



*Collage of photos from Running for Nan's HD 2019*

## THANK YOU!

The dust has settled from the annual Running for Nan's HD fun run, held on Sunday 15 September at Wynnum foreshore, and this year was the biggest event yet!

Organised by our community champion Kelly Woodland, in honour of her Nan who lives with HD, we had a record-breaking 202 registrations.

More than 150 walkers and runners (and five lovely dogs) gathered in Wynnum at dawn, with the remaining participants completing their event virtually.

We are humbled to share the news that registration and raffle ticket sales raised more than \$6,400 – nearly \$1,400 more than last year.

Huge congratulations go to the winning speed demons:

Fastest 5km - **Javana** and **John**; and

Fastest 10km - **Geoff** and **Liz**



*Left: 5km winners Javana & John (happy 11th birthday, John!)*



*Right: 10km winners Geoff & Liz*

## Don't miss our next community day

We are excited to invite you to another popular community fun day, this time on Sunday 13 October at The Workshops Rail Museum in Ipswich!



Entry and lunch will be provided for free, thanks to the generosity of the Alecca McKinless gift.

To register, please visit [huntingtonsqld.org.au/support/workshops-rail-museum](http://huntingtonsqld.org.au/support/workshops-rail-museum) or call our office on 07 3435 4300.

**RSVPs close on 3 October, so get in quick!!**

## Join Jenni in Scotland!

Are you heading to the world-first International Young Adults Conference for 18 - 35-year-olds impacted by HD in Glasgow?

The conference will run from 9 - 11 May 2020, and will welcome people from around the world. If you're heading over, let us know so we can follow your journey, and get you in contact with other Aussies in attendance!



## Event calendar

Visit [huntingtonsqld.org.au/support/whats-on](http://huntingtonsqld.org.au/support/whats-on) for a list of all upcoming events and support groups.

### October

- |                                     |                            |
|-------------------------------------|----------------------------|
| 7 - Queen's birthday public holiday | 17 - Townsville info group |
| 9 - Brisbane support                | 22 - Gympie support        |
| 13 - Community fun day (Ipswich)    | 23 - Cairns support        |

### November

- |                       |                        |
|-----------------------|------------------------|
| 12 - Toowoomba visit  | 22 - Logan support     |
| 13 - Brisbane support | 26 - Mackay support    |
| 21 - AGM              | 28 - Gladstone support |

### December

- |                             |                       |
|-----------------------------|-----------------------|
| 3 - Redlands support        | 14 - Christmas party! |
| 10 - Gold Coast support     | 17 - Ipswich support  |
| 13 - Sunshine Coast support |                       |

### January

- |                    |                      |
|--------------------|----------------------|
| 2 - Office reopens | 8 - Brisbane support |
|--------------------|----------------------|



# Have your say at the Aged Care and Disability Royal Commissions

You may be aware of two royal commissions that are currently underway around Australia – one into standards and quality within the aged care sector, and the other into violence, abuse, neglect and exploitation of people with disability (also referred to as the Disability Royal Commission).

**This is a rare opportunity for your voice and your concerns to be heard.**

If you have a story to tell, we encourage you to send a submission to the commissioners. If you need help with preparing a submission, please give us a call on 07 3435 4300.

Huntingtons Queensland is also working with other state HD associations on submissions that cover policy issues relevant to families impacted by HD – but nothing is as powerful as your own personal story and experience.

You can learn more about the Royal Commission into Aged Care by visiting [agedcare.royalcommission.gov.au](http://agedcare.royalcommission.gov.au) and you can also make a submission through this link.

You can learn more about the Disability Royal Commission by visiting [disability.royalcommission.gov.au](http://disability.royalcommission.gov.au) and you can also make a submission through this link.

## Come party with us!

It's time to put on your festive Christmas shirt and get ready to party, because our annual Christmas party is back!

This year, it's going to be bigger and better than ever! We will be hosting a free community BBQ at Florence Dannell House, 385 Ipswich Road Annerley (our office location), and everyone is welcome to attend.

Santa will have dropped some goodies off for everyone, and we'll have some fun activities for the kids.

**DATE:** Saturday 14 December  
**TIME:** From 11am  
**LOCATION:** Florence Dannell House,  
385 Ipswich Road, Annerley

So come along to celebrate the festive season and enjoy a spirited Christmas lunch!

RSVP: Essential! Please visit [huntingtonsqld.org.au/Christmas](http://huntingtonsqld.org.au/Christmas) to register.



