



## London 10k Road Race

Sunday 1st August saw the fourth British Feelfine 10k Road Race in London and the sunny summer Sunday morning was buzzing with lots of eager runners and excited supporters. The NeuroMuscular Centre was lucky enough to be made one of the nominated charities of this year's event and Team NMC had a stronghold of 35 runners.

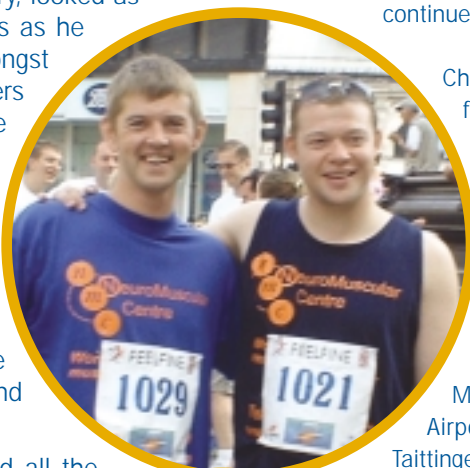
A first time runner for the Centre, Ben Flannery, looked as though he was trialing for the Athens Olympics as he crossed the line within 40 minutes and was amongst the first 50 to cross the finish line. All our runners did the NMC proud and it was fabulous to see the streets of London awash with our eye catching blue and orange T-shirts.

Having so many runners and cheerers in the big smoke we felt it only right to celebrate everyone's success and support with a recovery party at The Coal Hole on The Strand. Olympic medalist Roger Black and NMC President Matthew Kelly were at The Coal Hole to welcome and congratulate Team NMC and join them in celebrating their triumphs.

Congratulations to all the runners in Team NMC and all the supporters who cheered endlessly on that sunny August morning and helped raise £5,500.00 for the Centre.

The British 10k is a fabulous event on the athletic calendar for both first time runners and experienced athletes attracting over 20,000 participants each year and the route passes some of the capital's most famous landmarks; Trafalgar Square, Westminster Abbey and St Paul's Cathedral. Why not enter a company team, take up the challenge with friends or simply use it as an excuse to get fit for the summer months.

If you want to take up the challenge and join Team NMC for next year's 10k on Sunday 3rd July please contact Sharon to secure your place.



## Ed's Bits

As the winter evenings draw in I hope the latest edition of NMC News will bring a little sunshine into your lives. Here at the NMC it's been the normal dose of fun and frolics during the past few months; our brains have been tested by Jeremy Beadle's quiz questions, we've donned our best frocks for the second James Bond Charity Casino Night and have cheered on dozens of runners in the London and Chester Zoo 10k races.

There's great news in the physiotherapy department in the form of a new Head of Physiotherapy, I'd like to say a warm welcome to Rosie Paver who started work on November 1st and is getting to grips (quite literally) with the physio department, so clients beware!! The autumn term has started on the training course so there are a few new faces about the place and NMC Design continues to thrive and be busier than ever.

Christmas has come early in the fundraising office with carols blasting out and even the dog is covered in tinsel and glitter; yes you guessed it we are gearing up for our annual carol concert 'Spirit of Christmas' hosted by Matthew at Chester Cathedral. Once again we've been very fortunate to receive tremendous support from MBNA Bank Europe, Manchester Airport, Edencroft Fine Wines and Taittinger Champagne and all of the companies who are advertising in this years programme. We will just about catch our breaths after Christmas before turning our attention to Gorgeous Grub at the Grosvenor on the 26th February and I'm delighted to announce that Paul Heathcote will be the celebrity chef who will be cooking up a storm for our guests. And if all that wasn't enough we are going to be celebrating a special birthday next year - the NMC will be 15 years old!

Sincere thanks are sent to everyone who has contributed to the NMC whether it's been collecting mobile phones, buying a ticket for one of our events or making a regular donation to the NMC as part of our Do It Once A Month scheme. We truly wouldn't be able to achieve what we have without your support. If you feel there is a way you or your company or a local group you are involved with can help the NMC please don't hesitate to contact me. In the meantime, I'd like to wish you all a very Merry Christmas and a peaceful and prosperous New Year.

