroseAccess is pleased to announce that BHP Billiton entered into a Matched Giving Scheme with MontroseAccess at the end of May. Staff can elect to donate to MontroseAccess through the Charities Aid Foundation website www.cafaustralia.org.au.

Any staff that donate, fundraise or volunteer for MontroseAccess need to download an application form from the Matched Giving Intranet and submit it, along with a receipt or proof of volunteering, to their Site MG Coordinator, quoting CAF Number AUS08HE0013.



MAO

MontroseAccess Quarterly

Spring 2008



The 'Bod Pod' is one of the pieces of equipment used to measure body composition

Jordan and Connor look set to benefit from the UQ nutritional study

Nutrition Research in Duchenne Muscular Dystrophy – MontroseAccess joins forces with UQ

MontroseAccess is collaborating with the University of Queensland's Children's Nutrition Research Centre (CNRC) and the Royal Children's Hospital on a research project into the nutritional requirements of boys with Duchenne Muscular Dystrophy (DMD).

The study will investigate how much energy boys with DMD use in daily activities and their body composition. "Nutrition is an important consideration in boys with Duchenne Muscular Dystrophy," explained researcher Zoe Davidson. "Currently there are just over 100 boys in Queensland with DMD and we know little about their nutritional status. What we do know is that young boys with DMD starting on steroids are finding it increasingly difficult to manage the rapid weight gain.

"Extra weight can make daily activities challenging, however weight reduction is complicated by lack of information as to how much food energy (calories/kJ) that boys with DMD actually need."

The research is being conducted at the Body Composition Laboratory at the Royal Children's Hospital, where the team is using state of the art equipment that is not routinely available. Zoe said that the determination of Total Energy Expenditure in the boys will be the first of its kind, and of international significance. "The aim of the research is to provide health professionals with detailed information on energy requirements and body composition, so that weight management can be conducted safely without loss of muscle mass and strength."

A letter has been sent to MontroseAccess families who have been identified as potentially eligible for the study. Flexible appointment times are available for families travelling from outside of Brisbane. For more information, please contact Zoe Davidson or Sarah Elliot on phone 07 3636 1981.

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Message from the President

Hello everyone, and welcome to the August issue of MAQ.

It's often said that no matter how successful your business or organisation, it is people who are your greatest asset. Never is this adage truer than in the not-for-profit sector in which we operate.

It was with great pleasure that I attended the MontroseAccess Staff Recognition Evening in June, for the presentation of staff service and contribution awards. I was struck, not only by what a dedicated bunch our staff are (with 30 individuals receiving awards for five plus years of service), but how valued our work is within the community – evidenced by some of the wonderful comments made by client families during the nomination process. I'd like to extend my sincerest thanks to the families who nominated, and also to the staff who continue to do an outstanding job, day in, day out. You certainly are this organisation's greatest asset.

MontroseAccess continues to excel in the areas of professional development and educational partnerships. We are currently collaborating with the University of Queensland and Royal Children's Hospital on research into the nutritional requirements of boys with Duchenne Muscular Dystrophy. This promises to be a groundbreaking study with benefits to many of our clients.

Also in this issue of MAQ is an account of MontroseAccess physiotherapist Helen Posselt's trip to the HeartSongs summit in Leeds. It's to Helen's great credit that she is sought out internationally to share her knowledge and experience. What a great ambassador for MontroseAccess.

Finally, don't forget that our 75th birthday celebrations continue in the coming months; with our Charity Golf Challenge on 10 September and Gala Dinner on 23 October. I urge everyone to get involved if and how they can – both promise to be exciting events promoting awareness of and fundraising for our organisation.

Take care.

John Kennedy
President

Families get the VIP treatment at Westfield's Charity Day

Westfield Centres throughout South East Queensland rolled out the red carpet for over forty MontroseAccess client families at the inaugural Westfield Charity Day on Saturday 10 May.



Richard and Timothy witness some magic at Westfield Carindale

Families were treated to free movie screenings, magic shows, craft activities, storytelling and all the food they could eat at the Garden City, Chermiside, Carindale, Helensvale, North Lakes and Strathpine centres. With Mothers Day the following day, many went home armed with handmade cards and gifts for some lucky Mums.

