



Muscular Dystrophy
New Zealand

999999
Mr A B Sample
Sample Street
Sample Suburb
Sample City 9999

Freedom

I'm no longer ALONE

Dear <Salutation>

I'm writing to you about something really important to me. I have to admit I'm glad we're communicating via mail, because public speaking is not my favourite thing!

I know that's not unusual for a teenager, but a few things make it even harder for me. My name is Alisha Mill. I am 13 years old and have facioscapulohumeral muscular dystrophy (FSHD).

I don't expect you to know what it is, let alone know someone who lives with it. In fact, until last year, I had only met one other person with this very rare neuromuscular condition, so my family and I felt very isolated.



I love adventures with my family

Tear here

Continued over page...

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Muscular Dystrophy
New Zealand

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My diagnosis took a long time. My parents didn't know what was happening when I first started showing symptoms of muscle weakness. They talk about how difficult it was to see their daughter get worse before their eyes. In many ways, finally getting a diagnosis was a relief, because it meant we could move forward.

Because yes, I have FSHD, but it's not what defines me. Sometimes the weakness in my facial muscles means it's hard to show what I'm feeling, but I love to cook, draw and watch movies. My family are adventurers. We love breaking boundaries, going camping, fishing and hanging out at the beach. I skydived at the age of 10, and was one of the first kids in the world to use an adaptive seat for white water rafting.

What makes a difference in my life, is getting the support that means I can keep doing the things that matter to me, and look forward to an exciting future – just like my school friends do. That's where the Muscular Dystrophy Association of New Zealand (MDANZ) steps in. It provides our family with information, opportunities, and a community of support.

Last year, we travelled to Auckland to attend a seminar organised by MDANZ about FSHD. It was an amazing experience for us to be in a room with other people with my condition and to hear about research going on. Now, we feel far less isolated and have more hope for the future. This wouldn't have happened without MDANZ.

I know I'm not alone any more, and I realise it's support from people like you that means MDANZ can keep supporting families like ours. Thank you. Your donation makes a huge difference.

Alisha

Alisha Mill (and parents Melissa and Matt).

Freedom to us is living in an accessible world,
breaking barriers and living life.



Thank you very much for your support

Internet Banking

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