

**DRIVE FOR MND**  
CARE - CURE - SUPPORT

# COASTAL CRUSADE

10TH - 12TH NOVEMBER 2023

CORAL COAST

JURIEN BAY



Major Sponsor

RayWhite.

**REGISTER NOW!**

[carecuresupport.org](https://carecuresupport.org)



**care cure  
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ACN: 624 688 437

# DRIVING TO MAKE A DIFFERENCE!



Join us on the Drive for MND 'Coastal Crusade' as we explore Jurien Bay and surrounds from Friday 10th – Sunday 12th November 2023.

Much of the three day road-trip is kept a mystery but we can promise you'll experience some of the region's hidden gems. There is plenty of fun to be had en-route including a scavenger hunt to keep you busy along the way.

Importantly, you will experience a camaraderie that will last a lifetime with everyone participating for the same purpose, to raise as much money as we can to support people living with Motor Neurone Disease (MND) and to find a cure so that one day a diagnosis of MND won't be 100% fatal.

All you need to do is get together a group of friends or colleagues, have a road worthy vehicle, fundraise a minimum of \$3000 and register your team at [carecuresupport.org](http://carecuresupport.org) to take part. All other details can be found in this booklet or simply email [enquiries@carecuresupport.org](mailto:enquiries@carecuresupport.org) with any questions.



# THE ADVENTURE BEGINS

## DAY 1: FRIDAY 10TH NOVEMBER

The Drive for MND 2023 will kick off with a breakfast at the Mirrabooka International Softball Stadium thanks to our new supporter Softball WA. Here you will check in for the event and have the opportunity to meet other teams. You will also be provided with an event briefing before being told to "Saddle up!" and hit the road - an expression you will become very familiar with throughout the event.

After a day on the road we will pull into Jurien Bay Beach Cafe where the first evening's fundraising event is being held. This event is our main fundraising event of the trip and will include a Live and Silent Auction, as well as, a raffle - we will have credit card and cash facilities on the night. The event is open to the general public with tickets available via eventbrite for \$60. Participants on the Drive are not required to purchase tickets, these are included in the registration fee. Contact Cara on [enquiries@carecuresupport.org](mailto:enquiries@carecuresupport.org) if you would like ticket details for your family and friends to join.

You are **required to book your own accommodation in Jurien Bay** and we recommend you book in advance to ensure you secure the right room for your needs (Jurien bay is a popular tourist destination in November so please book ahead!).

We recommend two accommodation options which are both within walking distance to Jurien Bay Beach Cafe. We have secured a discounted rate for Drive participants:

1. **Jurien Bay Tourist Park.** Email [stay@jurienbaytouristpark.com.au](mailto:stay@jurienbaytouristpark.com.au) or call 08 9652 1595 and reference you would like to book a cabin under master booking **Cara Whiteman for 'MND Car Drive'** on Friday 10 November. There is a mixture of family, premium and single suites available.
2. **Jurien Bay Motel Apartments.** Email [admin@jurienbayapartments.com.au](mailto:admin@jurienbayapartments.com.au) or call 08 9652 2062 and reference you are with the **Drive for MND group** on Friday 10 November. There are studio, 1 bedroom and 2 bedroom apartments available.

There are other accommodation options nearby should you wish to stay somewhere else.



## DAY 2: SATURDAY 11TH NOVEMBER

### Dress up Day & Night - the rest is a mystery!

There is not much we can share about Day 2 as we lead you to the Mystery Destination. What you do need to know is that it is dress up day and night. During the day we encourage participants to dress in blue to honour those who are living with or lost their battle with MND. Blue being a representation of the blue cornflower - the MND international symbol of Hope.

In the evening when we have reached the mystery destination, you'll need to dress up in this year's theme **"WITCHCRAFT AND WIZARDRY"**. There is a prize for the best costume so we encourage you to get magical.

**It's all included!** Together with accommodation and meals, this year a standard drinks package - both alcoholic and non-alcoholic - will be included in your registration fee for the second evening. **Please note you are not allowed to BYO any drinks due to licensing requirements.** The event committee will organise your sleeping arrangements so please ensure you email [enquiries@carecuresupport.org](mailto:enquiries@carecuresupport.org) if you have any special requirements.



## DAY 3: SUNDAY 12TH NOVEMBER

### Time to head home!

On the morning of Day 3 you will enjoy breakfast at the mystery destination which will include award and prize presentations and a celebration of the highlights from the Drive weekend. From there everyone will make their way home in their own time.



# FREQUENTLY ASKED QUESTIONS

## What type of vehicle do I need?

The Drive is suitable for licenced road worthy vehicles. Driving is done in convoy and self-drive modes. When in convoy there may be times when we venture onto unsealed roads, however these are suitable for any road worthy, licensed vehicle. During the self-drive sections you will be able to choose your own route. We highly recommend that you have your vehicle serviced prior to embarking on the Drive for MND 2023 and encourage you to have Roadside Assist for the weekend. Please note if you would like to register a larger vehicle (e.g Coaster Bus) it needs to be approved by the Drive Event Committee upon registration.

## What to do I bring?

The Drive for MND is a casual event and there are no formal dress requirements other than the specified dress up day on Day 2 - you are encouraged to wear something blue during the day and dress up in costume to this year's theme, witchcraft and wizardry during the evening event.. November weather in Jurien Bay and the surrounding region generally sees average temperatures in the mid-low twenties. We recommend that you bring some warmer clothes for the evening as temperatures can be cooler. Although rain is uncommon during this time of year, it is always good to be prepared.

## What does my registration fee cover?

Each participant is required to pay a \$400 non-refundable registration fee. This fee covers all basic meals (breakfast, morning tea, lunch and dinner) over the course of the event, entry into the sub-events or activities, as well as the mystery nights accommodation. Your registration also includes event merchandise (t-shirt and hat) and car decals for your team's car. All additional event expenses including the first night's accommodation in Jurien Bay, fuel and drinks are at the participant's expense. This year standard drinks package will be provided on the second evening. Please note, you are unable to BYO drinks to any of the venues.

## How much do I have to fundraise and how do I do it?

Each team is required to fundraise a minimum of \$3,000 per vehicle (or for large vehicles such as buses - \$3,000 for every 4 people onboard your vehicle). You can set up an online fundraising page for your team here: <https://driveformnd2023.gofundraise.com.au/cms/home>. Many teams choose to hold their own fundraising events to raise money for their team, if you do this, please notify the Drive committee via email [enquiries@carecuresupport.org](mailto:enquiries@carecuresupport.org). As per the rules and regulations, you need to ensure you follow the authority to fundraise guidelines.

## What about COVID-19?

We ask that you do not participate on the Drive if you are feeling unwell, experiencing any flu-like symptoms, have tested positive to COVID-19 and/or are under instruction to self-isolate at the time of the event. We will be following Government directives at the time of the event in relation to COVID-19.



# ABOUT MND

Motor Neurone Disease is a progressive neurological disease in which the nerve cells (neurones) controlling the muscles that enable us to move, speak, swallow and breathe undergo degeneration and die. There is no known cause, treatment or cure for MND.

## The Facts\*:

- An estimated 2,100 people are living with MND in Australia.
- An estimated 200 people are living with MND in Western Australia
- Every day two people are diagnosed with MND in Australia and two people die from the disease.
- Globally, over 400,000 people are currently living with MND.
- 10-15% of MND cases are familial where the cause of the disease is primarily due to gene mutation.
- From diagnosis the average life expectancy is 2.5 years.
- Slightly more men than women are diagnosed with MND.
- Approximately 58% of people with MND are under the age of 65
- The total cost of MND in Australia was \$2.37 billion in 2015. This equates to \$1.1 million per person

## \*Sources:

MND Australia

MND Association of Western Australia

Deloitte Access Economics report Economic Analysis of MND in Australia





# ABOUT CCS & WHERE THE FUNDRAISING GOES



Care Cure Support is a fundraising health promotion charity that contributes 100% of the funds it receives to supporting research and families living with Motor Neurone Disease (MND). As the name suggests there are 3 key objectives. **Caring** for people living with MND, **Supporting** people and their families living with MND and finding a **Cure** for MND. Managed by a board of directors who all volunteer their time, all administrative costs of the charity are covered by the Whiteman family businesses.

## Every dollar donated makes a difference

Over the past decade, the Drive for MND has raised over \$2million. These funds have provided support to people living with MND and their families through the purchase of vital equipment donated to the Motor Neurone Disease Association of WA (MNDAWA) and an annual funding contribution to the WA MND Research Consortium headed up by Professors Merrilee Needham, Sue Fletcher, Anthony Akkari and Dr Ianthe Pitout to help find a cure for MND.

## Care and Support

The equipment is administered by MNDAWA who provides support to people living with MND in Western Australia. Some of the items that CCS has assisted in purchasing over the years includes Recliner Lift Chairs, Electric Bidets, Lifting Hoists and Slings, Cough Assist Machines, Bed and Pressure Care Mattresses, Arjo Community Beds and Eye Gaze Machines. This equipment assists people living with MND to have a better quality of life as their function and mobility deteriorates and provides much needed assistance to the families caring for their loved ones.

## Finding a Cure

We are determined to help find a cure for MND and provide hope to those living with this insidious disease. **We won't stop fundraising until there is a cure.** CCS is currently funding clinical research to understand the causes of MND, develop novel treatment strategies and work towards finding therapeutics that delay and slow progression of the disease. This is hoped to be achieved through the WA Research Consortium, with a financial contribution to the evolving WA virtual bio-bank that is available to researchers in WA and elsewhere, clinic consumables, salary costs for research assistances and the MND Clinical trials Coordinator and a contribution to the collection of MND patient DNA.

# JOIN US!

Register online: [carecuresupport.org](https://carecuresupport.org)

Any questions email: [enquiries@carecuresupport.org](mailto:enquiries@carecuresupport.org)

**BIG THANKS TO OUR MAJOR SPONSOR**



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