



## Helping Joshua and his family

In 2016, 17-year-old Joshua Dunford was assaulted at school causing a brain bleed, which resulted in an acquired brain injury (ABI). Joshua was discharged from hospital into the care of his parents Carl and Eileen at the family home, with his younger brothers Brook, 11 and one-year-old Cooper. Carl and Eileen took on carers' roles, but juggling full-time work and a busy family life proved more challenging than they'd anticipated. Limited government-funded care was simply not meeting Joshua's needs. Joshua was struggling with stress brought on by worrying about the burden his parents were bearing, and this hindered improvement in his condition. It was clear more help was needed, to get some extra attendant care, and some much-needed respite for the family, if they were going to be able to continue to have Joshua at home – which is what they all wanted. This is where JMB Foundation stepped in.

The Foundation has been able to fund respite care, additional attendant care hours, and in the last 12 months, extra physiotherapy as well, and it has helped Joshua enormously. He has progressed from being anxious and feeling like a burden on his family, to actively participating in programs and groups such as STEPS – an organisation that runs social programs for young people in similar situations to Joshua.

On a practical and physical level, extra physiotherapy has had significant benefits. When Joshua was discharged, he was unable to stand without support. He can now stand independently, for up



Photo: Joshua Dunford

to five minutes, and his physiotherapist and family are optimistic that in time, he will walk again.

It's thanks to our generous donors that JMBF has been able to help Joshua with funding that has enabled him to receive the care he needs at home where he's comfortable, and given the family the support they need.

We are very grateful for groups who host events such as Waverley Bridge Club (see p.2), and Carey Grammar with the JMB Cup in August (see p.2), which together with wonderfully generous donations from other organisations and individuals, enable the Foundation to make grants available to young Australians, like Joshua, who really need our assistance. With your help, we can – and do – make a positive difference to their care, comfort and quality of life.

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## Introducing Paula



We have been introducing our important members over the past few issues, and now we'd like you to meet our Communications Manager, Paula Mahoney. Paula is a communications professional with a background spanning education, publications, and the arts. She joined us in April 2017, bringing her organisational skills and media and communications experience to the team.

# JMB Cup 2019 brings a decade of support

This year marks a whole decade of support for JMB Foundation through the annual JMB Cup game, a rival football match between Carey Baptist Grammar School and Caulfield Grammar School. Since the JMB Cup's inception in 2009, the day has been an important event in the football calendar, acting as a reminder to young people about responsibility for actions and the importance of supporting mates.

2019's JMB Cup will be held at Carey Baptist Grammar, Bulleen on Saturday August 3<sup>rd</sup>, starting at 11am. As always, it is expected to be a great match. Come along and cheer on your side, and catch up with friends. JMB Foundation director Peter Woodbridge will be on hand to talk about the importance of JMBF's work in addressing the ongoing needs of young people with acquired brain injury and their families.



## Waverley Bridge Club succeeds again

This year's annual fundraiser at the Waverley Bridge Club saw 88 enthusiastic players turn out at this special event, and we are delighted to report that it raised more than \$3,000 for JMBF.

It's the seventh year WBC has organised this fundraising day, and we thank everyone for their efforts – in particular, Mary Alson, the manager, and the staff who worked so hard in the kitchen and on the BBQ to provide much-appreciated refreshment throughout the day. Very special thanks to the WBC committee and volunteers, who have given us so much time and support over the years.

*All  
photos  
from  
past  
JMB  
Cups*



## Thinking about tax time?

It's that time again ... receipts, filing and a desk full of paperwork! If this is the time of year when you also consider a contribution to one of your favourite causes, we would ask you to think about the work of the JMB Foundation.

Generous donations such as yours allowed us to provide more than \$130,000 in support to young people with acquired brain injuries and their families last year. And the need is growing, for things such as therapy hours, attendant care, home modifications, wheelchairs, other specialist equipment and respite care.

We have been bowled over by the generous support we have received in the last eleven years, and it has allowed us to make a real difference, but our aims are high and we want to be able to help as many of our applicants as possible. Please, if you can, help us to help young people with acquired brain injury. Fill out the form on page 4 or donate online at:



[www.bit.ly/2QHj0n6](http://www.bit.ly/2QHj0n6)



## Let's run for those who can't on Sunday October 13<sup>th</sup> at Melbourne Marathon

The 2019 Medibank Melbourne Marathon Festival will be with us again on Sunday October 13<sup>th</sup>. This is your chance to support JMB Foundation and *run for those who can't*. Early bird registration closes July 2<sup>nd</sup>, so why not register now?. Many have been running every year since JMBF was founded, and plenty more have joined the JMBF team along the way. We are hugely grateful for the contributions of so many of you, whether it has been by sweating it out in a marathon event, by sponsoring friends, by volunteering for JMBF to work on the course on marathon day, by contributing to the cost of our JMBF team singlets, or by helping with the organisation of the event. We hope you know who you are!

Fundraising from this event is the cornerstone of JMBF's grants program, allowing us to help people such as Joshua Dunford (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 2019 Medibank Melbourne Marathon Festival our biggest and best yet.



There are five distances to choose from, and you can even *walk for those who can't*. Sign up now and don't forget to start a fundraising page so your mates can sponsor you. We'll give you a JMBF shirt to run (or walk) in, so you'll be helping to raise awareness as well as funds. For more information go to <https://jmbfoundation.org.au/2019-medibank-melbourne-marathon-festival-2/>

If running's not your thing, why not volunteer as a course marshal? For more information go to <https://jmbfoundation.org.au/volunteer/>

*Photos: All thanks to our volunteer Prasad Pratil*



## Noticeboard

### Applications for funding

Applications for the Foundation's second round of funding for 2019 will be accepted until 31 October 2019, for grants payable in the 26-week funding period 1 Jan to 30 June 2020.

The application form and guidelines for applying for funds can be downloaded from our website at [www.jmbfoundation.org.au/applications](http://www.jmbfoundation.org.au/applications)

### 2019 Melbourne Marathon

Save the date! The 2019 Melbourne Marathon will be held on Sunday 13 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 JMBF running (or walking) team, start a Melbourne Marathon fundraising campaign, or join the JMBF 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](mailto:info@jmbfoundation.org.au)

## How can you help?

### Get involved

#### Medibank Melbourne Marathon Festival – Sunday 13 October 2019

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 Foundation 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 220-strong volunteer team and be a part of the action. For each volunteer we have on the team, the event organisers make a contribution to the Foundation, so you'll be directly helping. To register your interest in **joining the 2019 JMB Foundation marathon team, fundraising for JMBF 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 directly at <https://bit.ly/2QHj0n6> or by completing the form below and posting it to:

**The James Macready-Bryan Foundation**  
PO Box 2281, Hawthorn Vic 3122



### Stay in touch

Visit our website for the latest news or become a JMB Foundation subscriber and receive e-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)
2. Submit a message via the contact form on our website at [www.jmbfoundation.org.au/contact/](http://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 FOUNDATION TAX APPEAL 2019

I would like to make a donation of:

☐ \$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