**\*\*Don't forget to come dressed in festive clothing,  
and be on your best behaviour in case Santa happens to drop in!!\*\***

# Start training now!

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We would also like to say an enormous thank you to Kelly's wonderful sponsors, whose support meant that all every dollar raised will go straight to supporting people impacted by Huntington's disease. Thank you so much to:

**Inspire Athletic**

**Team Ivey from Harcourts**

**Coorparoo**

**JT Signs**

**The Butcher Shoppe Cannon Hill**

**And the many individuals who donated fabulous raffle prizes**

Of course, the day could simply not operate without all the wonderful volunteers who showed up bright and early with smile on their faces, to help the event run smoothly. We are very grateful!

We're guessing that the event will also need even more volunteers next year. Please get in early to offer your help by emailing [admin@huntingtonsqld.org.au](mailto:admin@huntingtonsqld.org.au).

Running for Nan's HD will be back in 2020, but will be held earlier in the year to coincide with international Huntington's Disease Awareness Month.

Save the date now for **Sunday 17 May 2020**, and if you just can't wait, you can sign up already.

Register at [huntingtonsqld.org.au/run](http://huntingtonsqld.org.au/run).



Lots of smiling faces at Running for Nan's HD 2019!

## Play for Purpose round closes soon!

You would already have heard us talk about the great new charity raffle *Play for Purpose*.

Well the next round closes in only a few short days, at midnight on **Tuesday 15 October!**

Each ticket has a 1 in 34 chance of winning, and there are thousands of prizes on offer every draw.

You could come away with a gold bullion, a new car, an overseas holiday, or any number of other awesome prizes!

Best of all, Huntingtons Queensland receives at least 50% of each ticket sold, so not only are you giving yourself a shot at some life-changing prizes, but you are helping change the lives of people impacted by Huntington's disease.

Thank you for supporting this great charity initiative, and good luck for the next round!

Buy tickets at:  
[playforpurpose.com.au/huntingtons-qld](http://playforpurpose.com.au/huntingtons-qld)



# Give back to our HD community

Do you have board experience? **Huntingtons Queensland is looking for one or two people to join our governance team.**

Roles are voluntary and generally require between five and ten hours' commitment a month. We are especially keen to hear from people with NFP board experience or professional skills in business development, business management, the NDIS, government relations and corporate sustainability.

In the first instance please contact Jan Samuels, [ceo@huntingtonsqld.org.au](mailto:ceo@huntingtonsqld.org.au), for more information.



Top: Kelly Woodland, CEO Jan Samuels and president Jason de Bakker at Running for Nan's HD 2019

Bottom: Board and staff strategic planning activities



with  HUNTINGTONS  
queensland

## Friday Social update

After a few months trialling our Friday Social sessions, and after feedback from our community, we will not be hosting any more Friday Social sessions. We are excited to announce, however, that we will still be finding a way to get these information sessions to you.

We will be switching to a more accessible format – online videos, blog posts and digital question-and-answer sessions – so everyone can get involved during a time that suits them.

For social opportunities, make sure you come along to our support group meetings, community fun days, and the annual forum, held in May each year.



## AGM notice

Please save the date for our 2019 Annual General Meeting (AGM) on **Thursday 21 November from 6pm** at Huntingtons Queensland's office (Florence Dannell House, 385 Ipswich Road, Annerley).

We are also hoping to welcome **guest speaker Dr Robert Adam**, clinical neurologist and Brisbane leader of the Wave clinical trial.

Dr Adam, if available, will provide a Wave trial update, and give more detail on the Brisbane section of the trial.

Everyone is welcome to attend this free evening. RSVPs are essential, as we will provide light supper.

Please email [events@huntingtonsqld.org.au](mailto:events@huntingtonsqld.org.au) or call 07 3435 4300 if you would like to attend.

# Enjoy a magical day out

We may have the opportunity to offer free tickets to families with children to attend International Entertainment's World Festival of Magic, held in Brisbane on 3 November.

Tickets may be made available to us through the generosity of a local Lions Club, and are available to children and their families impacted by disability or disease.

If you would like to find out how you can attend, please contact us in the office on 07 3435 4300 or email [admin@huntingtonsqld.org.au](mailto:admin@huntingtonsqld.org.au).



*World Festival of Magic is coming to Brisbane in November, with tickets courtesy of a local Lions Club.*



## Holiday closures

Our office will be closed for the Queen's birthday public holiday on **Monday 8 October**.

We will also be closed over the Christmas break from **Tuesday 24 December to Wednesday 1 January inclusive**. We will be back in the office from Thursday 2 January 2020.

If you need support during these times, please contact **Lifeline on 13 11 14**, and if it is an emergency, please call 000.

We wish you, your family and friends a peaceful festive season, and look forward to working with you in 2020.

## Make a donation this Spring

Donations of \$2 and over are tax deductible. Please provide your contact details so we can send you a receipt.

Name:

Postal address:

Email:  Phone:

Donation amount:

Visa or MasterCard:

Card Number:  Card expiry date:

Name on card:

Signature: