

## Helping Damian achieve his goals

In late 2017, then 24-year-old Damian had a motorbike accident while travelling in India, which resulted in an acquired brain injury. Damian initially received life saving surgery in India before being transported to an Australian hospital for further surgery and rehabilitation over the next 8 months. He currently lives at home with his parents Terry and Maxine and has two brothers.

As a result of his ABI, Damian has acquired physical impairments mainly affecting the left side of his body, notably, his left arm and leg. Damian requires assistance with most tasks of daily living with support workers assisting, and his parents and siblings. Damian receives an NDIS package however it provides limited government-funded physiotherapy to meet Damian's needs, particularly in this period where early intervention is most needed and yields the best results.

It was clear more help was needed. This is where JMB Foundation stepped in. The Foundation has been able to fund extra physiotherapy in the last 12 months, and it has helped Damian enormously. When Damian was discharged, he was unable to stand without support. He can now stand independently, and walk independently for short stretches.

Damian says, "I still have a long way to go with my rehab journey but looking back on how it began gives me a big boost knowing that I have come so far. My rehabilitation particularly my physiotherapy under the watchful eye



*Photo: Damian Lew and Carina, the physiotherapist*

of my physio, Carina, has got me to the point where I have started practising to jog on the treadmill (albeit harnessed) and am strong enough to be given exercises to practise independently at home. These physio sessions enable me to continue to build my strength with the goal of one day returning to the workforce and resuming a normal life."

It is thanks to our generous donors that JMBF has been able to help Damian with funding to assist his road to recovery and to be more independent and able to return to work.

We are very grateful for our supporters who enable the Foundation to make grants available to young Australians, like Damian, who really need our assistance. With your help, we can – and do – make a positive difference to their care, comfort and quality of life.

### What's inside?

**Page 2** • Living in Lockdown with an ABI: a letter from Robyn Brewin  
• Thinking about tax time?

**Page 3** • Melbourne Marathon Sunday October 4<sup>th</sup>  
• Noticeboard  
• Applications due October 31<sup>st</sup>

**Page 4** • How can you help?

### Introducing John



John is a litigation lawyer at Maurice Blackburn Lawyers and has been friends with James since they started year 7 together at Carey Grammar in 1999.

He is a former director and treasurer of Step Back Think, an organisation closely aligned with the JMB Foundation, and brings to the Foundation his experience in institutional and insurance law as well as his passion for helping James and other young people with acquired brain injuries

## Living in Lockdown with an ABI: *a letter from Robyn Brewin*

Hi everyone

I am writing this to let you know how James is and what has been happening in his life lately. Living in the new Covid-19 world is challenging for everyone and it is particularly difficult for those with profound disabilities such as James and all the people he lives with in his shared disability accommodation. Those like James who rely on others for almost everything e.g. personal care, nutrition and wheelchair transfers etc. are placed at even greater risk by the number of people who attend them and in such close contact, social distancing is impossible in these circumstances. Many like James are also at high risk with underlying health issues such as aspiration and breathing difficulties and therefore the Corona virus is a grave threat.

James' ABI home is in partial lockdown although I am able still able to visit unlike his usual therapists and visitors who have been unable to enter. Social isolation is a big issue for all of us and even more so for people who need to be isolated. Thankfully James lives with 9 others and there are plenty of staff and activities in-house.

James has been making the most of the restrictions and like many of us he is having plenty of zoom meetings. He is interacting with friends, family, having music therapy, his Physiotherapy movement program and a big highlight of his week his personal Buddhist meditation session via his iPad connected to his TV monitor ably assisted by his terrific support worker Andrew and other staff in the house. By all accounts Zoom is working well for James and it has the bonus that he doesn't need to travel out in the winter months. Walks to the nearby park are happening when the weather is good and James is listening to audiobooks and podcasts.

James has been having a lot of success learning to move his arm to hit a 'yes' switch and this is being practised in music therapy to help write a song and also to write a story given options as well as make some decisions on activities and other things in his life. He has just received some communication equipment to help with this. James lives to get his feet on his Motomed bike and he finds this very relaxing for his stiff muscles. James has also been having visual stimulation including coloured light therapy directed by an optometrist and is about to get his first pair of prism glasses to assist with his sight.



With the lightening of restrictions James is again able to leave his home to spend Tuesday at my house after a 2-month hiatus. He had the biggest smile when he arrived for his first visit the other day and so did I. It is wonderful we can again spend a whole day together each week. James and I are very grateful to all Victorians who are observing the regulations and maintaining hand hygiene and social distancing. The vulnerable amongst us will need you to continue to look out for them for many months to come. We are all lucky to live in Australia.

Thank you, Robyn



*Top: James is listening to a message from his friend past support worker Antoinette who is now living in France and regularly corresponds*

*Below: Doing a Zoom music session with his switch*

*Left: Zoom meditation with Dantachitta from the Brunswick Buddhist Centre*



## 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 \$125,000 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/3dry9mU](http://www.bit.ly/3dry9mU)



## Melbourne Marathon Sunday October 4th

The 2020 Medibank Melbourne Marathon Festival will be with us again on Sunday October 4<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 Damian Lew (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 2020 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/>



## Noticeboard

### Applications for funding

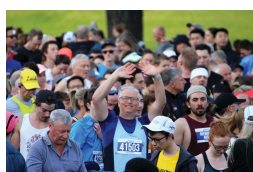
Applications for the Foundation's second round of funding for 2020 will be accepted until 31 October 2020, for grants payable in the 26-week funding period 1 Jan to 30 June 2021.

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)

### 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](mailto:info@jmbfoundation.org.au)



*Photos: All thanks to our volunteer Prasad Pratil*

## 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 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 2020 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/3dry9mU> 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

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### 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

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### 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