

nmc News

Ed's Bits

Hooray for sunny days..... It's great that summer has at long last arrived; it's really quite astounding the way a burst of sunshine can lighten your day and make everything appear quite different. It's been an amazing few months filled with all my favourite things - eating, drinking and most importantly cake! Yes no one was more delighted than me to be celebrating the NMC's 15th Birthday on April 1st, as we marked the momentous occasion with jelly and ice cream and birthday cake mmmm. We also had a birthday bash at Portal's Golf Club where the two Co-founders reunited and joined Matthew in celebrating 15 wonderful years of the NMC. We've also enjoyed a gastronomic delight created by Paul Heathcote at Gorgeous Grub in February, had five runners in the London Marathon and have welcomed supporters old and new to the NMC at our Annual Open Day.

It won't be all strawberry teas and Pimms for us during the summer we will be asking people to take up the challenge to become Cheshire's brainiest brain at our Jeremy Beadle Quiz Party in July. We will be cheering on 17 fit bods in the London 10K Road Race on July 3rd, including a whole contingency of runners from BT Call Centre in Warrington - lots of luck to all our runners. A must for your diary is September 24th where glitter, glamour and pizzazz is guaranteed at our James Bond Charity Casino night at Tatton Park. Ted Robbins will once again be hosting the event in the stunning Tenants Hall; guests will be welcomed with a Champagne and Canapé Reception. This years Bond theme is all things Egyptian and our caterers, Heathcotes Outside have created a feast fit for a Pharaoh. This is a night not to be missed for all Miss Moneypennys out there, grab your James Bond look a like and make a date with us!

We will be saying a fond farewell to Ruth Lambert one of our part time physio's during the summer and at the end of this year we will be saying goodbye to Sarah Kelly one of the NMC's Co-founders and current Centre Director. I have worked with Sarah for more than four years now and find her commitment and enthusiasm infectious. Sarah will be missed by everyone involved with the NMC but we are fortunate not to be losing her completely because Sarah (and Matthew) will still be heavily involved with Spirit of Christmas, in between playing with their grandchildren of course! Sarah is working tirelessly to recruit the new Executive Director and I will no doubt be introducing our new leader in the winter newsletter so watch this space.

As ever thank you's are sent to those of you far and wide who have supported the NMC and regardless of how large or small you feel your contribution might have been, be assured it's made a difference to our work with people affected by muscular dystrophy. It's because of our remarkable supporters that we continue our vital work so thank you, merci, gracias and danke one and all.

Happy barbequing!

Lyndsey 

lyndsey@nmcentre.com

Crystal Celebrations

On April 1st the NMC celebrated its fifteenth birthday and the celebrations simply haven't stopped. On the Friday 1st April we celebrated at the Centre the only way a birthday should be marked with jelly and ice cream, fairy cakes and bubbly stuff (well fizzy water actually!) And we weren't the only ones to get into the birthday party swing as many of our supporters held birthday teas with their friends, family and colleagues. Thank you to all our friends and supporters who sent cards, donations and held teas you have all helped raise vital funds for our services, here's to the next 15 years!!



Fifteen years is actually a signified by crystal in anniversary terms so what better a theme to base a party around. A Crystal Anniversary Party was held at Portal's Golf Club on Friday 13th May - I know Friday the 13th isn't exactly good luck but we first opened our doors on April Fools Day so why not be different! NMC supporters old and new donned their best bib and tucker and made their entrance into the crystal cave where they could guess the name of the doll, find hidden treasure, guess how many smarties in a jar, bid for a weekend break or a commemorative NMC teddy bear. But the highlight in the crystal cave had to be Ruby de Winter our fortune teller extraordinaire whose crystal ball revealed guests' futures.

After all the fun of the crystal cave our host Matthew reunited the co-founders of the NMC, his wife Sarah (who is the current Centre Director) and Kate Fox who fifteen years ago were passionate, committed and some say crazy enough to take on such a remarkable challenge. Fifteen years on the NMC remains the only resource of its kind in the UK and Europe offering a holistic blend of life changing services for people with muscular dystrophy.

