

FSHD Christmas Appeal



Over the past 12 months, research has seen great advances and achievements. The funds generated from this year's Christmas Campaign will directly fund the first Australian Human Clinical Trials into Follistatins, seeking to build muscle mass in patients suffering from FSHD. This trial will offer hope and the ability to see improvement in quality of life.

We can change the lives of future generations who suffer from FSHD. Help us change the future.

Please consider either donating online by clicking the link below, or join the Save Our Smiles Team and fundraise within your community.

<https://give.everydayhero.com/au/2015ChristmasAppeal>

Proud Charity Partner for Sydney 7's Rugby



We are proud to announce that the Foundation has been chosen as the official Charity Partner for the 2016 HSBC Sydney 7's. Sydney will be the fourth Australian city to host a leg of the HSBC World Rugby Sevens Series when the carnival heads back to these shores on the weekend of 6th & 7th February 2016.

16 teams will be playing at the Sydney 7's; Australia, Fiji, South Africa, New Zealand, England, Scotland, USA, Canada, Portugal, Russia, Kenya, Wales, Scotland, France and Argentina.

We are so excited to form this new relationship with the Australian Rugby Union, and take great delight in the synergy of world class athletes supporting world class medical research for Muscular Dystrophy.

Held at Allianz Stadium, please contact the Foundation should you wish to purchase a Corporate Box or tickets to either game day.

A little update on Patron Justin Reid



Our dear beloved Patron Justin Reid, remains in intensive care after recently falling ill, from the side effects of living with FSHD. Whilst Justin has been in hospital The Foundation has received a heart-warming response from people within our community sharing warm wishes and hope that Justin recovers as soon as possible. We are all thinking of you Justin.

Arthur J. Gallagher Golf Day keeps impressing



We reported last month that the Arthur J. Gallagher Charity Golf Day benefiting the Foundation was successful in raising \$14,000. We are thrilled to announce, that once the event was finalised, this total has grown to \$45,000 which will support the Monica Ellis Children's Medical Research Grant.

This is an incredible contribution from the staff and supporters of AJ Gallagher. This day would not have been possible without CEO Andrew Godden, Director of Client Services Peter Kelly and the wonderful team from AJ Gallagher pulling together what was an outstanding day for all involved.

Christmas is the Silly Season



As we all know, Christmas is the Silly Season, however this December we pause and reflect on the incredible woman and founding Patron Monica Ellis, who created and illustrated the Silly and Molly Christmas cards, which are available to purchase during the festive season.

To say Monica is missed simply does not do justice to the amazing life she led, the wonderful example she set and the richness she added to the lives of all who knew her. Monica was diagnosed with Infantile FSHD when she was only five years old. Monica was confined to a wheelchair. She could not sit upright, she lost the ability to chew and speech became difficult, but Monica refused to let this disease describe her. Monica was, and remains an inspiration. FSHD was very cruel to her but she did not complain. She worked beside the Foundation looking for treatments and a cure.

Monica knew any cure would be too late for her but she was tireless in her interests and willingness to assist. In honour of Monica and improving the quality of life for other children affected by this debilitating disease this Christmas we ask of you to support the "Monica Ellis Children's Medical Research Grant." Your small donation will not only improve medical research and medical awareness into better understanding Infantile FSHD, but more importantly offer hope to the families and in particular parents supporting their children with this severe muscle wasting disease.

If you would like to make a donation in lieu of a Christmas gift to a loved one or in Monica's memory, please [click here](#).

Monica was a talented artist who painted from her view of the world designing the Silly and Molly collection. In Monica's memory, we are selling Silly and Molly Christmas cards for your clients, family and friends. With several designs, single and mixed packs of 10 are available to order for \$30, as are gift tags for \$15. Corporate packs are also available should you wish to purchase these for your clients or staff.

