



Every little boy wants to grow up to have big muscles. But for some boys, it's muscles that will stop them ever growing up.



Before he can save the world from disaster, this little superhero has to battle a very powerful foe. His own muscles.



Most superheroes battle for truth and justice. But if you're born with Muscular Dystrophy, every day is a battle for survival.

CampMDA

At *CampMDA*, we believe that everyone, regardless of age or physical ability, should have the same opportunities to experience and enjoy life.

CampMDA is a week long escape from the everyday, packed full of activities, adventures, fun and friendship for people affected by neuromuscular disorders (NMDs).

The demands placed on a family affected by Muscular Dystrophy (MD) can be exhausting. *CampMDA* offers respite for these families, allowing a week of R&R for parents and carers, with the reassurance of knowing their children will be in the care of professional and dedicated staff.

Become a Camp Carer – Each camper at *CampMDA* is accompanied by a camp carer. Carers are around-the-clock companions for our campers, providing help with all their daily needs and a friend to accompany them on camp activities.

Organise a Camp activity - Maybe you are an amateur astronomer and can do some stargazing with the kids, perhaps you have a trailer and can spare a few hours to help transport equipment, or perhaps you belong to a local theatre group and can bring a bit of Shakespeare to *CampMDA* ...

Whatever your occupation, hobby or skill, why not share it with *CampMDA*.

MDA Annual Street Appeal

Each November, during Muscular Dystrophy Awareness Month, MDA holds the MDA Annual Street Appeal. Teams of volunteers collect change from motorists at major intersections around Melbourne and regional Victoria.

The Annual Street Appeal is a great way to volunteer as part of a team with your friends and family, social group, sporting club or work colleagues.

MDA Raffle

The Muscular Dystrophy Association conducts raffles of Harley-Davidson motorcycles 4 times a year, and various smaller raffles periodically.

Venue Staff - Our volunteer raffle staff attend exhibitions and events to help sell raffle tickets. We are booked into a broad range of shows throughout the year and roster volunteer staff according to their availability and location.

Sales Volunteers - If you are short of time, you can still help us to sell raffle tickets by taking on a number of ticket books to sell amongst your friends and family, work colleagues, social groups and local community.

MDA Privacy Policy: MDA undertakes its business practice in accord with the Information Privacy Act 2000 and the Health Records Act 2001. The MDA Privacy Policy can be sourced via the MDA Website '*The Home of MDA*' www.mda.org.au Alternatively, a hard copy of this policy is available from the MDA Centre.

Advocacy: MDA supports the rights of the client, client's family, volunteer, staff or other interested party in seeking assistance from other individuals or groups to assist them to access MDA services, interpret MDA information or represent them in expressing a grievance or concern. Advocacy agencies external to MDA are available if required. A list of some available advocacy agencies is provided on page 3 of the MDA Grievance Policy.

MDA Grievance Policy: MDA undertakes business practice that respects the right of the client, client family, volunteer, staff or other interested party to advise of a grievance without retribution. MDA also undertakes to review any grievance it receives in a timely manner using a transparent process. The MDA Grievance Policy can be sourced via the MDA Website '*The Home of MDA*' www.mda.org.au. Alternatively, a hard copy of this policy is available from the MDA Centre.

Please send me more information on:

- Becoming a *CampMDA* Carer
- Organising a *CampMDA* activity
- Joining the Annual Street Appeal
- Volunteering for the Harley Raffle
- Corporate Volunteering
- Administration Support @ MDA
- Student Placement
- Home Visiting Service

Name:

Address:

Phone:

Email:

Age: Under 18 18-30

30-50 50+

You will be surprised what you are capable of, and what you are capable of doing for others.

Please return to:

MDA

PO Box 2200

North Melbourne 3051



**MUSCULAR
DYSTROPHY
AUSTRALIA**

‘Muscular Dystrophy is committed to improving the quality of life for the MD community through the provision of support and respite services, facilitation and financial support of research and increasing public awareness and acceptance of neuromuscular disorders’

Muscular Dystrophy Limited

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MDAngels

Ordinary people doing extraordinary things

Volunteers form the backbone of an organisation - Do you have the time to help?



Muscular Dystrophy Limited