MontroseAccess physio Bev Denny put it best, with this special report on the morning at Garden City:

"The families were welcomed to Garden City by the Centre Manager and other members of Westfield Centre Management. The event got off to a rollicking start, with a scintillating storytelling session with Ted the Clown at Borders Bookstore. Ted gave the stories

an offbeat interpretation which had the children and adults rolling in the aisles. We were also treated to drinks, muffins and scones with jam and oodles of cream. After this there was a screening of *Nim's Island*, which was filmed in very photogenic North Queensland, and there was one weepy girlie bit but that probably went unnoticed by the boys! Over lunch the children and 'Mums' were given goodie bags and pamper packs, all of a generous nature.

Many thanks to the charming and attentive staff from Westfield Garden City for giving our clients such a brilliant day."

MontroseAccess wishes to thank all the Westfield staff and retailers for truly making it a day to remember.

The Doris Waraker Charitable Trust

The late Doris Waraker made provision in her Will for a prize to be awarded annually to a registered client of MontroseAccess, based on client circumstances and need.

Known as The Mrs Ernest Waraker Prize, it is valued this year at \$4,318.90 and can be used for the supply of equipment, educational studies or for financial assistance. However, please note that it cannot be awarded as cash.

To apply for this grant, please contact Irene Quine at MontroseAccess on 07 3717 1116, or email iquine@montroseaccess.org.au for an application kit.

All applications should be received by 31 August 2008. A selection panel will consider all applications and the award will be announced by 31 October 2008.

Staff Recognition Evening

Over 70 staff and their partners attended the first MontroseAccess Staff Recognition Evening on Friday 13 June at Terraces on Wickham, Brisbane.

MontroseAccess President, Mr John Kennedy, handed out awards in Recognition of Contribution (as nominated by staff and client families) and for five, ten, fifteen and thirty years' service.

A special thank you must go to all the client families who took the time to nominate a staff member who has made a difference to their lives. As one family so eloquently put it, "All the team members deserve an award... staff have supported and guided this family to a new and special place – we feel safe!"



The winners on the evening were:

Recognition of Contribution awards

Organisational Support
Lynne Bilyk
Kevin Johnson
Elaine Kent

Regional Office
Mim Beiers
Cathy Hartwig
Naomi Stevenson

Respite
Courtney Dickens
Mary Hogar
Michelle Pender

Allied Health
Anthony Clifford
Bev Denny
Kate McKinnon

Client Families
Michael Deutscher
Helen Posselt
Brett Stefanowicz

Length of Service awards

5 years
Fiona Anderson
Angela Arena
Lynne Bilyk
Lynne Borgert
Sarah Broderick
Geraldine Burgess
Karen Dines
Amanda Fairbank
Carmen Glover
Stephanie Hall
Cathy Hartwig
Mary Hogar
Roman Jade
Carlie Lidstone
Kate McKinnon
Irene Quine
Brett Stefanowicz

10 years
Mathilde Backhouse
Penny Barram
Darrel Bourke
Bev Denny
Elaine Kent
Michael Deutscher
Helene Frayne
Darren Hughes
Kevin Johnson

15 years
Jan Bates
Rhonda Mullaly
Helen Posselt

30 years
Sue Tonks

MontroseAccess remembers Graham Judge



MontroseAccess was saddened by the death of dedicated volunteer, Mr Graham Judge, in June.

Graham and his wife Yvonne volunteered at the Doomben Race Day in 2007, selling a record number of charity pins on our behalf. The Judges, who were committed volunteers at many local charities, also sold raffle tickets at our 75th birthday carnival in April.

MontroseAccess Marketing Manager Martha Saw, who delivered a eulogy at Graham's funeral, spoke of his passion and commitment: "The enthusiasm with which Graham embraced his volunteer tasks for MontroseAccess was overwhelming. Never before had I met someone so focused on a cause...The manner in which Graham lived and loved is an example to which I believe we can all aspire."

Graham will be greatly missed, and our thoughts are with Yvonne and the couple's family and friends.

Strathpine Office update

Marion Cook

It's been a year since the Pine Rivers and Early Childhood North teams moved into our new office at Jockers Street, Strathpine; and what a year it has been! We currently support almost 100 clients in this area – 26 through the Early Childhood initiative and 70 as part of the Marchant Programme.



Pam, Kirstin, Christine, Marion and Sharon test out the Strathpine office's new toys

Over the past 12 months we've been getting to know local families and their needs, and introduced many new programmes, groups and initiatives:

Time Out Mornings for Mothers – held once a term to pamper Mums and carers and give them the opportunity to socialise informally.

