

How we have helped in 2016

We are grateful for wonderful support over the past 12 months from many different avenues, including major events such as the JMB Foundation 10th anniversary luncheon (see p 2) and the Melbourne Marathon (p 3), and generous donations from organisations and individuals. Funds so kindly donated to JMB Foundation this year have enabled us to make grants available to young Australians who really need our financial assistance to improve their care, comfort and quality of life.

In 2016 we were able to give just under \$130,000 to 17 applicants in Victoria, Queensland and New South Wales. Our grants have enabled a number of these young people to benefit from extra therapy, including hydrotherapy, speech pathology and physiotherapy, that they simply could not have managed to pay for without this assistance. We have also funded home modifications and the purchase of special equipment, and made it possible for several people to have attendant care on a weekly basis,



Sarah Di Tomasso writes her story for the JMB Foundation newsletter.

allowing them to participate in community activities. For someone who has been confined to their home, the opportunity to get out and about, with the assistance they need to do so safely, makes an enormous difference.

Sarah Di Tomasso has been able to utilise JMB funds to engage a support worker to help her to progress with her education. Sarah suffered a traumatic brain injury in 2006 and lives in supported accommodation in Victoria. She requires assistance with most activities but her communication skills have greatly improved, helped by her English studies. Thanks to the support of our generous donors, JMB Foundation is able to provide Sarah with the opportunity to advance her education, and we are delighted to share Sarah's own words with you.

Sarah's story

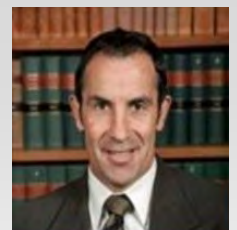
My name is Sarah and I am 27 years old. I attend education to improve in many ways. Over the past year JMB Foundation has allowed me to receive tutor assistance. My tutor assists me with homework, helps me use my computer and assists me with story writing. Without his support I don't think I would have been able to accomplish these things. Eventually I will be writing stories and would like to produce books that I will be able to share with everybody.

What's inside?

- Page 2 • Friends and supporters brought together for anniversary luncheon
 - A big year for James
 - Christmas a time for giving
- Page 3 • JMB clocks up 10th marathon
 - 10 km team is top
 - Collins Place Pharmacy contributes to cause
 - Noticeboard
- Page 4 • How can you help?

Introducing Richard

You might have noticed we have been introducing our board members over the past few issues, and now we'd like you to meet Richard Harris, friend and neighbour of James Macready-Bryan's father, Andrew.



Richard is a founding member of the JMB Foundation Board, and as a practising barrister he brings his legal expertise to the Foundation. Richard's input and support has been pivotal to our achievements over the ten years since the JMB Foundation was established.

Friends and supporters brought together for anniversary luncheon



In October, as many reading this will know, it was ten years since the tragic event that led to the establishment of the JMB Foundation. For a number of our early years a fundraising luncheon was held in support of JMB. Organised by a committee of wonderful women under the banner of BLINC (Brain Linked Injury Needs Compassion), the luncheons were popular and have been missed by those who attended in the past. This year we marked our 10th anniversary by bringing back the JMB Foundation luncheon, and we're happy to say the response was magnificent.



More than 350 guests packed Leonda's ballroom on October 5th and enjoyed a beautiful day that brought people together in a very special way. It was a great opportunity for James to see his old mates, for his family to catch up with old friends, and for us to meet many of our generous supporters. Special guest speakers Professor Andrew Kaye and Ms Anj Barker were warmly welcomed, as were our dashing MCs Luke Darcy and Seb Costello. Auction items, so kindly donated by friends and supporters, created something of a bidding frenzy and there was such a scramble for raffle tickets we could hardly keep up with it.

With so many generous donations and an enormous amount of voluntary assistance and goodwill, our 10th anniversary luncheon turned out to be quite a triumph and we are thrilled to say we raised \$45,000! It was an outstanding result, and one which will make a huge difference to our work helping young people with acquired brain injury to experience a better quality of life.



A big year for James

2016 has been an important year in many ways for James and his family, bringing several high points and reasons to celebrate. October was a particularly busy month, with the JMB Foundation 10th anniversary luncheon, the Melbourne Marathon, and James's 30th birthday, all within a couple of weeks. As the guest of honour at each of these, James loved being so active, seeing his friends and being involved in these exciting events.

It was something of a reward for James after working so hard all year to achieve some quite significant gains. His therapists and support workers have resolved some issues that were presenting difficulties with hydrotherapy, so James is more comfortable in the water and seeing improved benefits. He is now participating in meditation sessions which have helped him to make progress in managing his distress levels, with the assistance of a heart rate monitor, and he continues to enjoy the relaxation brought by regular MOTOMed use. He's achieved a definite "yes" response this year, and seems to be more comfortable overall. It's really great to see him looking calmer and happier as a result of help and support from family and staff, and his own determination.



Christmas a time for giving

With just a few weeks until Christmas, we hope you and your family will be enjoying all the happiness and fun this time of year brings, and making the most of time to spend with your loved ones.

