



Kilimanjaro Challenge

There are not many people who can boast that they have been to the roof of Africa, David Kennedy - NMC Trading Sales Manager can. But it wasn't easy; the changing weather conditions made the route treacherous and AMS - Acute Mountain Sickness resulted in Dave losing a stone in weight in just seven days making the task almost unbearable, but he did it! David climbed Kilimanjaro via the Machame Route - the Whisky Route in a punishing six days, during which time he went through five climatic zones and many different landscapes, including rainforests, deserts and snow capped mountains, as well as weather ranging from intense heat to humidity and chilling temperatures of -30C. Dave commented on how strange it was to begin the climb in the balmy conditions of a rainforest where the humidity was 97%, then the higher they went the more lunar like the scenery became until one night the temperature was so low that the zips on the tents froze - no chance of a tan then!

Dave spent months training for the gruelling trek, climbing a staggering 19,344ft to reach the summit of the mountain that glitters. On talking of reaching the summit Dave said " At about 4.30am the sky started to lighten, and we knew that it must be coming up to dawn which was when we were due to summit and this gave me a second wind....at the top we could see the sun starting to break through the cloud, about 10'000ft below us, the view was awesome and the feeling of being on top of the world was truly amazing." As you can see from the picture Dave looks pretty triumphant on reaching the summit and I think now that he's back he can appreciate what he's done and be very proud of himself.

Huge thanks goes to David for the tremendous achievement and for raising almost £2,000 for the centre.

NMC hosts Becker Day

Muscular Dystrophy Campaign hosts condition specific days which aim to inform people about the different types of muscular dystrophy, such information is not just aimed at people who have md but also medical professionals, carers, family and physiotherapists. On 16th November the NMC was the location for the Becker day and featured a number of speakers from different backgrounds and what better place for it to be held, as guests were able to meet our physiotherapists, see what equipment is available as well as benefit from the many speakers. It was a fantastic day with over 60 people attending from literally all over the country and the feedback has been very positive.

Ed's Bits

Seasons greeting to all. I hope this fine publication finds you all well and raring to sing 'Hark the Herald Angel' I really do get very excited about Christmas don't I! It's been another hectic summer with sporty events, jumping off cliffs and planning for 2003. There is tons of excitement in the fundraising office not only about Spirit of Christmas which is only weeks away but because Brian Turner has agreed to be the celebrity chef at Gorgeous Grub at the Grosvenor next March - how fab is that.



We have also had the most difficult, but fun time trawling through the entries for the Spirit of Christmas Children's writing Competition. This year we have had the most phenomenal response to the competition with over 500 entries and more schools taking part than ever before, needless to say the standard was extremely high. If you are coming to Spirit of Christmas you will be able to hear the winning poem, it really is great.

As ever I always have trillions of people to say thank you to and this time there are more than ever. There have been so many people who have been very generous to the centre during the last six months whether it be in the form of their time, energy or money, every single gesture has been so appreciated and without you we couldn't offer the services we do - THANK YOU.

I'll stop waffling and let you get on with reading NMC News and I wish everybody near and far a very Merry Christmas and a peaceful New Year.

Lyndsey 



Final Jazz at the Laurels

Avid readers will remember that in the last NMC News I reported that John and Pam Naylor had headed into the French sunset and set up home in Southern France. Before they jetted off they found time to organise their last ever Jazz at the Laurels and what a finale it was, you can tell that by the way John is surrounded by young ladies!! And, it didn't rain, now that is truly a miracle..... The jazz bands were brilliant, the picnics lavish and the wine aplenty! As well as a few tears, fireworks marked the final jazz at the Laurels, thank you John and Pam for putting your packing on hold to raise money for the NMC.

Presidents Luncheons

London was invaded by the NMC this summer and what an invasion it was. The Band Charitable Trust - long time supporters of the centre, kindly sponsored a Presidents Luncheon at the fantastic Square Restaurant on Bruton Street. This was a great opportunity for two people from the centre, both of whom have muscular dystrophy, to meet some Trustees from London based Charitable Trusts. The luncheon was hosted by Matthew and Sarah who met a number of people who were really interested in finding out more about the centres work and were thrilled to meet Dan - our Head of Design and Heather - Administrator who also attended the luncheons. Dan and Heather were able to explain exactly what the centre means to them and how its services have impacted on their lives.