Review Clinics – the first one was held in the June/July school holidays for clients with minimal physiotherapy needs. Another clinic is scheduled for the December holidays.

Kids Club – fun activities for primary school aged children, held on the first Thursday of every month.

Senior Girls Group – fun, social activities for girls grades 7-12, held on the third Thursday of every month.

Toys and Talk – held in late 2007 for children younger than school age.

Wheelchair clinics – two have been held so far to review client wheelchairs.

Talking, Playing and Learning – a six-week workshop for parents, focusing on using everyday objects and routines as learning opportunities, to be held throughout August/September.

For more information about activities at the Strathpine office, phone 07 3881 7900.

Marketing & Events Update

Marketing and Publicity



There were no celebrity tantrums at the MontroseAccess film and photo shoot at Corinda on 1 May, with around 20 families coming from as far as Toowoomba to lend their support. The long day of shooting produced a wonderful new corporate DVD, as well as a new professional photo library. Thanks to VMP, Fullframe Photographics and Narelle Ryan for making the day a great success. And of course, an extra big thank you to the talent! The corporate DVD can be viewed on our website at www.montroseaccess.org.au.

You may have noticed on the drive from Indooroopilly to Corinda the new MontroseAccess billboard on Oxley Road. Featuring the gorgeous Jazmin and her Mum Alicia, the billboard reflects our new corporate branding, and is a fresh and vibrant addition to the local streetscape.

Channel 7 has once again kindly produced our Community Service Announcement, which is now screening on the network. Presented by Sharyn Ghidella, the CSA features MontroseAccess client and beat boxer extraordinaire Ryan Bayley. The CSA can be viewed on Channel 7 or on our website.

Sunshine Coast Recreation update

Kylie Shuping

The Sunshine Coast office held its first boys and girls recreation activity groups in June 2008.



The boys enjoyed ten pin bowling, while the girls got to know each other while being pampered with foot spas, hairdressing, hand massages and jewellery making. It was wonderful to see these groups get off the ground and to see the clients enjoying the activities and getting to know one another and staff. Check the Events Calendar for more Sunshine Coast recreation activities.

Events

The MontroseAccess Charity Golf Challenge on 10 September, proudly presented by Genesys Wealth Advisors, is fast approaching. There are still opportunities for corporate teams and individuals to take part in this terrific day of fundraising at Indooroopilly Golf Club, with an on-course premium barbeque throughout the day and a new streamlined format.

The 75th Diamond Anniversary Gala Dinner at Royal on the Park, themed 'Diamonds & Ice', is taking place on 23 October, and plans are coming together for an evening of true style, with terrific prizes and items for auction. Individual tickets are \$150, with tables of ten available for \$1,400.

If you are able to display Gala Dinner posters in your workplace, or would like to get your colleagues involved in supporting MontroseAccess through one of these events, please phone 07 3717 1194.



New Juvenile Arthritis Book

MontroseAccess has produced a booklet entitled 'Managing Juvenile Idiopathic Arthritis in the School-aged Child', containing useful information for therapists, schools and families on topics including:

- Description and types of arthritis
- Signs and symptoms
- Effects of arthritis on education
- Advice for management at school
- Assessment
- Exercises



To order a copy of the booklet for \$12, please phone MontroseAccess on 07 3379 9200 or visit the website www.montroseaccess.org.au to download the order form.

Tyson achieves his T ball dream

MontroseAccess client Tyson Turner-Thomas is living proof that a wheelchair is no barrier to doing what you love. Earlier this year the 12 year old began playing competitive T ball with the Ipswich Tigers – and he's super keen for the new season to begin!



Tyson's carer Ron Ward said Tyson, who plays with modified rules for his safety, has made lots of new friends through T ball, with a marked improvement in his confidence and happiness.

It's this improvement that inspired Ron to establish a T ball team for kids with disabilities. "This is an activity that I have seen do wonders for Tyson, and I believe it can do the same for many other children with disabilities," Ron said.

All MontroseAccess clients are welcome to join in, as there is no age limit on players.

The T ball season runs from September to March, with games played on Saturday mornings at Leichhardt, Ipswich. For information on how to get involved, contact Ron on 0439 077 922.

Out of Home Respite Christmas Closure

Please note that Corinda Respite will close from Monday 22 December 2008 to Thursday 1 January 2009 inclusive. School holiday Respite services for under 18s will commence on Friday 2 January 2009.