

## ACTIVITIES FOR SCHOOL AGE CHILDREN

Our annual school holiday program provides fun-filled days of recreational activities for school-age children with neuromuscular conditions. Activities range from day events to overnight stays, giving freedom to kids and providing much needed respite to families.

**JAN: TUES 16 & 23**      **SEPTEMBER: 23 - 25**  
**APRIL : MON 16 & 23**      **CAMP**  
**JULY: TUES 3 & 10**

Please register your interest [jess@mdwa.org.au](mailto:jess@mdwa.org.au)

# 2018 Event Calendar



Muscular Dystrophy WA

## COFFEE MORNINGS

In 2018 we will be hosting Coffee Mornings on the first Tuesday of every month here at the Niche, Nedlands.

This is an opportunity to meet other members of the MD community whether you have a neuromuscular condition or you are a parent, partner or carer for someone with a neuromuscular condition.

- Tea, coffee & morning tea provided
- Children welcome

Please register your interest [jess@mdwa.org.au](mailto:jess@mdwa.org.au)

## HALE MATES

Hale Mates is a program for adolescents aged 10-17 years old who have a neuromuscular condition.

We team up with a group of Hale School students to learn new skills and embrace new experiences while fostering a strong sense of inclusion and mateship.

- Held fortnightly on Monday afternoons 4-5pm during school term at Hale School

Please register your interest [jess@mdwa.org.au](mailto:jess@mdwa.org.au)

## TOYOTA WA MUSCULAR DYSTROPHY GOLF CLASSIC

### TUESDAY 13 MARCH

Enjoy a great day of golf and networking at one of WA's premier resorts whilst raising funds for Muscular Dystrophy WA.

- All inclusive 18-hole Ambrose Tournament, hosted at Joondalup Resort
- You could drive away in a brand new Toyota for striking the first hole in one
- Post-golf dinner & full beverage package in the stunning poolside marquee

Please register your interest [golf@mdwa.org.au](mailto:golf@mdwa.org.au)

## ACTIVITIES FOR PARENTS, GUARDIANS, PARTNERS & CARERS

- **FEMALE CARERS** March & October
- **MALE CARERS** April, July & November

Our series of experiences provide a much-needed break and the chance to take time out from the routine of everyday life.

This program provides a lifeline and connects parents, primary carers and guardians with others who understand.

Please register your interest [jess@mdwa.org.au](mailto:jess@mdwa.org.au)

## GET TOGETHERS FOR ADULTS WITH NEUROMUSCULAR CONDITIONS

### MARCH & AUGUST

Designed to encourage adults living with muscular dystrophy and neuromuscular conditions to take part in unique outings and social meet ups across Perth.

Partners are welcome and activities range from dinners to concerts, special events and more.

Please register your interest [jess@mdwa.org.au](mailto:jess@mdwa.org.au)

## TRIUMPH over MUSCULAR DYSTROPHY

### SUNDAY 6 MAY

Sign up to TRIUMPH over muscular dystrophy at the SunSmart Ironman 70.3 Busselton and you can swim, ride and run like a champion and help change people's lives!

- Individuals & Corporate Teams
- Team T-shirt
- Support every step of your journey



Please register your interest [tri@mdwa.org.au](mailto:tri@mdwa.org.au)

### SATURDAY 18 AUGUST

Be part of our committed team of cyclists and trail runners who push through the mud of Dwellingup for the cause, raising much needed funds to support Western Australians living with muscular dystrophy.

- Take on the 14, 40, 60 or 100km mountain bike track of the Dwellingup 100 MTB Ride
- Choose from the Mini 6, Mighty 10 or the Almighty Half Marathon at the Mighty Jarrah Trail Run



Please register your interest [trail@mdwa.org.au](mailto:trail@mdwa.org.au)

## YOUNG ADULT SOCIAL GROUP

This group sees our members aged 17 - 35 get together for the chance to socialise, make new friends and build networks.

Held at various locations across the metro area, this program is all about enabling young adults to hangout and have fun.

**February** - Fringe Festival **April** - Freo Prison Tour **June** - MKR Day  
**August** - Brewery Tour **October** - Pub Quiz Night  
**December** - Picnic & Bush Walk

Please register your interest [jess@mdwa.org.au](mailto:jess@mdwa.org.au)

## DUKE OF EDINBURGH INTERNATIONAL AWARD

Are you aged 13-25? Interested in getting out & trying something new?

Why not sign up for the Muscular Dystrophy WA Duke of Edinburgh's International Award! It's great fun and you can challenge yourself to push boundaries.



Please register your interest [jess@mdwa.org.au](mailto:jess@mdwa.org.au)

## SCARECROW COMPETITION @ MYATTSFIELD VINEYARDS

### 6 - 7 MAY

Get your creative juices flowing for the 9th Scarecrow Competition at MyattsField Vineyards as part of the Bickley Valley Harvest Festival.

The competition is open to all and has several prize categories.

- **First Prize**
- **People's Choice Award**
- **School Prize**
- **Kids Under 13**
- **Kids Aged 13 - 18**

[www.myattsfield.com.au](http://www.myattsfield.com.au) for more information

## STREET APPEAL

### FRIDAY 14 SEPTEMBER

Giving your time can be just as valuable as giving a monetary donation. Volunteer your time to collect and help to boost community awareness.

- **Collection points close to home, work or school**
- **Local train stations, bus ports or shopping centres**

Please register your interest [brianna@mdwa.org.au](mailto:brianna@mdwa.org.au)

## MARQUEE DAY FOR MUSCULAR DYSTROPHY

### OCTOBER

The Director's Lounge is the prime position at Ascot Racecourse, perched high above the finishing post.

Guests will enjoy an exhilarating day at the races, with all the trappings.

- 3-course menu & premium beverage
- Branded Race Names available
- 5-hour event with exciting auction & raffle

Please register your interest [races@mdwa.org.au](mailto:races@mdwa.org.au)



## TRUFFLES FOR MUSCLES

### JUNE

The Truffles for Muscles Charity Auction is the hottest culinary date on the Perth calendar. Showcasing quality produce from Manjimup Truffles, this cocktail style event is kindly hosted by Kailis Bros, Leederville. The evening culminates in the auction of the season's finest truffles, alongside a select number of luxury items.

- Sip award winning Methodé Champenoise from MyattsField Vineyards
- Graze on the freshest WA seafood from Kailis Bros, including a feature truffle dish prepared by Russell Blaikie

Please register your interest [truffles@mdwa.org.au](mailto:truffles@mdwa.org.au)

## COMMUNITY DAY



Please register your interest [piper@mdwa.org.au](mailto:piper@mdwa.org.au)

## SUNDAY 25 NOVEMBER

The popular Muscular Dystrophy WA Annual Community Day has built a loyal following, as our community (individuals, siblings, parents, partners, carers and supporters) celebrate an afternoon of relaxation, networking and connection.

- Kids & adults alike enjoy festivities, food & frivolity
- Food & entertainment provided free of charge