

Mark's taking back control

In January 2013 Mark Wearne, then 40 years old, was struck down by a brain aneurysm resulting in an acquired brain injury that has left him fighting to take back control of his life. Little by little, with the help of family and carers and his strong, fearless character, Mark is winning that fight.

After two and a half years in hospital, in May 2015 Mark was finally able to come home to live with his parents in country Victoria. As full time carers, Ann and Simon Wearne play a critical role in Mark's recovery. Together with Monash Health, where Mark participates in a research project, they are helping him to regain control of his life – and they are doing that with some help from JMB Foundation.

JMB is pleased to have been able to provide assistance for Mark by funding the purchase of equipment, including a portable access ramp for outings, and a specialised recliner chair for Mark's use at home. A keen music enthusiast, Mark finds great enjoyment in relaxing in his recliner and listening to his favourites – the Beatles and Pink Floyd are top of his list – in a familiar home environment with his body safely, correctly and comfortably positioned.

Ann says funding from JMB has been an enormous help. Recounting the long days of Mark's recovery, she describes the great amounts of time spent on physio and hydrotherapy, getting his brain 'reconnected', trying to walk again, and simply dealing with life. Mark didn't speak for nearly eight



months after his ABI. "That Mark couldn't communicate was probably the hardest part," she says.

These days Mark is able to fish, play pool, and chat with his mates. One of the things that has helped most is being able to come home, but the daily routine for his parents is challenging and they have had very little time to share with each other. Importantly, JMB has provided a grant to cover the cost of respite care, so that Ann and Simon can take some much-needed time off from caring for Mark 24/7, and Ann says this has made a real difference to their lives.

"Our son is living the best life he possibly can under the circumstances. Mark's injury hasn't in any way changed the fighting spirit he's always had. Now he's living life, enjoying his music, his relationships, his family. He's taking back control. But without the help from JMB, he would not have progressed nearly as far."

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Meet Michelle

We are pleased to introduce Michelle French, our most recent addition to the JMB Foundation board. Michelle was appointed as a director in December 2015 and brings to the team her extensive experience and high-level professional skills in the occupational therapy field. Michelle has a deep understanding of the care needs of individuals with an acquired brain injury, and her input as a member of the JMB Applications for Funding



Subcommittee is invaluable to the Foundation. We greatly appreciate Michelle giving JMB Foundation her expertise and assistance.

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.

Quenton's journey for JMB



In February the intrepid Quenton Oates hit the bike trail and set off on an amazing journey, taking on the 2016 Tour Aotearoa and fundraising for JMB while he was at it. Starting off at Cape Reinga at the far north tip of New Zealand, Quenton covered an amazing 3,000 kilometres on his mountain bike, finishing up at The Bluff at the bottom of the South Island. This was a long, hard ride, covering some of the roughest terrain in the country, and it threw up plenty of challenges. Strict rules of the tour meant Quenton had to make the journey entirely on his own, carrying all his gear and with no outside support along the way.

After 20 days and 2 hours Quenton had clocked up two broken wheels, eight broken spokes, one burst tube and a broken front shock, but he overcame all setbacks and reached his final stop in one piece, declaring it "easily worth the experience".

It was a fantastic effort and we're thrilled to say supporters chipped in to the tune of \$2,700 for JMB. Thanks Quenton!

Quenton Oates at Cape Reinga (above) and 3,000 kms later at The Bluff (right).



Appeals appreciation

Our thanks to JMB supporters who responded so generously to our Easter and Mother's Day appeals this year. We suggested donating to JMB instead of buying Easter eggs or Mother's Day presents, and we are delighted that so many of you liked the idea.



Even a small donation can make

a surprisingly big difference for the people we help, and every contribution to these appeals will go towards making that difference for a young person living with ABI. Thank you.

