

Ted

I had been aware of the NMC for many years and in 2001 I joined the Fundraising Committee. We help at functions, anything from flag days to jazz evenings.

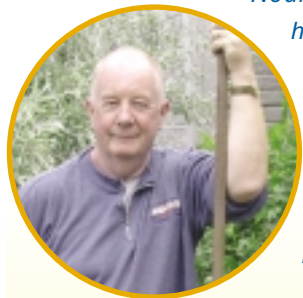
Open days are busy occasions

which are so important in both thanking our supporters and introducing new people to see and appreciate the work of the Centre. The Committee works very hard arranging and organising fundraising events; there are only six of us and we are very stretched to provide the necessary "bodies" to be as effective as we would wish at some of the events. This is why the NMC needs more friends lending us a hand.



Jim

Hi, I'm Jim and a friend of the NeuroMuscular Centre and have been for the past ten years. My friendship started when my wife Di attended the Centre for physio, something we could not get on the NHS.



At the time the NMC were paying for gardeners, who were not doing a very good job, so I said: "Sack the gardeners and while Di is having her treatment I will work in the garden as a way of paying for her time." This was agreed and I have been doing this ever since. There are dozens of jobs that need doing at the Centre and I don't have time to do them all so please, please give some time and help out by being a friend.

NeuroMuscular Centre

The aim of the NeuroMuscular Centre is to work together to support people affected by muscular dystrophy, creating an environment where full potential and optimal well-being can be achieved, through employment, training and physiotherapy.



with a little help from our
Friends



Woodford Lane West
Winsford
Cheshire
CW7 4EH
Tel: 01606 861733
www.nmcentre.com
Registered Charity 1023606



working with muscular dystrophy . . .

support - **volunteer** - donate

Who are we?

We are The NeuroMuscular Centre (NMC), a regional charity based in Winsford, providing a unique combination of vital services for people with muscular dystrophy (md) and their families living in the North West and beyond.

Muscular dystrophy is a genetic condition which causes a progressive deterioration of the muscles.

What do we provide?

We employ 15 people who have muscular dystrophy.

We offer nationally accredited courses in Graphic Design and IT.

We provide specialised and personalised physiotherapy and hydrotherapy treatments.

We are a place where people can share experiences, receive emotional support and care whilst at the Centre.

As a registered charity, we are hugely reliant on our fundraising activities which are organised by the team and our Fundraising Committee.

Who are our friends?

Our friends are a group of people, just like you, who are prepared to give a little of their time to assist our work by helping out occasionally during the year.



What do our friends do?

1. Help at our open days: everyone has something to offer depending on your skills, interests and areas of confidence.
2. Be involved in the organisation of our fundraising events and collections.
3. Spread the word and raise awareness by being an ambassador for the Centre.
4. Offer your ideas on fundraising activities.

What do you get in return?

1. Help others by doing something you enjoy.
2. Recognition and celebration at our annual volunteers' day.
3. Be part of over 20 million people in the UK who are engaged in community participation.
4. Something to shout about, part of your CV.

There are absolutely no long-term commitments, committee meetings or subscriptions.

Amy

After deciding to take a year out from Uni I found I was left with a lot of time on my hands. I wanted to give my time to a worthwhile cause and hopefully get some enjoyment and experience out of it as well.

I discovered the NMC whilst researching various charities and thought it looked perfect! I was impressed with the range of ways they help people with md, it seemed to have something for everyone and I decided to go for it.

I mainly help out in the physiotherapy department but also assist wherever I am needed. My job is to help the physios in anyway I can, although I mainly end up doing what I do best, chatting!

I adore my volunteering day at the NMC, I have met some of the best people and we always have such a giggle. It looks great on my CV and I get great satisfaction from knowing I have helped make someone's day better.

Would you like to be our friend?

Title _____ First name _____

Surname _____

Address _____

_____ Post Code _____

Tel _____

Mobile _____

E-mail _____

Signature _____

Date _____

Please return to:
Fundraising Team
The NeuroMuscular Centre
Woodford Lane West
Winsford, Cheshire, CW7 4EH.

Alternatively if you would like more information please phone Katia on 01606 861 733 or email katia@nmcentre.com

Thank you and we look forward to working with you soon!