



HELP KEEP THE PROMISE

10 August 2012

Murray Shoebridge,
RAAF 1942.



Ruth and Helen.

Dear Supporter,

Legacy needs your help to keep our promise to support the deserving families of Australia's fallen and incapacitated heroes.

Today I want to tell you the story of the Shoebridge family. Thanks to your compassion, Legacy has been able to stay by their side throughout all the grief and daily hardships of the loss of a husband and father. As a widow in her twilight years, Ruth Shoebridge is now facing the extremely difficult issue of what will happen to their daughter with Down Syndrome since she cannot take care of her any more.

Ruth's husband Murray served with the RAAF in Port Hedland during World War II bearing the heavy responsibility of manning radars in hot, isolated and very harsh conditions. At a time when no-one knew the dangers, smoking was common in the services to relieve the immense stress and pressure. Surrounded by smokers, Murray took it up too, not realising it could harm him. It was smoking that contributed to his death in 2000 after a long illness.

Ruth was left with the sole care of their adult daughter Helen who has numerous needs because of Down Syndrome. Now 82, Ruth's health has also deteriorated. Last November she had a devastating stroke.

As they grew older, Ruth and Murray had often worried how Helen would live with her disability, if they fell ill or passed away. Their worst fears materialised very suddenly and Ruth was now dependent herself, requiring constant high level care. She became restricted physically but remained fully aware of Helen's difficult situation. She was deeply sad and concerned about what their futures might hold.

Ruth says all she wants for 52-year-old Helen is that she be well and happy.

When Murray's illness progressed, Helen moved to live fulltime in a residential community house, which she shares with four others. Prior to her mother's stroke, Helen came home each weekend, staying overnight on Friday and Saturday.

The family is coping with many difficulties, practical and emotional. But they agree they would struggle far more without ongoing support from Legacy.

Please turn over...



Yes! I would like to support Legacy and help keep the promise.

PLEASE ACCEPT MY GIFT OF:

\$25 \$50 \$100 Other \$ _____

OR

I would like to pledge an automatic monthly credit card gift of \$ _____ (You can change/cancel at any time.)

- I do not require a receipt as my credit card statement is sufficient.
- Please send me a receipt at the end of the financial year.

Please accept my payment:

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- credit card (details below)



CREDIT CARD DETAILS

Card No: _____ / _____ / _____ / _____

Name on card: _____

Expiry date: ____ / ____ Signature: _____

Please provide your:

Phone: _____

Email: _____

- Please send me information on remembering Legacy in my Will.
- I have already included Legacy in my Will.
- I do not wish to receive mail from Legacy.

PLEASE UPDATE YOUR DETAILS IF INCORRECT

Gifts of \$2 or more are tax deductible.

With the extra help of her elder daughter Ann, Ruth has been able to remain in her own home, and Helen still visits during daytimes on weekends. However, with the prospect of moving into residential care looming close, Ruth has the comfort of knowing that Legacy will continue to watch over and look after Helen.

Ann says that after her mother had the stroke Legacy's care during the crisis was a haven for the family. A Legacy Welfare Coordinator visited them and explained what Government support was available to assist with caring for Ruth, then worked with them to put these in place.

This support and advice from Legacy was not only an enormous comfort to Ann. It gave her confidence and lifted a huge weight off her shoulders knowing Legacy would always be there with her family's best interests at heart, helping with her mother and with her sister's special accommodation needs later in life if needed.

As for Ruth, her word for Legacy is "wonderful". She says the organisation has been a rock for the family ever since her husband passed away.

For 12 years, Ruth has regularly enjoyed the company of other widows who have children with a disability, and says they are a fine group of ladies who understand each other's challenges. She is also grateful Helen can attend "marvellous" Legacy activities for dependants with a disability, and has been pleased to see her maintain her cheerful disposition.

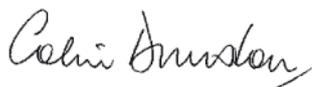
"Helen is stimulated and has continuity in her life thanks to Legacy," says her mother. "She thoroughly enjoys the 10-day summer camp each year, and looks forward to the monthly Legacy outings where she can spend time with her Legacy friends. Her horizons have been greatly extended."

Ruth and Ann are so glad for the assurance that Legacy can offer support when it is needed, which provides a great sense of relief and security for them both.

Legacy can only continue to provide support and advocacy for essential services, special needs care, medical, dental, children education, welfare and financial hardship relief to over 100,000 widows, children and dependents with a disability, thanks to the faithful support from our donors.

Please donate to Legacy or buy a badge for Legacy Week and help us to keep our promise to care for our incapacitated and deceased veteran's families who otherwise would be alone in dealing with some of life's hardest issues.

Yours sincerely,



Colin Dunston
Legatee President, Sydney Legacy

You can make a donation online:
Visit www.iSupportLegacySydney.com.au

P.S. Your tax deductible gift or badge purchase, large or small, can make a huge difference to the lives of Legacy families. Please dig deep this Legacy Week and help 'Keep the Promise'.

Legacy respects your privacy. Your details are protected by us under the Privacy Act. Please see our website www.legacy.com.au.



Helen, 52.



Ann, Ruth and Helen.

"Helen will always have Legacy no matter what happens."

- Ruth Shoebridge, Helen's mum