To continue the party games there was a game of pass the parcel and after enjoying a splendid meal Matthew lead guests in a storming rendition of 'Happy Birthday' and unveiled a specially designed NMC birthday cake.

The crystal theme carried through to the auction were our fabulous auctioneer Mike Verity of Strutt and Parker tempted guests to bid for several marvellous lots. Amongst them were a VIP package at Crystal Palace Football Club, an excellent skiing weekend in the Highlands and an exquisite piece of Swarovski crystal. It was then onto the dance floor were live band 'Intrigue' (sponsored by FJ Need (Foods)) ensured that guests danced until the wee small hours. Thank you to everybody who was involved making this a night to remember including all those who bought tickets, donated prizes, volunteers who decorated the room and everyone else besides.





Foody's Delight

The fifth Gorgeous Grub at the Grosvenor was held in March this year and we were delighted to welcome the renowned Paul Heathcote, pictured left with Matthew, as our celebrity chef. Paul has restaurants throughout the North West and his catering company Heathcotes Outside has contracts at major sporting venues including Liverpool FC, Aintree and Chester Racecourses. Working closely with Simon Radley, Executive Chef at the Chester Grosvenor, Paul created a menu to thrill true food lovers. The starter was lightly braised fillet of turbot with baby leeks, mushrooms and tarragon, which was followed with a superb braised shoulder of lamb with potato pie, peas and broad beans and to end a mille-feuille of rhubarb with strawberries. Paul was on hand to talk to the menu and entertained guests with tales of his experiences as a Michelin starred chef, busy restaurateur and more recently an author!

After dinner our auctioneer, Mike Verity from Strutt and Parker gave guests the chance to bid for a week in a stunning house in North West Tuscany, impress the neighbours with an automatic quad bike or follow in the footsteps of Stirling Moss and Jenson Button by taking the race master experience at Oulton Park. The evening was a huge success raising almost £9,000 profit for the NMC. A huge thank you to Paul Heathcote, the Grosvenor and Grosvenor Spa Hotel, Peter Wheeler and Diana Mather, Mike Verity and our very own Matthew who took time off a busy filming schedule to join us.

PHOTO From left Anne Hooker, Matthew and Sarah Kelly and Kate Fox

Santa's (Centre's) Little Helpers

The Rotary Club of Bramhall and Woodford and Barton Grange Garden Centre joined forces in the run up to Christmas by hosting a children's grotto at the garden centre and the NMC was nominated as the beneficiary. Barton Grange built the grotto and provided a gift for each child, the members of Bramhall and Woodford Rotary Club and their volunteers provided Father Christmas and his elves and ensured that the grotto was open each weekend from November to December with many, many children visiting the grotto. Their combined efforts generated a great deal of money and when the President of Bramhall and Woodford Rotary Club, Michael Lacey and Be from Barton Grange Garden Centre visited the NMC and presented a cheque for £12,247 you can only imagine how overwhelmed we all were. Thank you to all at Barton Grange, Rotary Club of Bramhall and Woodford and all volunteers.

PHOTO left to right Ted Hawker, Northwich Rotary Club; Michael Lacey President of Bramhall and Woodford Rotary Club; Be, Barton Grange Garden Centre; Sarah Kelly, NMC Centre Director; Keith Paver, District Governor of Rotary International District 1050; Gordon McNally, President of Rotary International Britain and Ireland and Mike Shields, Winsford and Middlewich Rotary Club.



Marvellous Mayor!

When Anne Hooker a staunch supporter of the NMC was elected as Mayor of Vale Royal she said that she didn't have to think too hard for a charity to support as she immediately knew it had to be to be the NMC who would be her charity for the year. Anne and her consort, husband Roy worked tirelessly during the year performing mayoral duties and organising many weird and wonderful fundraising events to raise awareness and funds for the NMC.



