

Muskelsvindfonden

Denmark

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Henrik Ib Jørgensen, CEO

hib@muskelsvindfonden.dk



Simon Toftgaard Jespersen, Chair

simon@muskelsvindfonden.dk

1. About

The Muscular Dystrophy Foundation is a Danish umbrella organization for people with all types of neuromuscular diagnoses and their relatives. The organization consists of four units, including the award-winning fully accessible holiday, sports, and conference facility Musholm, and a national rehabilitation center to which all Danish patients are referred. The organization were founded in 1971 and was one of founders of EAMDA and European Neuro Muscular Center. Muskelsvindfonden is a very wellknown Danish NGO, mainly because we producing the biggest Danish cultural event which finance 80% of our activities.

2. Mission

The Muscular Dystrophy Foundation strives for a better life with muscular dystrophy based on the vision of a world that embraces differences. Empowerment, advocacy, awareness and research is the four keywords which unite our organization and our members, volunteers and employees.

The Muscular Dystrophy Foundation has a new strategy called "More for More" with three key issues and four strategic milestones. Our key issues are that we advocate for better living conditions, improved treatment, and increased participation in society at all levels. Our milestones are More Relevance, More Influence, More Attention, and More Value for our members.

3. Focus.

The Muscular Dystrophy Foundation is in the process of developing a new research program and has recently established a new research committee consisting of some of the best expertise in Scandinavia in the neuromuscular field. Our goal is to contribute 1.5 million euros each year to Danish neuromuscular research. The Muscular Dystrophy Foundation also works to ensure that people with NMD and their relatives receive the right support in their daily lives and the most highly specialized treatment when they encounter the Danish healthcare system. At the same time, we are strengthening our own counseling, digital communication, and social activities for our members.

4. Coming up

Two of our major ongoing initiatives are the projects "Spor 23" and "Pærfekt." "Spor 23" is a special YouTube channel created by young individuals with muscular dystrophy. "Pærfekt" is a tour to Danish high schools where students sketch croquis of imperfect bodies while discussing the issues related to the rising global culture of perfectionism, which leads to lower self-esteem, anxiety, dissatisfaction, and loneliness.

[Spor23 - Muskelsvindfonden](#)

[Pærfekt \(xn--prfekt-pua.dk\)](#)





Pictures 1- 3 : Pærfekt - Show 2022



Track 23: Engineers working behind the scene - TV Host Andreas Strøm interviewing the Foreign Minister of Denmark to show: Eat or tell the truth!