

## 2014 Medibank Melbourne Marathon Festival

The Medibank Melbourne Marathon Festival was once again a highlight of the year for the JMB Foundation. Many of you will have participated in some way, and we thank you wholeheartedly for your support – whether you ran (or walked) in an event, volunteered as a course marshall or at a drinks station, or sponsored someone who was fundraising for JMB.

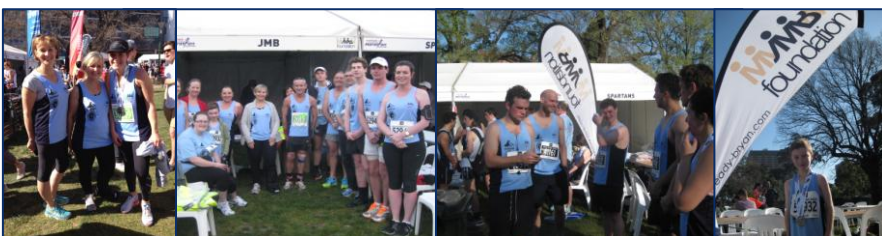
The weather was glorious – if a bit warm for the later runners – and there was plenty of activity at the JMB tent in the team village. James himself was guest of honour, and everyone was pleased that he was able to be there.

JMB teams finished with excellent results, coming in at first place in both the 10 km and 5 km events. We fielded a record 20 entrants in the full marathon and the half marathon team finished in a very creditable seventh place.

We are thrilled to report that between volunteers and fundraisers more than \$42,000 was raised for the Foundation. That amount will go a long way towards providing care, therapy, equipment or community activities for young people with an acquired brain injury in Australia.

Success stories from the day abound, from our youngest team runners, Lucas Hudson (12), Inigo George (13) and Callum Moloney (8), who clocked up 10 km in very respectable times, to our slightly more mature entrants, including Graham Harwood, long time gardener at Carey Grammar, who ran his first ever full marathon, almost by accident. Graham intended to run the 10 km or the half marathon, but on finding those events were full, bit the bullet and signed up for the big one. We congratulate Graham on his determination to run for JMB – whatever it took – and on getting through his first marathon in good time and good health.

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We take this opportunity to wish all our donors, supporters and those who we do our best to help, a very happy and safe festive season.



The JMB Foundation thanks Snap Printing Flinders Lane for their generous support in printing our newsletter.

The JMB Board and members of the Foundation are enormously thankful for the generous support given, and continued interest shown, by so many. It goes a long way towards improving life for young sufferers of ABI.

## NAPSA effort exceeds all expectations

When the National Australian Pharmacy Students Association (NAPSA) chose the JMB Foundation as their charity for the annual Charity Cup, they never expected to smash their previous fund-raising record by close to fifty per cent. But that's exactly what happened, with the Cup raising the astonishing amount of \$30,738 in just six weeks.

The Charity Cup pits the various branch member student organisations against one another to see who can raise the most money. Events in the 2014 campaign included a zombie walk, paintball, barbecue battle nights, a ball, a onesie movie night, a sponsored social media ban and a 'Top 100 drugs' lotto (they are pharmacy students, after all!). Students were encouraged throughout the campaign to use social media to spread awareness of the issues surrounding acquired brain injury, particularly the devastating effects of alcohol-fuelled violence. NAPSA estimates their media blitz reached more than 30,000 people during April and May.

JMB Foundation Chair Helen Sykes was a guest at the NAPSA annual dinner in July and was able to give our warmest thanks to everyone involved. "We are thrilled and humbled to receive this extraordinary support. The funds raised by the NAPSA students will make an enormous difference to what we are able to achieve in the next 12 months in terms of support for young people with acquired brain injury and their families," she said.

And in more good news, the incoming NAPSA National Committee has voted to support the JMB Foundation again in 2015.



*NAPSA representatives Ben Johns and Lauren Haworth present a cheque to JMB Foundation Chair Helen Sykes.*

## JMB Cup

The annual JMB Cup football match between Caulfield and Carey Grammar Schools took place in June this year, at Caulfield's scenic Wheelers Hill campus. The final score left the Carey boys feeling a bit flat on a points level, but there is no doubt everyone ended the day feeling positive about the more important result – that is, raising awareness and support for the JMB Foundation and the work it does. We thank both schools most warmly for their ongoing support of this initiative.



*James is making progress on his Motormed bike.*

## Update on James

We are pleased to report that James has been in good health for most of 2014. He has been enjoying a weekly spa bath at Austin Street, one-on-one hydrotherapy in Kew with his new physio Susie, and is making steady progress on his Motormed bike. Hydro sessions give him a chance to relax in a way that is difficult to achieve at other times, and his family and carers have noticed a difference in his comfort levels as a result.