Great spirit for JMB Cup

The 2016 JMB Cup football match between Caulfield Grammar and Carey Grammar turned out to be a great game, as always, and one that was played in excellent spirit. Held on Saturday 30 April at Caulfield Grammar's Glen Eira Road campus, Caulfield used their home advantage and were too strong for Carey on the day, finishing up 20 points ahead. But this game, held annually and alternating between Caulfield and Carey grounds, is not really about who wins. It's more an opportunity to press home the anti-violence message and raise awareness of the all-too-often tragic consequences of social violence – because what happened to James Macready-Bryan could happen to anyone, and we all need to work towards changing that.

This year JMB Foundation director Richard Harris represented the Foundation and spoke at half time to players and supporters about what we do and why we do it. James' father Andrew Macready-Bryan made a heartfelt speech after the game and presented the JMB Cup to the winning team. Everyone was pleased to see James in attendance, and there was a wonderful feeling of community goodwill all round.

Our thanks to both the Caulfield and Carey communities, staff and teams for the effort they put into making this event a success again this year.



Carey captain Henry Chapman (left) and Caulfield captain Ashley Krakauer with the JMB Cup presented by Andrew Macready-Bryan.

Thinking about tax time?

You might not want to think about it yet, but the end of the financial year is just a few weeks away. If tax time is a time when you contemplate contributing to a charitable cause, we hope you might consider the JMB Foundation.

Thanks to our donors, in the last 12 months we have been able to help 23 young men and women with acquired brain injuries by providing funds to pay for things such as therapy, special



Last year JMB provided funds to help Sam Ford learn to walk again.

equipment, home modifications or respite care. Things that would otherwise have been financially out of reach for them, and have made their life that little bit better.

We are 100 per cent donor-funded and without our generous supporters we simply can't do what we do. So please, if you can, make a tax-deductible donation to JMB Foundation before 30 June and help us to help young Australians suffering with ABI.

A marathon 10 years

The 2016 Medibank Melbourne Marathon will mark the 10th anniversary of the reason JMB Foundation exists, and the reason the event means so much for James Macready-Bryan, his family and supporters. James was assaulted in October 2006, on his 20th birthday, and many of you reading this will remember the horror as the extent of his injuries became clear, and the reality of his future existence – living with a permanent, catastrophic brain injury – hit home.

By February 2007 friends of James' parents had set up the JMB Foundation. The Foundation has raised funds to help James and others in a similar situation, and advocated for ABI victims. James was a former student of Carey Baptist Grammar and the school community came together to generate support. When the Melbourne Marathon came around, hundreds of James' friends, peers, their families and colleagues, and others who had simply heard about the cause, joined together and ran in support of James. They signed up to "run for those who can't". Many have been running every year since, and many more have joined the JMB team along the way.

We are very grateful for the contributions of so many, whether it has been by sweating it out in a marathon event, by sponsoring mates putting themselves through the punishing regime, by volunteering for JMB to work on the course on marathon day, by contributing to the cost of our JMB team singlets, or by helping with the organisation of the event. We hope you know who you are!

This October's Melbourne Marathon will be our 10th, and we hope we'll see the incredible support we've had for the last

nine years back in full force. Fundraising from this event is the cornerstone of JMB's grants program, allowing us to help people like Mark Wearne (p. 1) and many other young Australians who need our financial assistance. We wish it wasn't so, but the demand for funds to help these young people access care and therapy is growing.

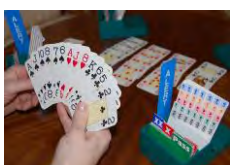
So let's make our 10th Medibank Melbourne Marathon Festival our biggest and best yet. If you're going to run, then [run for those who can't](#). There are five distances to choose from, and you can even [walk for those who can't](#) in the 3km event if distance running is a bit much for you! Sign up now at melbournemarathon.com.au and don't forget to start a fundraising page so your mates can sponsor you. We'll give you a JMB shirt to run (or walk) in, so you'll be helping to raise awareness as well as funds. If running's not your thing, why not volunteer as a course marshal? JMB receives a significant donation in return for providing volunteers to manage the event, so you'll be helping us – and we can guarantee you'll enjoy the experience. For more information go to www.jmbfoundation.org.au/2016melbmar



James with his mum Robyn at the 2015 Melbourne Marathon.