As well as sponsoring the luncheons, the Trustees made it possible for four of the students on the Training Programme to visit a number of galleries in the capital, something which they would not be able to do with much ease. I'm sure it won't surprise you that the four students had an excellent time, accessing modern and classical art and being able to tap into a wealth of visual stimulus. All of this combined with the diverse culture and hustle and bustle of London has impacted on the students work already and Tania is expecting some really outstanding work this year - so no pressure then!!

Having a Ball

The Junior Organisation (JO) Manchester is part of the Royal Institute of Chartered Surveyors whose 2002 Chairman, Charles Fifield chose the NMC to be the beneficiaries of their annual charity ball. Held at the Jarvis Piccadilly in Manchester the theme was the 70's, it was flares and platforms galore and there was even a sighting of the king himself, yes Elvis appeared for night only..... The business card raffle raised over £1,500 which brought the total to £6,050. Sincere thanks to Charles Fifield, members of the JO Manchester and everyone who supported the event.

Open Day

On 12th June the NMC threw open its doors to welcome its many supporters who have for the last twelve years ensured that the centre has continued its vital role of offering services to people affected by muscular dystrophy. It was the first time for a few years the centre had had an open day, so for old friends it was a chance to see how much progress had been made and it gave newer supporters the opportunity to see exactly what we do at the centre. The Chief Executive of Cheshire County Council, High Sheriff of Cheshire and Viscount Ashbrook where among some of the guests and we were also delighted to welcome Dr Roberts who is the neurologist consultant at Hope Hospital. There was a constant flow of visitors from lunchtime right through until 8pm and we couldn't have done it without the help of our fantastic Fundraising Committee who worked tirelessly, pouring wine and showing people around the centre. It was a very busy day and night but the positive feedback made it all worthwhile and we are going to do it all again next year.

Trevor Quarry Abseil

Now I'm not one for heights so when one of our supporters suggested that I 'do' the abseil I resisted furiously, however after a great deal of arm twisting I eventually agreed, but I wasn't going to do it alone so I bullied Sharon our Community Fundraiser and Chris Thomas one of the Physio team into doing it with me. Another 13 crazy people joined us in descending over 100ft down a sheer cliff face in Trevor Quarry and yes it was scary but I think the other participants would agree that once at the bottom you did get a sense of achievement. Sponsorship money is still being collected but it looks as though between us we have raised about £3,500. Thank you to everyone who took part and the team from Pro Adventure who instilled confidence in even the most terrified of participant.

Below Ellen Duncalf one of the brave people. Insert Sharon, Lyndsey and Chris.



Stop Press

A huge thank you goes to Hannah North-Lewis who recently ran the Great North Run for us. Hannah worked in the physiotherapy department on a student placement a few years ago and it was brilliant that Hannah remembered the NMC. Jonathon Naylor and Julie Wildern also ran the Great North Run for The NMC. Congratulations goes to Jonathon and Julie, who as well as completing the Great North Run, are celebrating their recent engagement - Best wishes for your future from everyone at the centre.

BT Stars in Their Eyes Competition

Sarah Kelly recently went to judge the BT 2002 'Stars in Their Eyes' competition at the Floral Hall in Southport and what a task she had, the standard of performers was very high. The whole evening was fantastic with a wide spectrum of performers and a brilliant production team who made it all happen. Sarah and the team of judges including Jennifer James who many of you will remember as Gina the barmaid in Coronation Street, had to make a really tough decision and in the end it was the Wham duo that stole the show. As well as having a fantastic time the evening raised a lot of money for charity and The NMC was fortunate enough to receive £1,000. BT's support means a great deal to the centre, as many of you will know Lorraine Woolley who was the IT expert at the centre now works for BT, we know that Loz loves her job but everyone at the centre still misses her! Special thanks to Phil, Aideen, Cath and Jayne.