James has been out and about more this year, so many of his friends have had a chance to catch up with him. He went along to the JMB Cup at Caulfield Grammar, attended the wedding of his friends Emma and Alex, saw his beloved Cats play at the MCG, and in October was guest of honour at the JMB tent on Melbourne Marathon day.

He has also enjoyed having friends come to visit, going home to his mum's, outings to cafes and the pub, and hosting a Step Back, Think meeting.

Those who love and care for James, including all of us at the JMB Foundation, never lose sight of the fact that it is your support that provides him with many of his opportunities. Without your help, the Foundation would not be able to provide for James in the way that it does, and would not be able to help others to get the most they can out of life after suffering an ABI. We are truly grateful for your contribution towards making a genuine difference to the lives of young Australians with ABI.



*James (with his mother, Robyn) enjoyed an outing to the Melbourne Marathon in October.*

## 2014 Melbourne Marathon

(cont. from page 1)

We also thank another marathon first-timer, Dan Cronin, who as Chair of Step Back Think and long-time friend of James MB, felt driven to run for the Foundation to show his support and help to get our message out. While Dan may not have been the most successful entrant on the day (he suffered cramp partway into the run, and had to walk to the finish line) he was determined to make good on his commitment so that his sponsors had to pay up, and that generated more than \$2,500 for the JMB Foundation. That's a whole different kind of success, and we congratulate Dan on being one of our biggest individual fundraisers.

We thank every one of our fundraisers, no matter how small or large the amount raised, because every dollar really does help.

An enormous amount of effort goes into making this event run smoothly and it couldn't have happened without the willing help of many volunteers.

### Our thanks to Od Bods

The JMB Foundation was delighted this year to receive an offer of assistance from "Od Bods", a Melbourne group that has been operating for 40 years. We are very grateful that Od Bods has been able to meet the cost of a number of equipment requests that came to us via the applications for funding process. We know the recipients of this equipment are extremely thankful, and we really appreciate this help from Od Bods.

We are also pleased that this will be an ongoing partnership, not least because for every piece of equipment that Od Bods is able to fund, its value becomes available to the JMB Foundation to allocate to another applicant.

Our thanks to all Od Bods members for this wonderful support.



### Emma & Alex's wedding helps JMB Foundation

In August this year, James' friends Emma Humann and Alex Pattison turned their wedding into an opportunity to support the JMB Foundation, by asking their guests to

donate to the Foundation instead of giving them wedding gifts. We were quite overwhelmed by this gesture, and by the generosity of all those who donated.

We are thrilled to report that donations came to nearly than \$6,000 – an amount that can, and will, really make a difference for a young sufferer of an ABI. We would like to say thank you so much, to Emma and Alex for thinking of this, and to all their family and friends who embraced the idea so readily and showed such wonderful support for the JMB Foundation.

We'd like to say a heartfelt thank you to Andrew Macready-Bryan, who had the mammoth task of recruiting and coordinating more than 280 volunteers who worked on drink stations and around the course. It was a challenge and a half, one which Andrew rose to without fuss, and with remarkable good humour.

We also thank Wendy Wood for her efforts coordinating the Carey student community volunteer project, Anne and Tim McDonald for their work organising the JMB singlets and Invesco and the Old Carey Grammarians for underwriting the cost of the singlets.

This year's Melbourne Marathon Festival was once again an outstanding event for the JMB Foundation and we look forward to seeing you all again in October 2015.



## Noticeboard

2015

### Applications for funding

Applications for the Foundation's second round of funding for 2015 will be accepted until 30 April 2015, for grants applicable to the funding period 1 July to 31 December 2015.

The application form and guidelines for applying for funds can be downloaded from our website at

[www.jmbfoundation.org.au](http://www.jmbfoundation.org.au)

### 2015 Melbourne Marathon

It's not too early to save the date. The 2015 Melbourne Marathon will be held on Sunday 18 October. We're already looking forward to being involved.

**If you are too, please let us know.**

Email

[info@jmbfoundation.org.au](mailto:info@jmbfoundation.org.au)



# How can you help?

## Get involved

Medibank Melbourne Marathon Festival –  
Sunday 18 October 2015

To register your interest in **joining the 2015 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 the ongoing support of generous donors.

Donations can be made via the website at: [www.jmbfoundation.org.au](http://www.jmbfoundation.org.au) or by completing the form below and posting it 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 [www.jmbfoundation.org.au](http://www.jmbfoundation.org.au) OR
2. Complete the form below and post 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 (payable 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

Please make these debits     Monthly     Quarterly     Half Yearly     Annually

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

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

Credit card number:

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

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

Please send me a receipt to the address below

### CONTACT DETAILS FORM

Name \_\_\_\_\_

Company \_\_\_\_\_ Position \_\_\_\_\_

Address \_\_\_\_\_

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

Phone \_\_\_\_\_

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