



## Carl's story

Carl Champney was just 21 years old in 2003 when he was driving in rural Queensland and an oncoming vehicle ran him off the road. The result was an acquired brain injury (ABI) that left Carl without the use of his arms or legs, and with significantly impaired vision and speech. Although cognitively largely functional, amnesia from the accident meant that Carl could not recall the details of what had happened until more than 12 months after the event – one month over the time limit for lodging a claim under Queensland's fault-based traffic insurance scheme.



Carl has been living in ABI accommodation for more than 10 years since his accident. Support funding has only covered accommodation over that time, so he has received very little rehabilitation or therapy. He is not eligible for additional disability or community funding because he was deemed to have 'plateaued' in his recovery after just 12 months. Carl has severe muscle spasticity in his hands and feet, has had surgery to sever constricted tendons, and suffers from debilitating headaches and depression.

In 2013 the JMB Foundation granted funding to Carl for twice-weekly hydrotherapy and the attendant care support needed to allow him to participate in sessions. This is what his care advocate wrote after the therapy was underway.

*"I visited Carl in Queensland this past week, and am thrilled to report on the huge changes since I saw him last.*

*Physically, Carl looks noticeably stronger. He has gained muscle strength and sits much straighter and with control in his wheelchair. Most strikingly, his joints have loosened and released, and he is able to now lengthen, straighten and lift his arms and legs. ... He reports a reduction in the daily pain felt by the contractures, and a greatly increased quality of sleep.*

*At the beginning of the hydrotherapy sessions Carl, who has not moved in many years, had 'no sense' of his body. ... He can now stand upright in the pool and walk for a short period.*

*Cognitively and psychologically, Carl is in a much better place. He looks forward to hydrotherapy (his only activity in the week) and sees himself now as having an opportunity to focus on the recovery that is possible. For Carl, this sense of purpose and hope is life-changing. He is ... relearning that there is life beyond his 'four walls'."*

## What's inside?

- Page 2**
- Pharmacy students pitch in
  - 2014 JMB Cup coming up
- Page 3**
- Melbourne Marathon 2014
  - Carey school reunion
  - Noticeboard
- Page 4**
- Can you help?

**We are grateful to Snap Printing Flinders Lane for their generous support in printing this newsletter.**



*Hydrotherapy has been life-changing for Carl*

The JMB Foundation is very pleased to have been able to help Carl to receive meaningful physical therapy for the first time in more than 10 years – **but it is our generous donors who really make this possible. Thank you to each and every one of you. With your help we can, and do, make a difference.**

*The JMB Board and members of the Foundation are thankful for the generous support and continued interest shown by people of all walks of life, in improving the fate of young sufferers of ABI*

## Pharmacy students pitch in

We are delighted that the National Australian Pharmacy Students' Association (NAPSA) has chosen to support us this year by selecting the JMB Foundation as the beneficiary of proceeds from their annual Charity Cup. The NAPSA Charity Cup takes place throughout April and May each year, aiming to raise awareness and much-needed funds for a nominated cause.

NAPSA has 16 student branches around Australia and, conscious of the recent focus on "coward punches", felt its members – based within universities – were in a perfect position to raise awareness and to educate young adults about the dangers of alcohol-fuelled violence and the hardships faced by those who have to deal with its physical consequences.

Branches organised and participated in a series of fundraising events over the last two months. Not content with just selling sausages and chocolates – although between them they sold hundreds of kilograms of each – branches came up with all sorts of other initiatives. From bowling nights, trivia challenges, sporting days and amazing races, to such ideas as auctioning off romantic dates, pharmacy students pitched in to raise money for the JMB Foundation.

Last month the NAPSA branch at Canberra's Australian National University raised almost \$2,500 in just



*NAPSA Charity Cup bowling team*

one night, through a raffle and a silent auction at their annual ball. JMB Foundation board member Di Rule was invited to attend the ball and speak on behalf of the Foundation, and we greatly appreciated the opportunity to promote JMB's work.

As part of the Cup challenge, students organised lectures at which the JMB Foundation video was presented, and they took advantage of advocacy's greatest new weapon – social media. During the Cup, branches set aside time for a 'media blitz', sharing information about ABI's, the JMB Foundation, and how it can help. The Association estimates it was able to reach more than 30,000 people as part of the blitz, sharing links to online media including the JMB Foundation website and video.

Whilst the official total of funds raised during the Charity Cup is not yet known, NAPSA were thrilled to let us know that the figure will be in excess of \$25,000 – and in turn, we are equally thrilled with such a great contribution from all the pharmacy students who put so much effort into fundraising.

NAPSA's Charity Cup campaign is both a fundraising initiative and an educational initiative among Australia's pharmacy students. We are enormously grateful for the difference the Cup has made – by raising awareness of ABI and the JMB Foundation, and assisting with the funding of programs to help those affected by ABI.

For more information email [pharmacy.awareness@napsa.org.au](mailto:pharmacy.awareness@napsa.org.au)



*Pharmacy students raise funds for JMB Foundation as part of the NAPSA Charity Cup*

## JMB Cup coming up

The annual JMB Cup football face off between Carey Grammar School and Caulfield Grammar School is rapidly approaching. This year's match will be held on Saturday June 14 at the Wheelers Hill campus of Caulfield Grammar School, starting at 1pm.

The Carey boys are keen to avenge last year's loss, though it is expected to be hard going in the face of Caulfield's considerable home ground advantage.

Come along and cheer on your side, and catch up with friends from the JMB Foundation and Step Back Think. Both organisations will be talking about the work they do, and the ongoing needs of young people with acquired brain injury and their families.