Anne was an honoured guest at the Crystal Anniversary and helped crystallise the celebrations by announcing that the NMC would be receiving a whopping £17,000 which Anne raised during the year. Such a tremendous amount of money stands as a true testament to Anne's energetic fundraising throughout the year. Sincere and grateful thanks are sent to Anne and Roy for their friendship and support.

Spectacular Spirit of Christmas

The ninth Spirit of Christmas carol concert was as stunning as ever and once again sponsored by the MBNA Foundation. However it could have been a completely different story and it was all to do with the weather! Six of the celebrity performers were stranded at Heathrow Airport fog bound! Now, for the first hour or so the delay isn't too devastating but as one hour turns to three, nails are seriously bitten down! As crisis plans were being put into action (the NMC staff would have to perform the readings!) we got the call with the news we thought we were never going to receive - the fog was clearing and flights were taking off. The 'Spirit Six' eventually arrived in Chester with literally an hour to spare, joining Matthew and the other performers (who had sensibly not flown up!). And in true professional style led by our President Matthew the twelve performers gave sensational performances and considering that half of the performers hadn't had the chance to rehearse or even set foot in the Cathedral prior to the performance they were all magnificent.

Manchester Airport sponsored the Children's Writing Competition which was won by Alice Heaton aged 10 from Cranberry Junior School with her fantastic poem about Christmas Presents.

After the concert guests got the chance to mingle with the celebrity performers at the Champagne Reception at the Town Hall. A special thank you is sent to Edencroft Fine Wines and Taittinger Champagne for providing the champagne; it's very much appreciated by the NMC and of course all our guests! With the Champagne flowing, guests could purchase Meals for Two which were kindly donated by many superb eateries throughout the region, bid in the auction at eleven for a book signed by all the performers and a specially designed 'Spirit of Christmas' quilt. The event raised a staggering £33,000!

Thank you to Matthew, all of the wonderful performers who gave up their time to be with us, sponsors, advertisers, Meal for Two donors, Cheshire Youth Brass Band, Chester Primary Schools Choir, all volunteers and of course everybody who was in the audience.

NMC DIARY DATES 2004 - 2005

Friday 1st July - Jeremy Beadle Quiz Night

TV's Jeremy Beadle will be returning to Cheshire for the 2nd Quiz Party Night.

Test your wits against Cheshire's top minds and see if you can be awarded Cheshire's brainiest brain at The Grange Junior School, Northwich.

Sunday 3rd July - British 10K Road Race

The British 10K in London allows for sightseeing as well as running just over six miles raising money for a unique cause. Can you pledge some of your time and energy to the NMC? Why not persuade friends and colleagues and enter a team if not this year in 2006!

Saturday 24th September - James Bond Charity Casino Evening

The 3rd James Bond Evening promises to be just as glitzy as the previous two and is definitely a night not to be missed. Join Ted Robbins for Vodka Martinis in the Tenants Hall at Tatton Park where we will have a licence to thrill with food to 'die' for and entertainment to shake and stir! Egypt is the theme for this year so pyramids, camels and sharks can not be ruled out! Contact Lyndsey for corporate sponsorship opportunities and Sharon for tickets

Friday 7th October - Linedance Extravaganza

The 2nd chance to doe-se-do at Winsford Civic Hall as we welcome back Magill and Toe the Line disco at our Linedance Extravaganza.

Sunday 9th October - Liverpool 10K

Fancy running through the 2008 City of Culture and raising much needed funds for the NMC. Why not persuade friends, family and colleagues and enter a team to raise funds for the NMC.

Friday 14th October - Ceilidh

We've got a top band and a fabulous Caller who will be on hand to guide you through the dancing, guaranteeing an evening of fun, frolics and laughter for everyone. Join us at Kelsall Village Hall for plenty of leg flinging and fun whilst raising much needed funds for the NMC.

Friday 2nd December - Spirit of Christmas

The 10th Spirit of Christmas carol concert sponsored by MBNA Foundation will be held at Chester Cathedral and it's an event not to be missed. Hosted by Matthew Kelly and joined by a group of his celebrity friends this phenomenal Christmas celebration really kick-starts the festive season in Chester. Tickets go on sale in July.