Lyndsey ❀

## Fun and Games at the Firs

The Firs School in Chester recently put the children through their paces when the school held a sponsored Biathlon in aid of the NeuroMuscular Centre. Children from each year took part in a variety of events including running, swimming and conquering a mini obstacle course. All of the children did fantastically well and each received a commemorative medal and certificate. A tremendous amount of sponsorship of £1,600 was raised by more than 210 children, which will make a big difference to the NMC. Special thanks are sent to Mrs Denton (head teacher), Reverend and Mrs Longman, Chris Roach (games teacher), Michele Ellis and all of the teachers and parents who encouraged the children to take part in the biathlon and in turn have supported the NMC.





## On April 1st 2005...

*The NeuroMuscular Centre will be fifteen years old  
and I think we've really got something to celebrate.*

To date the NMC remains the only resource in the UK and Europe which takes a holistic approach to people affected by muscular dystrophy.

The NMC began life on 1st April 1990 (the date should have been a sign!) in a disused science laboratory and everything from physiotherapy to training and design went on in the one room. After a few years of tripping over each other the idea to extend the building was put into practice.

In 1997 the extension was completed, this meant that the training programme got its own room, NMC Design adopted the whole of the original building for its growing business and the physiotherapy department got what then, felt like a large room big enough for six treatment plinths.

Less than ten years later here we are bursting at the seams again, there are sixteen places on the training programme which offers courses in computer based graphic design, more than a dozen people with muscular dystrophy work at the NMC and there are about 130 clients regularly receiving treatment from the physiotherapy department.

Over the past (nearly) fifteen years the NMC has been fortunate to receive support from many hundreds of people, companies, charitable trusts and groups from all over the country and it's because of such wonderful support that the NMC continues to reach and work with so many people with md from the North West, North Wales, Lancashire, the Midlands and beyond.

Can you help the NMC celebrate the tremendous achievement of reaching the grand old age of 15 by sending us a card or donation on April 1st? We need to raise £500,000 per year to continue to offer our services and in order to achieve this we need your help. Whatever way you choose to celebrate our birthday; whether it's by hosting a coffee morning, a cake bake or having an NMC birthday party; we would love to know you are celebrating our achievements with us.

Please send any cards and/or donations to the NMC, Woodford Lane West, Winsford, Cheshire. CW7 4EH.

## Imperial Russian Dinner



The prestigious Grosvenor Hotel and Spa, Chester was the setting for an evening of intrigue which unveiled some of the mysteries surrounding the world of Faberge and all things egg shaped. Mr Phillip Birkenstein the Chairman of the St Petersburg Collection, the generic name for the creations and designs by Theo Faberge, the only living grandson of Carl Faberge, and Theo's daughter Sarah, generously offered to share his knowledge of this fascinating dynasty.

A glass of Kir Royale and a Russian menu created especially for the event by Simon Radley, Executive Chef set the scene for the evening. After dinner Phillip gave an interesting and amusing insight into the world of Faberge focusing on the intricate workmanship and lavish use of precious stones and metals in the exquisite pieces of jewellery, ornaments and of course eggs! One lucky guest won a diamond pendant in the raffle which when opened revealed a beautiful seed pearl. For those guests not as fortunate there was the opportunity to see some beautiful pieces and a few Christmas presents were purchased which no doubt will cause great excitement once opened on Christmas Day.

## NMC Swimathon

As many of you will know as part of the physiotherapy services at the NMC hydrotherapy plays a crucial role as clients are able to use a specially heated pool to exercise in. There are about 30 clients who benefit from hydrotherapy and in July they all got together and had a burning desire to do a Swimathon – mmm, now I know some of you will be wondering and yes they did swim in their thongs, although it was over their cosies! It's no wonder then that their friends and family sponsored them and a fantastic total of £1,056 was raised to go towards the physio services. Thank you to everyone who took part and all of their generous sponsors.

## Money for Mobiles

Do you have an old mobile phone hanging around the house? If the answer is yes then can you donate it to the NMC, by collecting old mobile phones and their accessories the Centre could earn money through a scheme being run in partnership with the Link and Fonebak. The mobile phones are recycled and in return the NMC will receive a donation. Thank you to all of the people who have already donated their old mobiles, but we need more! If you are able to help please drop your unwanted phone into the fundraising office. You've already helped us to raise £500 to date and that's all from your old phones – Thank You to everyone who's donated so far. Special thanks to BT Call Centre, Warrington who are topping the poll of top phone donors to date!

## Please Help

The NMC always needs raffle and tombola prizes so please remember us at Christmas when you're unwrapping another shiny new toaster or kettle! If you have any unwanted new gifts please let us know, they would be most welcome and would go towards a great cause.