Fabulous Fundraisers

The NMC is lucky to have a voluntary team of people who make up the Fundraising Committee. Well they have had an extremely busy summer co-ordinating a grand draw raffle, which has some fabulous prizes including; a 21" Colour T.V and video, a Raymond Weil watch, a Meissen Porcelain Bowl and a whole host of other prizes. The Grand Draw took place at a Cheese and Wine Evening at the centre on 20th November, television and radio personality Peter Wheeler was responsible for drawing out the lucky winners and they were..... Maureen Hughes won the television and video, Amanda Copnall won the Raymond Weil watch, Victoria Fifield is now the owner of a Missen Porcelain Bowl, Sue Brown won £100 of Robbie Williams CD's and DVD's and a bottle of Whiskey and Lannie Labernio won a Fortnum and Mason's Champagne and Chocolate's Hamper. Thank you to everyone who bought raffle tickets, attended the cheese and wine evening, Peter Wheeler and especially the Fundraising Committee who ensured the evening was fantastic.

Changing Rooms

For those of you who visit the centre on a regular basis you will have noticed that the reception and physiotherapy areas have been given a facelift. Barclays Bank Charity Committee transformed the reception and much used physio areas over two days painting, putting up new shelving units and making the place feel much more welcoming. The boring white has been eradicated and has been replaced with buttermilk cream walls, sophisticated new chairs and we've even got foliage - that's if we remember to water the plants! Angela Brocklesbury, Tracey Dickens, Tracey Wilson, Louise Kernan, Joanne Yeo, Rebecca Mayers and Tracey Cookson all did a tremendous job and impressed us all with their paintbrush skills.

The Barclays girls secured £1,500 worth of funding in order to modernise the centre and it has had a really positive impact on all of the centre users including physio clients, NMC Trading customers and of course everyone who works here. A huge thanks comes from everyone at the centre.



Diary Dates

8th March 2003 - Gorgeous Grub at the Grosvenor

Now I know its over four months away but this is definitely a date for your diary because Brian Turner has just confirmed that he will be our celebrity chef! Brian will no doubt create a culinary feast and this combined with the location - Chester's prestigious hotel The Grosvenor who provide the perfect backdrop for the evening. Tickets are priced at £45 per person, book early to avoid disappointment.

23rd March 2003 - Rome Marathon

Paul Need is once again getting his running shoes on for the NMC and he's recruited a friend Brad Pike to join him running around the beautiful city of Rome. The fantastic location of The Eternal City of Rome will be spectacular and Paul and Brad will be running past many historical sights including St Peter's Square, the Trivi Fountain and the Coliseum. I'm sure you will join me in wishing Paul and Brad lots of luck with the challenge. If you would like to support Paul and Brad please contact Sharon at the NMC.

13th April 2003 - London Marathon

The NMC is lucky to have three runners in the London Marathon next year, it really is a huge undertaking as the training alone is a massive commitment and takes a lot of determination. If you are interested in taking part in the London Marathon in 2003 or 2004 please contact the centre for more details.

6th June 2003 - Linedance Extravaganza

If you have never been to this event before now is the time to put it in your diary! The sixth annual linedance extravaganza is going to be held at Winsford Civic Hall, featuring toe-tapping music to dance the night away, so saddle up your horse and get down to Winsford Town Hall! Lorraine, Jackie and Liza are already busy with preparations for next year and it looks set to be another fabulous evening.

18th June 2003 - NMC Open Day

This year saw the centre open its doors and we had such a great response that it is set to be an annual event. It's a brilliant opportunity for all the fantastic people who support the centre to come and see for themselves what goes on at the centre. Next year we'd like more people to visit the centre, whether it be the first time or to see how much progress has been made since visiting last - everyone is welcome and if you know anybody who would like to learn more about what this fantastic resource does, please let us know.

28th June 2003 - Jazz at Hall Green

Hall Green, Barbridge is the location for the 2003 Jazz night, taking over from where Jazz at the Laurels left off. I know it always used to rain at The Laurels so maybe a change of location will improve the weather, always best to bring a brolly though - just to be on the safe side! Bring a picnic, several bottles of wine and your dancing shoes because you will be entertained by live Jazz bands. Tickets available from the centre.

13th July 2003 - British 10K Road Race

We all make New Years resolutions, but how about making one for a really good reason this year? The 10k Road Race takes in some of the most famous London landmarks and at just over six miles its a much more manageable distance to run than a marathon. The NMC has twelve places for next years road race, if you are interested in running the 10k for the NMC or know somebody who would like to do it please contact Sharon at the centre to guarantee your place!

Watch this space in 2003 for news about.....

