



The Foundation's News in 2019

This year, through your generous support, JMB Foundation has been able to help young people with an acquired brain injury live better lives. Here are some of JMB Foundation's community stories.

Hydrotherapy for Scott

Scott Harris received funding from the JMB Foundation for hydrotherapy sessions. When Scott was 18 years old, he suffered a hypoxic brain injury from cardiac arrest during a severe asthma attack, resulting in permanent disability. Scott has severely reduced mobility, is wheel chair bound and requires 24-hour care whilst living with his parents in Ormond.

The JMB Foundation Grant Program has funded Scott's last two rounds of hydrotherapy, helping bridge the gap between the National Disability Insurance Scheme and the cost of therapy.

Hydrotherapy provides an excellent environment for physiotherapists to aid Scott through a movement program. It enables Scott to experience buoyancy and a freedom from gravity as he relaxes his high tone and spasticity. It also aids his sleep and circulation.

Scott's parents are pleased to see after hydrotherapy he is relaxed and has a great night's sleep. "Scott spends the majority of days in bed and in his chair, so having that time in the water is a godsend" said his mum.

Fundraising achievements

Recently, the JMB Foundation with the support of volunteers and runners



Scott Harris enjoying a day out

attracted sponsorship for the Melbourne Marathon (p 2). Also this year, the Carey Grammar Grade 5's market, the Carey Ladies Annual Night and the yearly Xavier Run (p 3) were well supported. On top of this we once again received generous donations from numerous organisations and individuals.

In 2019, \$131,000 was given to 15 applicants from Victoria and Queensland. Our grants have enabled these young people to benefit from extra therapy that they simply could not have managed to pay for without our assistance. We have also funded advocacy, the purchase of special equipment and made it possible for several people to have attendant care on a weekly basis, providing families to have the support they need.

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Introducing Titilayo

We have been introducing our board members over the past few



issues, and now we'd like you to meet our recent addition, Titilayo Adetunji.

Titilayo is an experienced Financial Planner who has a heart for people and community. She is involved with a number of groups within the Carey Grammar school community where James Macready-Bryan was a student.

We look forward to Titilayo's involvement.

Melbourne Marathon 2019 - what great a day for running and fundraising

On 13th October, the Melbourne Marathon Festival brought beautiful weather for running. We had a great turnout of team runners and walkers this year. We're pleased to report that 116 supporters donned our signature blue singlets and t-shirts and joined team JMB Foundation on the track. The full marathon had 10 ambitious athletes running, while 47 signed up for the half marathon, 43 attempted the 10 km track, 10 managed the 5 kms, and 6 more walked 3 kms. **This year, we had three lead fundraisers 1st Vic D'Cruz, 2nd Richard Flynn and 3rd Ethan Seamer, together raising close to \$5000 for the Foundation.**



The Melbourne Marathon day is always special for us because we see just how much support there is out there for the Foundation and the work we do. So many people contributed to make the 2019 Melbourne Marathon the success it was. 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 JMBF with a total of \$21,946 in donations, representing an outstanding effort. We thank everyone who started a campaign, or gave to one. 116-plus runners showing off our brand on marathon day made quite an impact and helped to raise awareness of the Foundation. Our very warm thanks to our sponsors, Invesco and Sharp and Carter, for so generously underwriting the cost of our shirts and organisational costs 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, and JMBF volunteers make up a significant proportion each year. We are really proud of our 2019 team, every one of who put in a fantastic effort.

Kat Rushford from the IMG Melbourne Marathon noted "I want to send out a huge thank you to you and your wonderful crew for another well executed Melbourne Marathon. We have received some incredible feedback on our social media posts and via our enquiries email, from participants singing the volunteers praises, saying just how much they appreciated their support and dedication throughout the whole event."

The result of these efforts was a \$24,624 donation from the event organisers, so if you volunteered – THANK YOU. We are always so impressed by the support we receive for the Marathon, and we are sincerely grateful for your contribution. Thank you to everyone who joined in on marathon day. We hope we can look forward to having you on board again in 2020.



All photographs: Prasad Patil and Vishesh Goyal

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: <https://give.everydayhero.com/au/jmb-foundation-s-christmas-appeal-1>



Grade 5 market a winner again

In early June, the Grade 5 class at Carey Grammar held their annual fundraising market for JMB Foundation – and what a hive of activity. There was a range of fantastic wares for sale including over half the goods being created through innovative up cycling. Well-done Grade 5s!!



Robyn and James were able to attend and meet the wonderful students that did a marvelous job in their support of JMB Foundation. A big thanks you to all the Grade 5s who helped.



A letter from Xavier College House Leader

On September the 20th, Burke Hall / Xavier College organised an event called the 100 laps of the Studley Oval to help raise awareness for the JMB Foundation. This is a whole school fundraising event, which runs for the entire day. The main activity of the day is to complete 100 laps of our main school oval. All students and staff are encouraged to take part in the relay.

This event is in its 10th year running and has become a highlight on the school calendar. There is a real carnival atmosphere during the day including food stands, music performances, and of course the running of the 100 laps. In the week leading up to the event, our school was lucky enough to have Mr Peter Woodbridge visit our school to talk about the aims of the JMB Foundation and help promote the message to step, back and think.

We are proud to announce that we raised over \$1000 for the foundation and look forward to celebrating the 100 laps again next year.

- Regis House Captain-Ryan Meeuw



Photo: Bernadette Bett with students

Carey ladies contribute to cause with a special fundraising evening

A special fundraising evening in October with 112 ladies in attendance was run in conjunction with the Melbourne Marathon, and we are delighted to report the event raised more than \$7,000 for JMBF.

It's the second time this special event has been held, and we thank everyone for their efforts – in particular, Titilayo Adetunji, Maggie Bassily and Sofie Carfi who worked so hard to make the evening a success. Very special thanks to these ladies and to the following sponsors that contributed to the night.

- Kyla Kirkpatrick, The Champagne Dame - www.thechampagnedame.com
- Kyri Haramantas, Sublime Cookies, for the delicious desserts - www.facebook.com/SublimeCookies
- Belinda Rotella, Boccaccio's Cellars and IGA, for the fabulous wine and cheese - www.boccaccio.com.au
- Rex Espresso Café, staff - <http://www.rexespresso.com.au>
- Caroline Touzeau, Interior Design for flower styling - <http://carolinetouzeaudesign.com>
- Fabienne, for the lucky dip jewelry - <http://www.fabienne.com.au>

Titilayo Adetunji,
Sofie Carfi,
Maggie Bassily,
and Di Rule



Noticeboard

Applications for funding

Applications for the Foundation's second round of funding for 2020 will be accepted until 30 April 2020, for grants payable in the funding period 1 July to 31 December 2020.

The application form and guidelines for applying for funds can be downloaded from our website at www.jmbfoundation.org.au/applications

2020 Melbourne Marathon

Save the date! The 2020 Melbourne Marathon will be held on Sunday 4 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

How can you help?

Get involved

Medibank Melbourne Marathon Festival – Sunday 4 October 2020

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 228-strong volunteer team and be a part of the action, as for each volunteer the event organisers make a contribution to the Foundation, so you'll be directly helping. To register your interest in **joining the 2020 JMB Foundation marathon team, fundraising for JMBF or volunteering** to help on the day, contact info@jmbfoundation.org.au.

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 directly at <https://give.everydayhero.com/au/jmb-foundation-s-christmas-appeal-1> or by completing the form below and posting it to:

The James Maccready-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

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 – JMB FOUNDATION CHRISTMAS APPEAL 2019

I would like to make a donation of:

\$60 \$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