

A new-found freedom for Sam

Sam Ford was an 18-year-old victim of an unprovoked, alcohol-fuelled assault that left him with an acquired brain injury back in 2009. His initial prognosis was poor, with doctors believing he would probably never leave hospital. Sam proved them wrong, and now lives at home with his family in regional New South Wales. Living on the coast though, means there's little in the way of paved footpaths, ramps and disabled infrastructure, and so Sam's family reached out to JMB Foundation for help purchasing a 4WD all-terrain wheelchair. His mother, Margaret, writes:

Since Sam received his new Extreme X8 All Terrain Wheelchair in October he hasn't stopped using it. We live in a regional area and we also live on the banks of Cudgen Lake and Nature Reserve. Sam can get in his chair



and go and explore the area around our house that he hasn't been able to do on his own before. He goes and sits on the edge of the lake and watches the swans and birds, which is so lovely as he loves birds.

Most days he takes himself up to the local shops and gets a coffee and goes and sits down at the deck at the beach and has a chat with the locals.

A couple of weeks ago we took Sam away camping to Lennox Head.

We loaded up his chair into the ute and took that along with us. Sam hasn't been camping for over 13 years (family holidays were always camping). It was incredible. He took himself with his dog on his lap and went exploring around the caravan park, over to the beach and around the Lake's edge. It was so good to see him just being independent and going exploring.

This All-Terrain chair has been life-changing for Sam. Thank you JMB Foundation.

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





Carey ladies night an outstanding success

Our annual Carey ladies night was finally able to be held in person once again this year, with an incredible total of more than \$9000 being raised for JMB Foundation. Since its inception in 2018, Sophie Carfi has opened her heart and her home to the Foundation to generously host this event. This year the evening attracted more than 80 attendees, and we thank Sophie, Maggie Bassily and board member, Titilayo Adetunji for the tireless co-ordination and planning that goes into such a wonderful night, as well as the generosity of our sponsors.

With grateful thanks:

Farmakis family, of Terry White Chemmart, Warrandyte
Rotella family of Boccaccio Cellars and Charcuterie to You
Georgette Hachem of Rex Espresso, Camberwell

Photos, Gavin Blue Photography



A Christmas message from Robyn Brewin

Wishing everyone a happy Christmas and a restorative Holiday season with family, loved ones and friends. Thank you to all the fabulous supporters who donate and volunteer year after year, you are amazingly generous. James and I wish for a New Year full of peace where no human has to endure war or violence of any kind.

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, making the most of time spent 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, is it because your recipient doesn't really need anything? Or perhaps 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 or donate online at: <https://jmb-foundation.grassrootz.com/jmb-foundation-christmas-appeal-2022>.



Melbourne Marathon 2 October 2022

Melbourne couldn't have turned on a better spring day for the Marathon this year. Around 98 supporters, both walkers and runners, joined team JMB Foundation on the track, and we're super grateful to Old Carey Grammarians Association for everyone being able to don our signature blue singlets and t-shirts once again.

The Melbourne Marathon 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, culminating in a total amount raised of \$14,224. We thank every Team JMB member who started a campaign, or gave to one and, in particular, Team Stace and Soph who raised an outstanding \$6155 between them.

The day couldn't take place without the huge army of volunteers required to make everything work on the day, and JMB make up a significant proportion of these generous helpers each year. Our drinks stations teams and course marshals did a fabulous job, resulting in a donation of nearly \$30,000 from the event organisers, so if you were one of them – THANK YOU.



Save the date!

The 2023 Melbourne Marathon is back on 15 October 2023. JMB Foundation will again be needing volunteers, so if you want to be part of our biggest fundraiser, volunteer as a course marshal or at a water station and save the date now. For more information go to <https://jmbfoundation.org.au/volunteer/>

Noticeboard

Applications for funding

Applications for the Foundation's first round of funding for 2023 Rd 1 will be accepted until 30 April 2023, for grants payable in the 26-week funding period 1 July to 31 Dec 2023.

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

www.jmbfoundation.org.au/applications

How can you help?

Get involved

It's not too soon to save the date! Nike Melbourne Marathon Festival – Saturday 15 October 2023

The **Melbourne Marathon** is our most significant annual fundraising event, and you can make a real difference to our result. Sign up to run for JMB Foundation and start a fundraising campaign. Reach out to 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 200+ strong volunteer team, and be a part of the action. Yes, we need you! 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 2023 JMB Foundation marathon team, fundraising for JMBF, 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, directly at <https://bit.ly/3ox0gbc> 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 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 Macready-Bryan Foundation
PO Box 2281, Hawthorn Vic 3122

DONATION FORM – JMB FOUNDATION CHRISTMAS APPEAL 2022

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