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Dear friends and family,

As dawn breaks on January 23 2015, while most people will be sound asleep, I will be teeing off at 13th Beach Golf Links and starting my mammoth challenge to play 100 holes of golf in one day – without using a cart - for the Karingal Hundred Hole Hike (HHH).

‘Why’ you ask? HHH events are held at courses around the world as a way that golfing enthusiasts like me can put their passion to good use and raise money for a range of causes through community sponsorship.

Now in its third year, the Karingal HHH is the only event of its kind in Australia and I am dedicating my efforts towards raising money for Karingal and JMB Foundation’s Acquired Brain Injury (ABI) programs.

Why raise money for ABI programs?

An ABI refers to any type of damage to the brain that is sustained after birth. Many things can cause an ABI such as a blow to the head, a motor vehicle accident, lack of oxygen, stroke, infection or something as simple as a fall. In the blink of an eye an ABI can dramatically change a person’s life and they could find themselves facing a lifetime of disability with a range of medical, physical, cognitive and sensory issues as well as emotional and psychological impacts.

Currently more than 500,000 Australians have an ABI. Three out of four of these people are under the age of 65 and as many as two out of three sustained their brain injury before turning 25. Furthermore, the number of people with an ABI is continuing to grow as improvements in medical technology increase the survival rate for people following a stroke, assault, accident, fall or illness.

In 2013 the HHH concept was brought to Australia after a small group of friends, led by Geelong businessman Brett Morrissy, were inspired to make a difference after seeing the impact an ABI had on their friend, Steve Blackney.

While watching the AFL Grand Final at a pub in Melbourne Steve was viciously attacked and received a punch to the head, an act often referred to as a ‘cowards punch’. That one punch changed Steven’s life and he was left with an ABI. After seeing the impact of an ABI first-hand, not just on Steve but also his family and friends, Brett was inspired to do something to raise money for better ABI support programs.

A partnership was quickly established between Karingal, a Geelong-based not-for-profit organisation dedicated to improving the lives of people with a disability, Brett and 13th Beach Golf Links and the inaugural Karingal HHH event was established. Since then the HHH event, together with a supporting series of concerts at 13th Beach Golf Links called Music to a Tee, has raised more than \$75,000 for Karingal’s ABI programs.



So far funding from the inaugural event was used to design and develop a temporary Karingal ABI Clubhouse; a space where the growing population of people with an ABI and their families can receive important peer and social support. Funds from the 2014 event will support the establishment of a permanent ABI Club House and associated support programs in the new Eastern Geelong Community Centre, which commenced construction in July 2014.

But there is more work to be done. Funds raised from the 2015 event will go towards Karingal's Eastern Geelong Community Centre Appeal – an effort to raise the final \$2 million needed to finish the Community Centre and to fund the set-up of the permanent ABI clubhouse and ongoing programs.

How you can help...

Over the course of the day on January 23 I will walk up to 80 kilometres and play 450 to 550 shots in my challenge to play 100 holes of golf without using a cart. It is a gruelling event, but one with an important goal that can only be achieved with your support.

By sponsoring me to take part in the HHH you will be directly helping raise money for Karingal and JMB Foundation's ABI programs. Together these programs will play an important role in creating an inclusive community. Every dollar you invest will help Karingal and JMB Foundation improve the lives of those who have an ABI, and provide important support for their families and carers.

To make a tax deductible donation, please visit www.karingal.org.au/foundation/2015-karingal-hundred-hole-hike and search for my name under 'Support a Player in the HHH'.

You can also support this event by coming along the Music to a Tee concert at 13th Beach Golf Links the evening of the HHH. This concert will feature legendary performers Joe Camilleri and The Black Sorrows with funds raised from ticket sales also contributing to the Eastern Geelong Community Centre Appeal and ABI programs. Importantly, by being at this concert you will help transform the greens into a cheering gallery which will help motivate me as I play my final holes. Tickets are available to this family-friendly event by visiting www.karingal.org.au/foundation/music-to-a-tee.

Together we can make a real difference - thank you for your support!

Josh Fisher

