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Family Camp & AGM

This year our annual Family Camp is being held at the Christian Camp at Ngaruawahia (148 Waingaro Rd), starting on Friday 20th March and finishing on Sunday 22nd March.

We welcome any MDN members and their immediate family. This is always a fun filled weekend with the opportunity to meet and socialize with others in similar circumstances.

Activities this year will include wheelchair football, baking, games and plenty of free time for those who just want to relax.

Thanks to PUB Charity and the Auckland Chapter of the Harley Owners Group the cost to our members is just \$20 per family which covers accommodation and food.

Please email Denise@mdn.org.nz for further information and to register your interest.



Ngaruawahia Camp 20th-22nd March

Annual General Meeting

Our AGM will be held at the camp on Saturday 21st March at 1pm. All welcome. If you are interested in joining our committee please email

Denise@mdn.org.nz for a nomi-

nation form. Nominations close on the 27th February.

Agenda:

1. Welcome, apologies and attendance.
2. Minutes of previous AGM held 15th March 2014.
3. Matters arising.
4. Financial report.
5. Chairperson's report.
6. Stand down of old committee.
7. Election of new committee.
8. General business.

Members are welcome to join us for lunch before the AGM. The cost is \$9.50 and \$4.50 for those under 5 years. Please RSVP to Denise@mdn.org.nz.

Bowtie Annual Appeal

Our annual Bowtie Appeal is on again from the 21st-28th March. If you can help us out by taking a box of Bowties to your workplace, local café or to share amongst friends and family please let us know.

Every dollar raised in our region stays with our Branch so this is an important fundraiser for us.

This will be the last year for using the Bowtie emblem as the National Council have decided that future Appeal weeks will focus more on the organization and the work it does.

Please email Denise@mdn.org.nz if you can help in any way.



MDA Conference



16-18th April, Skycity, Auckland. Free registration closes on the 28th February.

The MDA in collaboration with the Australasian Neuromuscular Network (ANN) is hosting an international conference, Life Without Limits, at Skycity Convention Centre, Auckland 16-18 April 2015.

Life Without Limits will bring together all those with an interest in Neuromuscular Conditions, whether from a personal or professional viewpoint.

Some of the topics we will be covering include dietary con-

siderations for people with Neuromuscular Conditions, exercise recommendations, emotional impact of diagnosis, Mobility Dog partnerships and tips and tricks for living with a Neuromuscular Condition.

Visit the conference website to register www.mda2015.org.nz or if you don't have internet access speak to your Field-worker or call the National Office on 815-0247 or 0800 800337.

We know that cost may be a

barrier for some members and we don't want anyone to miss out so MDA will offer a full subsidy on the registration costs for those members with a condition or immediate family member/carer.

This offer, worth \$335 extends until Saturday 28th February.

Before registering online please contact Chris Light or Jayne McLean at the National Office so they can provide you with a complimentary code.



Rare Disease Day

Members of the North Shore coffee group enjoying their first catch up in 2015.

Next meeting Wednesday 25th February.

The International Rare Disease Day is the 28th February 2015. Check out www.rarediseaseday.org.nz for further information or look them up on Facebook.

Wheelmate.com

This is a downloadable app for smart phones which tells you where the nearest accessible toilet is as well as mobility parking. There is a rating sys-

tem and the ability to add new sites.

Brain Day

Saturday 28th March 9am-5pm at the Business School at Auckland University. We are looking for volunteers to help on our stand. Please email Darian@mdn.org.nz if you can assist.

Show Your Ability

24th February at the Trusts

Stadium, Henderson and 25th February at the Claudelands Events Centre, Hamilton. 9am-3pm. NZ's premier disability equipment show.

Central Coffee Group

Next meeting Thursday 19th February, 10.30am. New venue: Hollywood Bakery, ground floor, St Lukes (next to Farmers). Under cover mobility parks just nearby. This group meets on the third Thursday of each month.

Round the Bays



This year MDA is taking part in the Ports of Auckland Round the Bays and we would love to have you on board as part of our team! It's taking place on Sunday 8th March at 9.30am. The entry fee is \$32 for an adult and \$27 for children under 16. Your entry fee includes: a chest bib

and timing tag (attached to the back of the bib), gear transport from start to finish line, water on course and PUMP water immediately after the race, entertainment along the course and at the finish line, and a downloadable certificate. PLUS if you sign up as part of the MDN team we will give you a T-shirt, cap and you can

join us for a BBQ with everyone at the end. So don't hesitate. Sign up now and be part of this FUN day!! Click the link below and start your fundraising page.

<http://www.roundthebays.co.nz/enter/entry-details/>

Password: MDA2015.