We look forward to seeing you there.



*Carey Grammar students sported orange socks for last year's JMB Cup*



## Medibank Melbourne Marathon 2014

Preparations are in full swing for this year's Medibank Melbourne Marathon, to be held on Sunday 12 October.

Once again the JMB Foundation is an official Associate Charity of the Melbourne Marathon, together with the Cathy Freeman Foundation and the Australian Red Cross.

Last year JMBF supporters who participated in marathon events or volunteered assistance raised almost \$70,000 for the Foundation, and the event is our most significant source of funds. We encourage you to get involved again this year. Any amount you raise, no matter how small, will go towards helping to improve quality of life for young people with ABI.

You can register online now to participate in any of the Medibank Melbourne Marathon Festival events. Don't forget to join the JMB team when

you register, to receive your JMB team t-shirt or singlet to wear on the day.

In our eighth year of collaboration with this event, JMBF will again provide a team of volunteers to assist on the day. If you're not registering for an event – for whatever reason – but want to help in some way, we would welcome your involvement as a course volunteer. This team is vital to the success of the day, and you can be a part of it no matter what your age or experience. You might be helping out at drink stations, or handing out information. There are volunteer jobs to suit just about anyone – so please get in touch with us if you're interested in getting involved in any way.

You'll be helping some of the most disadvantaged young Australians by helping the JMB Foundation. So on Sunday October 12<sup>th</sup>, **run for those who can't.**



## Noticeboard

### JMB Cup 2014 – Saturday 14 June

We'll keep you posted via our website and Facebook page. Come and cheer your team at the annual Caulfield Grammar v Carey Grammar football match to raise awareness of ABI.

Hosted in 2014 by Caulfield Grammar School (Wheelers Hill campus)

### 12 October 2014

#### Medibank Melbourne Marathon Festival

Join our team of runners (every event) or our team of course volunteers

Raise money online

Email [info@jmbfoundation.org.au](mailto:info@jmbfoundation.org.au) to register your interest.

### October 2014

#### Applications

Invitation to submit applications to the JMB Foundation for fourth round funding.

Applications may be lodged from 1 September 2014 and will close on 31 October 2014.

Find our **Application for Funding Guidelines** online – [www.jmbfoundation.org.au](http://www.jmbfoundation.org.au)

## What you can do now

Save the date – **Sunday 12 October 2014**

**Register** to participate – Registrations for the Medibank Melbourne Marathon, Flight Centre Half Marathon, The Coffee Club 10km, ASICS 5km Run and 3km walk events are now open. Early bird reduced entry fees apply if you register by 24 June 2014.

**Create a fundraising page** – you can raise money for the JMB Foundation by creating your own fundraising page. You can set this up when you register.

**Join the team of course volunteers** – if you're not a runner but still want to contribute, sign up to help out on the day as a course volunteer. Email [info@jmbfoundation.org.au](mailto:info@jmbfoundation.org.au) to register your interest.

Help us to help young people with ABI whose lives and the lives of their families have changed forever.

## Carey school reunion

James Macready-Bryan was a celebrity guest at the Carey Grammar class of 2004 10-year reunion on May 24. More than 80 people attended the function at Maeve Fox bar in Richmond, which is run by Old Grammarian Simon Pratt.

The evening, which was also a fundraiser for the Foundation, was declared a great success by those who attended, and it can be reported that James 'loved the attention, particularly from many of the girls'.



# How can you help?



## Get involved

**Medibank Melbourne Marathon Festival –  
Sunday 12 October 2014**

To register your interest in **joining the 2014 JMB marathon team, fundraising for JMB or volunteering** to help on the day, contact [info@jmbfoundation.org.au](mailto:info@jmbfoundation.org.au)

## Make a donation

The James Macready-Bryan Foundation can only continue its work with your willing help.

Donations can be made via the website at: [www.jmbfoundation.org.au](http://www.jmbfoundation.org.au)

Or by posting the completed form below to:  
**The James Macready-Bryan Foundation**  
**PO Box 2281**  
**Hawthorn Vic 3122**

All gifts of \$2 or more are fully tax deductible.

## Stay in touch

Visit our website for the latest news or become a JMB subscriber and receive newsletter updates. To register go to [www.jmbfoundation.org.au](http://www.jmbfoundation.org.au)

### Have your contact details changed?

1. Email your new details to [info@jmbfoundation.org.au](mailto:info@jmbfoundation.org.au)

OR

2. Post the completed form below to:  
**The James Macready-Bryan Foundation**  
**PO Box 2281**  
**Hawthorn Vic 3122**

## DONATION FORM

I would like to make a donation of:

\$20     \$50     \$100     \$200     \$500     \$1,000    Other amount: \$ \_\_\_\_\_

Please find my cheque (to **The James Macready-Bryan Foundation**) enclosed

OR

Please make a one-off debit of \$ \_\_\_\_\_ to my credit card\*:     Visa     MasterCard

OR

Please debit my credit card regularly for \$ \_\_\_\_\_     Visa     MasterCard

Monthly     Quarterly     Half Yearly     Annually

I would like the debits to start  on \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_     As soon as possible

\*Please note that we are only able to accept Visa and MasterCard.

Expiry date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_    Signature: \_\_\_\_\_

Name on Card \_\_\_\_\_

Please send me a receipt to the address below

## CONTACT DETAILS FORM

My name is \_\_\_\_\_

Address \_\_\_\_\_

Email address \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_

Company (if applicable) \_\_\_\_\_ Position (if applicable) \_\_\_\_\_

Please update my contact details     Please remove me from your mailing list