Wednesday 14th December - Farewell to Sarah Kelly

Join us at the NMC to toast a sad farewell to Sarah who is one of the NMC's Co-founders and has worked tirelessly for the NMC over the past fifteen years.

Saturday 4th March 2006 - Gorgeous Grub at the Grosvenor

An evening of culinary delights await you, as our mystery celebrity chef for the evening creates another mouth watering menu for us all to indulge ourselves in.

For further information and tickets please call the NMC on 01606 861733, email sharon@nmccentre.com or Lyndsey@nmccentre.com



New Faces and Fond Farewells

We have a brand new face in the physio department in the form of Rosie Paver our new Head of Physiotherapy. Rosie joined the NMC team in November last year and comes with a very impressive background having worked for the NHS for 28 years specialising in orthopaedics and musculoskeletal outpatients, managing a team of forty physios. Commenting on her new role Rosie said that she is thrilled to be back treating people rather than organising staff and looks forward to developing the physio department further.

We will be bidding a fond farewell to Ruth Lambert who has been working in the physio department for the past seven and a half years. Ruth is well known for her infectious personality and her wonderful positive outlook brightens up the dullest of days and I know that she means a great deal to many people - We will all miss you Ruth. Very best wishes for the future and I know there will be many hours spent in your garden!



PHOTO LEFT :
Ruth Lambert on left
and Rosie Paver

Marathon Men

The NMC had four runners in this year's London Marathon two of whom are firemen in Cheshire Fire Brigade. Nigel Turner and Mike Griffiths completed the marathon in 5 hours 2 minutes and 4 hours 42 minutes respectively. Tim Okell, Mark Reader and Drew Taylor also completed the gruelling 26 mile challenge. Drew pictured left took an impressive 2 hours and 53 minutes to complete the marathon. Congratulations to all the runners and thank you for committing to raise funds for the NMC!



Fabulous Lions

Vale Royal Lions Club hosted a Golf Day on May 5th at Portals Championship Golf Club in aid of the NMC. The announcement of the General Election held on the same day did little to deter the golfers and with more than a dozen teams the Golf Day was both an enjoyable day's golf but also helped to raise more than £5,500 for the NMC. The photo shows the victorious team, Keith Darlington Electrical Ltd being presented with the winner's trophy.



On behalf of the Neuromuscular Centre many thanks to Lookers Saab for sponsoring the Golf Day, all the teams involved and everyone who donated prizes and contributed in many different ways. And of course a HUGE THANK YOU to Graham Eardley (Club President) and all the members of the Club, you are all fantastic!

Big Thanks

A huge thank you to JD Parties for their wonderful donation of £6,708. JD Parties organise Christmas parties at Tatton Park for organisations throughout the region. Each year there is a different theme which features a casino and the profits are donated to a nominated charity. In 2004 the NMC was the nominated charity. Thank you to Andrew, Emma and everyone at JD Parties your generosity is very much appreciated.

Thank you to Magill and Mike Hitchen and all our wonderful Line dancers for making the Linedance in April another huge success and raising £1,100 profit which will go directly to providing services for people with muscular dystrophy. Check out our diary dates to find out when you can next go dancing in lines!

The NMC Support Group has welcomed a new member, Andrea Duckworth who visits the NMC for weekly physiotherapy sessions. Andrea offered to reintroduce the Support Newsletter and members of the Support Group should soon find a newsletter jam packed with information landing on their doormats! Well done and thank you Andrea.

Thank you's, Gill Jackson, Drew and Barbara Taylor, Anne and Bob Carter, The Badger Set, Linda Sunners, the Grange School, James Lesley, Harry Hanlon, Gill Wignall, Inner Wheel Club of Stockport, Dee Cooke, all 10k runners, Ken Hester, the Queens School and Inner Wheel Club of Lymm.

www.nmcentre.com
NeuroMuscular Centre.
Woodford Lane West,
Winsford, Cheshire
CW7 4EH
Tel : 01606 861733