



## FRED'S PUSH BY PAUL NUNNARI

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### What is Fred's Push?

Each year, Paul Nunnari, a popular Macarthur Paralympian wheelchair athlete undertakes visits on a day in September to a number of local schools, childcare centres and businesses along a pre-arranged route to raise awareness of disability issues and the community fundraising work done by the 24Hr Fight Against Cancer Macarthur. The road trip is supervised by a police escort with designated arrival and departure times at each venue.



### How are the stops decided?

Consideration is given to the terrain, traffic condition, safety issues and the travelling time between venues.

After a possible route is determined schools and businesses are approached to be involved.

Previous Push routes have covered venues across Macarthur including schools and businesses in Campbelltown, Camden and Wollondilly local government areas.



### What is involved if my school participates?

A format for the visit is individually negotiated with each school.

Visits are typically short, no longer than 30 minutes and in the past have involved school assemblies, class/year group meetings, SRC events or discussion panels on relevant curriculum topics eg disability issues, community engagement.

Younger children are generally very excited to see Paul in his racing wheelchair and have many questions. Older students take the opportunity to explore important issues such as accessibility and lifestyle in more depth.



Schools are invited to hold a fundraising activity prior to the visit eg crazy sock day, multi-day, sausage sizzle etc and make a presentation of their donation to Paul on the day. This is entirely optional and does not factor in school selection.

The 24Hr Fight Against Cancer Macarthur directs any fundraising collected as part of Paul's Push to supporting items requested by our hospitals for local children with cancer.



(Images used with permission)