There are many ways in which you can enter into the spirit of Christmas, and giving gifts to those you care about is often number one on the list. But what if your gift this year was a gift to a young person suffering with an acquired brain injury? If you can't think of what to give for Christmas, chances are it's because your recipient doesn't really need anything. Or at least not as much as JMB Foundation grant recipients need the funds we provide for them to help make their lives that little bit better. Make your gift a donation to JMB Foundation's Christmas Appeal on behalf of your partner, friend, mum or dad. It's a gift that gives twice. Fill out the donation form on page 4, or donate online at: give.everydayhero.com/au/jmb-christmas-appeal



JMB clocks up 10th marathon



October 16th marked a milestone for the JMB Foundation as our 10th year of involvement with the Medibank Melbourne Marathon Festival. Marathon day is always special for us because we see first-hand just how much support there is out there for the Foundation and the work we do. So many people contributed to make the 2016 Melbourne Marathon the success it was.

We had a great turnout of team runners – and walkers – with 33 ambitious athletes running the full marathon, 58 signing up for the half marathon, 90 giving the 10 km track a go, 28 managing 5.7 kms, and 13 more sedate entrants walking 3 kms – but a good few of them had an extra load. A group of James’ friends from way back, now young mums, upped their work rate by pushing their babies in prams around the course. Great effort!



Our dedicated fundraisers appealed to their friends, families and colleagues to contribute to their campaigns to reward them for their efforts, which in turn rewarded JMB with \$14,630 in donations. We thank everyone who started a campaign, or gave to one, and

Collins Place Pharmacy contributes to cause



Jenny Willingham (centre) and staff at Collins Place Pharmacy collect donations for JMB in return for certifying documents.

Collins Place Pharmacy has been helping us to do what we do for many years now. Frequently called upon to witness documents, Pharmacist Jenny Willingham and her staff ask for a gold coin donation in return for this service, with all proceeds passed on to JMB. We are always surprised and delighted every three or four months when the tin is emptied and a cheque comes our way. This year’s contributions from Collins Place Pharmacy brought the total they have donated over the years to more than \$12,000! That’s a wonderful effort and we are very grateful. Our thanks to Jenny and her team for such long standing commitment and support for JMB.

in particular Emma Humann who ran her first full marathon and more than doubled her fundraising goal of \$1k, and Channel 9’s Alexis Daish, who raised almost \$2k for JMB.

200-plus runners sporting our signature blue singlets and t-shirts on marathon day made quite an impact and helped to raise awareness of JMB. Our very warm thanks to our sponsors, Invesco and Old Carey Grammarians Association Community Support Fund, for so generously underwriting the cost of our shirts again this year. Such significant contributions mean we can put more money where it does the most good – into our grants program to help young people with ABI.

The event couldn’t take place without the huge army of volunteers required to make everything work on the day. JMB volunteers account for almost a quarter of those needed, and we are really proud of our 2016 team. The rain held off, but the wind was fierce and created quite a challenge, especially for drinks stations volunteers. Everyone did a great job! The result of their efforts was a \$27,000 donation from the event organisers, so if you volunteered – THANK YOU. You’ve made an amazing difference for the people we help.



We are always impressed by the support so many people give to JMB, and we were overwhelmed in this special 10th anniversary year. Thank you to everyone who joined in on marathon day. We hope we can look forward to having you on board again in 2017.

10km team is top

Extra special congratulations are in order for the athletes who joined the JMB team for the 10 km event in the 2016 Melbourne Marathon festival, and came out on top of the teams table. The team included James’s mum Robyn, brother Tom and 88 other JMB friends and supporters who gave it their best shot for James. We are now the proud recipients of this excellent trophy, which will find a home with James to remind him of this great team effort in his name.



Noticeboard

Applications for funding

Applications for the Foundation’s second round of funding for 2017 will be accepted until 30 April 2017, for grants payable in the 26-week funding period 1 July to 31 December 2017.

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

www.jmbfoundation.org.au/applications

2017 Melbourne Marathon

Save the date! The 2017 Melbourne Marathon will be held on Sunday 15 October. We’re already looking forward to being involved, and we hope you are too.

It’s never too early to commit. Let us know now if you would like to join a JMB running (or walking) team, start a Melbourne Marathon fundraising campaign, or join the JMB volunteer team to help manage the event on the day.

If you have any questions or you would like to register your interest, please email info@jmbfoundation.org.au

How can you help?

Get involved

Medibank Melbourne Marathon Festival – Sunday 15 October 2017

The **Melbourne Marathon** is our most significant annual fundraising event and you can make a real difference to our result. If you sign up to run for JMB and start a fundraising campaign, your efforts will be rewarded by your friends, family and colleagues who will sponsor you, and their donations will help us to keep up our work. If running's not your thing you can still help. Join our 280-strong volunteer team and be a part of the action, and you'll be helping to secure a minimum \$27,000 donation to JMB from the event organisers. To register your interest in **joining the 2017 JMB marathon team, fundraising for JMB or volunteering** to help on the day, contact 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 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 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 Macready-Bryan Foundation
PO Box 2281, Hawthorn Vic 3122**

DONATION FORM – JMB CHRISTMAS APPEAL 2016

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 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