Chester Abseil. Are you brave enough to abseil down Chester Cathedral? In September 2003 we are offering you the unique opportunity to abseil 120ft down the west window of Chester Cathedral and the best thing is that you will be raising money for the fantastic NMC.

James Bond Casino Night. Join us for a very special mission. I could tell you the details, but then I would have to kill you.....M or should I say L will issue mission details soon, but keep September free.

Telephone Sharon or Lyndsey for more information on 01606 861733

Baby Wilbur

Now for some really fantastic news, many of you will know Dawn Wilbur the centre's Receptionist and the person who welcomes all of the centre's visitors with a smile has had an early Christmas present. Dawn announced earlier this year that she was expecting the patter of tiny feet and those feet have arrived. Baby Graham was born on 4th October and despite being almost two months early, weighed 3 pounds and eleven ounces and he's now at home keeping his proud parents awake, which is amazing seeing as he shouldn't even be here yet!

Dawn, Liam and Graham

would like to thank everyone who have sent gifts, cards and all good wishes.

Everyone at the centre sends Dawn, Liam and Graham

very best wishes for the future and we look forward to meeting the newest edition to the Wilbur family.



Queens Jubilee 10K Road Race

The NMC had a team of ten runners in this year's road race. The weather was extremely kind and all ten of our runners romped home, after running past the Capitol's landmarks. A huge thanks goes to all who took part; Angie Wardley, Alison Need, Paul Need, Tim Cross, Sharon Griffiths, Zoë Maycock, Gareth O'Sullivan, Ol Hill, Wendy Griffiths and Helen Britton. The 10k team helped to raise over £2,500 what a fantastic total.

Bryn Morfydd Golf Day

Long time supporters of the centre Stan and Maureen Humphrey's recently organised a golf day at The Bryn Morfydd Hotel and Golf Club to raise funds for the centre. Held during the August bank holiday Stan and Maureen did a fantastic job and of course the added bonus to Stan was that he got to spend even longer on the golf course! An impressive £1,000 was raised, everyone at the centre sends sincere thanks to Stan, Maureen, The Bryn Morfydd Hotel and all who took part.

Pochins Golf Day

The NMC was fortunate enough recently to be the beneficiary of the annual golf day held by local construction company Pochin plc, whose support for the centre has, and continues to be tremendous. The NMC's golf team was led by Tim Cross and his colleagues at Joseph Heler (Ltd) who came an impressive fourth. Carden Park proved to be a superb venue for both the golf course and the evening reception which Sarah Kelly attended and was thrilled to receive a cheque for £6,870 which is truly fabulous and a huge thanks goes to everyone at Pochin plc.

In 2003 could you

Hold a strawberry tea, open your garden, have a BBQ, do a parachute jump, have a coffee morning, hold a cheese and wine evening, arrange a golf day, host a sponsored swim, take part in the 10k road race, take part in the Wirral Coastal Walk, have a wine tasting or join the 'do it once a month' scheme.



THANK YOU

Mid Cheshire Ladies Bowls League, Wolstanton Inner Wheel and Rotary Clubs, LIA, Middlewich Women's Group, Matthew Cross, The Drum and Monkey Charity Committee, Mid Cheshire Bowling Association, Cllr Nick Harris, Sanjay Vaja and Astrazeneca, Sue and Ken Moore, Rotary Club of Northwich Vale Royal, BT Call Centre, Little Budworth Parish Council, Northwich 41 Club and Steve McGarry.

A Golden Gift

A special thanks goes to Mr and Mrs John Carmichael, John and Margaret visit the centre each week for John to receive treatment from the physio department. This autumn John and Margaret celebrated fifty years of marriage and rather than their friends and family buying them gifts John and Margaret asked that donations be sent to the centre. This was a fantastic gesture which was very gratefully received. Congratulations and thanks goes to John and Margaret and of course all of their friends and family.

and again, Thank You!

Sharon Griffiths - Community and Events Manager collected a cheque from the Provincial Grand Lodge of Cheshire Freemasons early in November. The Grand Lodge has over 9,000 members and give money out of their own pockets, and have been kind enough to support the centre over the years. Sincere thanks goes to David and the other members of the Cheshire Provincial Grand Lodge. David Kinsey the Chairman of Non-Masonic Committee presented Sharon with the cheque at Petty Pool, Sandiway.