If you have any unwanted postcards and used postage stamps there is a volunteer at the centre who can make good use of them. Please drop any postcards and stamps into the Fundraising department or send them to The NeuroMuscular Centre, Woodford Lane West, Winsford, Cheshire. CW7 4EH.

## Thank You...

Huge thanks to everyone near and far who've been able to support us this year, if I've not included you please, forgive me: The Queen School, Inner Wheel Club of Worsley, the Badger Set, Munkfest, Silver Jubilee Lodge, the Hammond School, the Coal Hole, NMC Do It Once A Monthers, Ormskirk Priory Lodge, Andrew Hilditch & Sons, Barclays Premier Banking, City Concert Orchestra and Davenham Methodist Ladies Group.

## Watch out... Beadle's about

Jeremy Beadle hosted one of his infamous Quiz Parties at Northwich Memorial Hall in October and boy did the guests not know what they'd let themselves in for! As well as the questions being real brain teasers Jeremy made sure that everyone was up and dancing during the music rounds and woe betide anyone who was caught sitting down! There was great rivalry between the teams and as the evening progressed (and copious amounts of beer was consumed) the teams



all seemed to have the coveted Beadle Trophy in sight and that's when the competition really got fierce. There were three teams who set the standard for the evening but when it came down to it there were just a few points in it and the team oddly named the 'Puddle Jumpers' triumphed and were last seen disappearing into a taxi clutching the Beadle Cup.

Jeremy will be back next year and the battle for Cheshire's brainiest brain will be back on so watch out 'Puddle Jumpers'!

## Leg flinging.....

July 9th saw a new event on the NMC Calendar, a leg kicking Ceilidh at Northwich Memorial Hall. More than a 100 people donned their Gaelic shoes and joined friends and family for a superb night of dancing and lots and lots and lots of laughter!

The NMC were fortunate to work with the renowned Ceilidh band The Crofters who provided the music and their expert Caller, Sylvia Fisher who guided everyone through the dances. The Ceilidh raised more than a £1,000 for the NMC and due to the success of the event we will be making the night an annual event. Watch this space for more information.

## Roaring Runners

Congratulations to the 12 runners who completed the Chester Zoo 10k Race on Sunday 17th October. The route took runners around the outskirts of the Zoo and everyone who took part had the opportunity to go and see the animals after they'd completed the race, although I suspect there may have been a few sets of legs which ached too much to trot around the zoo! We were there on the day to cheer on the runners and thought that they all did really well in spite of the mud! Many thanks to everyone who took part and watch out for next years date.

## Calling all Golfers

Vale Royal Lions Club is hosting a Golf Day in aid of the NMC on 5th May 2005 at Portals Championship Golf Club, Tarporley. Anybody who is interested is entering a team, donating an auction prize or sponsoring a hole please get in touch with Sharon at the NMC.

On June the 24th 2005 the NMC is hosting its own Golf Day at Denton Golf Club, near Stockport. For those of you who know the NMC Fundraising Department you'll know that we barely know the difference between a golf club and a tennis racquet. Therefore we are relying on all of our golf supporters to lend us a hand and get a team together to take part in the first NMC Golf Day. If your company is able to enter a team, or can offer an auction prize or sponsor part of the event please get in touch.

## Diary Dates

26th February 2005

### Gorgeous Grub at the Grosvenor

Our annual gastronomy feast will be once again taking place at the stunning Chester Grosvenor Hotel. **Paul Heathcote** is this year's celebrity chef and will be designing a unique menu and all as we ask our guests to do is to eat, drink and be merry. Ticket prices include a Bucks Fizz Reception, a superb four course meal (designed by Paul) and half a bottle of wine per person.

15th April 2005

### Linedance Extravaganza

Grab your Stetsons and dance on down to Winsford Civic Centre to strut your stuff to Magill and Toe the Line. Tickets will be available from the NMC.

17th April 2005

### London Marathon

Are you fit enough to run the London Marathon? If you decide to take up this punishing challenge there are five months to train for the 2005 marathon or perhaps consider the April 2006 one. Not only would you be raising money for the NMC, but you would be achieving a very personal goal.

15th June 2005

### NMC Open Day

The Centre will be opening its doors and inviting people to come and see the fantastic services which aim to enable people with md throughout the region. If you are interested in visiting the centre please do let Sharon know.