Fun and fundraising at Waverley Bridge Club

In March our bridge-loving JMB supporters descended upon Waverley Bridge Club for a special Red Point Swiss Pairs event that turned out to be a huge success, with almost 40 pairs playing on the day. Our thanks to WBC for such a great day, and in particular to Mary Elson who made an outstanding effort to organise everything from the BBQ lunch to the bridge director. Jill Magee and Jeanette Collins won the honours, but JMB was the real winner. With entry fees, raffle proceeds and some very generous



individual donations, we are thrilled to say we now have nearly \$10,000 that will be put to good use to help young people with acquired brain injury. It's the fourth year Waverley Bridge Club has hosted this event for us and we'll be going for a fifth in 2017. If bridge is your thing, we hope to see you there!

Guvera gives to JMB

In 2015 JMB welcomed corporate sponsorship from Guvera, an award-winning music and entertainment streaming service. Guvera is Australian-born and delivers free access to music and entertainment through a unique brand-funded streaming platform. Guvera's generous sponsorship has provided a significant boost to the funds we have been able to put into our grants program in the last 12 months, and we are enormously grateful to this global leader for choosing to contribute in this way. Sign up at www.guvera.com



Noticeboard

JMB Luncheon returns in 2016

We are pleased to announce the return of the annual JMB Luncheon, to be held on Wednesday 5 October at Leonda by the Yarra. Mark the date in your calendar now, and keep an eye on our website for ticket information. This has been a popular event in the past, so to avoid missing out you might like to register in advance. Send an email with your contact details to info@jmbfoundation.org.au or call/text Sharon on 0425 727 461

Applications for funding

Applications for the Foundation's first round of funding for 2017 will be accepted until 31 October 2016, for grants applicable to the funding period 1 January to 30 June 2017.

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

www.jmbfoundation.org.au/applications

2016 Melbourne Marathon

Save the date! The 2016 Melbourne Marathon will be held on Sunday 16 October. We're looking forward to it and would love you to be involved. Run or volunteer for JMB. More info at:

www.jmbfoundation.org.au/2016melbmar

Email info@jmbfoundation.org.au

How can you help?

Come to lunch

The annual **JMB Luncheon** returns in 2016, on **Wednesday 5 October** at **Leonda by the Yarra**. Book a place or, if you'd like to get a group together, a table of 10 for this special event. Email info@jmbfoundation.org.au or call Sharon 0425 727 461 for more details.

Get involved

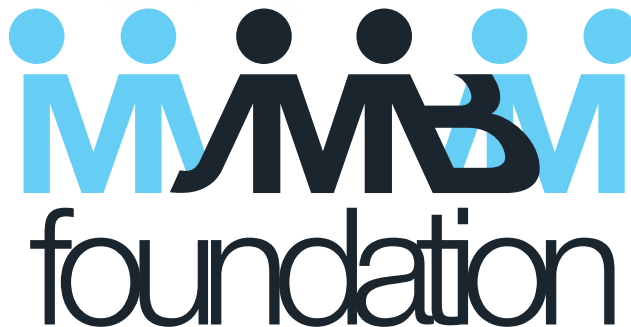
Medibank Melbourne Marathon Festival – Sunday 16 October 2016
To register your interest in **joining the 2016 JMB marathon team, fundraising for JMB or volunteering** to help on the day, contact info@jmbfoundation.org.au or call Sharon 0425 727 461.

Make a donation

The James Maccready-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 or by completing the form below and posting it to:

The James Maccready-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 e-newsletter updates. To register go to www.jmbfoundation.org.au

Have your contact details changed?

1. Email your new details to info@jmbfoundation.org.au
2. Submit a message via the contact form on our website at www.jmbfoundation.org.au/contact/
3. Complete the form below and post to:
The James Maccready-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 Maccready-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 or 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 switch me over to e-newsletter Please remove me from your mailing list