3rd July 2005

### 10K Road Race, London

If the London Marathon is too much of a challenge then the 10K Road Race could be for you. Running past some of the capitals most famous landmarks, the 6.2 miles will simply fly by and before you know it you will be at the finishing line. If you would like to take part, please get in touch with Sharon.

24th September 2005

### James Bond Charity Casino Night

Tatton Park is the phenomenal setting for this wonderful night of fine food, excellent company, a selection of gaming tables and live music for guests to boogie on down to. Egypt is the theme for the 2005 James Bond Charity Night so pyramids, camels and sharks can not be ruled out. Contact Sharon for ticket information and Lyndsey for corporate support.

7th October 2005

### Linedance Extravaganza

No it's not a double booking demand proved so high for the Linedance Extravaganza that you'll get a second chance to don your spurs and stomp on to Magill at Winsford Civic Centre. Tickets will be available from the NMC.

**For further information about all of the above events, please call the NeuroMuscular Centre 01606 861733, or e-mail Sharon@nmcentre.com or Lyndsey@nmcentre.com**

## Leaving a legacy to the NMC

There are many different ways of supporting the work of the NMC. One way of donating to the NMC and making a difference to people with muscular dystrophy is by remembering the NMC in your will.

Making a will ensures that your estate (regardless of size) is divided amongst the people important to you. This could include a charitable cause which is close to your heart and leaving a gift from your estate to a charity could help to reduce the level of inheritance tax applicable to your estate.

Including the NeuroMuscular Centre in your will ensure people with muscular dystrophy in the North West will continue to get the vital support they need. No matter how large or small, a gift in your will can help future generations with this degenerative condition access services which help to level the playing field of life – In short enabling them to live life to its fullest!

A charitable legacy is a tax-free donation which can be made to the NeuroMuscular Centre in a number of different ways;

- Residuary Legacy – a gift of the remainder of your estate after all other legacies and bequests to family and friends have been made. The major advantage of a residuary legacy is that its value increases in line with inflation.
- Pecuniary Legacy – a gift of a specific sum of money.
- Specific Legacy – a gift of a specific item, for example property or a piece of jewellery.
- A will or a Codicil (an amendment to a will) is a legal document and we strongly recommend consulting a solicitor.

If this method of support is something which interests you please contact Lyndsey at the NMC 01606 861733 or [Lyndsey@nmcentre.com](mailto:Lyndsey@nmcentre.com) for further information.

## Putting on the Glitz

The second James Bond Charity Casino

Night was bigger, better and even more glamorous than last years. The magnificent Tatton Park was the venue for this 'top secret' evening which was based on the film 'Octopussy'.

As guests swept through the elegant staterooms they were welcomed with glasses of chilled champagne (kindly sponsored by Taittinger and Edencroft Fine Wines) accompanied by sumptuous canapés which really got the evening off to a lavish start. Ted Robbins and Matthew Kelly were

the hosts for the evening and entertained guests with their humour and high jinks throughout the evening, as you'll see from the pictures they really do make a troublesome double act! Guests were treated to the enigmatic delights of India with cuisine fit for a Sultan and the menu designed by Bespoke Events embraced all things spicy and hot hot hot.

After dinner the fun really began with the fantastic John Hallman who was the grand auctioneer offering guests the chance to bid for their very own Faberge Egg, the chance to shadow the Chief Constable of Cheshire for a day, own a real boy's toy in the shape of a mini motorbike and for the ladies the ultimate Christmas shopping experience in London staying in the luxurious Athenaeum Hotel. As well as the Grand Auction there was the opportunity to win two return British Airways flights (kindly donated by British Airways) to anywhere in the USA, Canada or Europe in the flight raffle. As the games continued guests could choose whether to chance their luck on the gaming tables, enjoy the thrills and spills of the giant scalextric track or for Mr Bond to impress his Miss Money Penny on the dance floor.

Thank you to everyone involved with the James Bond Charity Casino Night including; guests, sponsors, auction and raffle prize donors, Tatton Park, Bespoke Events and NMC staff and volunteers – we couldn't have done it without you all!

If you missed out this year make sure that in 2005 you book your table early as the theme is '*The Spy Who Loved Me*' so camels, pyramids and sharks will all feature and guests will be encouraged to dance like an Egyptian!



NeuroMuscular Centre Woodford Lane West  
Winsford Cheshire CW7 4EH  
Tel : 01606 861733

