

I hope that this Christmas edition of NMC news will banish some of the winter blues with tales of whats been going on at The NeuroMuscular Centre during the last few months.

The summer has been a busy one with lots of different activities taking place to raise the profile and funds for the NeuroMuscular Centre. The centre continues to flourish with more students enrolled on the training programme than this time last year. The increased numbers are largely due to the new P.C focused course which was launched in the summer. NMC Design+Print's work as a thriving and ever-growing social enterprise was officially recognised by Cheshire Business Awards.

The physiotherapy team has had a very busy and productive year. A record number of people with muscular dystrophy have been referred, which has made the department busier but we've been able to assess everybody, and continued to carry out annual reviews on those already attending. 2006 has also seen a surge in the number of volunteer physiotherapists and students, which has given the individuals the opportunity to practice their therapeutic skills. Hopefully they will remember this experience in the future and be better able to treat patients with muscular dystrophy.

The NMC's first Christmas appeal has been launched, a huge thank you to everyone who has supported so far, either by holding a coffee morning or sending a donation in lieu of Christmas cards. We appreciate what a busy time of year Christmas is for people so a really big thank you for offering the NMC some extra help. You might have noticed that this edition of NMC News has a particularly festive look and that's because it's been cleverly disguised as a Christmas card. Not only does it save trees but it is also helps us practice what we preach - we ask our supporters to make a donation to the NMC rather than sending Christmas cards so why shouldn't we! Its not that we don't send you all very best wishes for the festive season, we're just sending them to you in a much bigger card!

From everyone at the NeuroMuscular Centre a huge super duper thank you for all of you support during the last twelve months. We wish you a very merry Christmas and a prosperous New Year.

Lyndsey 

Christmas Shopping

The NMC's first Christmas Fair was kindly hosted by long time supporter Alison Need who was brave enough to open up her home to over 100 ladies who were treated to mince pies and mulled wine and had the chance to browse the various stalls selling a range of lovely gifts, yummy festive treats and gorgeous jewellery and handbags.

Thanks to Alison's hard work (and scrumptious mince pies) the Christmas Fair was a tremendous success not only did it raise over £1,000 for the NMC but it also generated interest in the NMC's work with people with muscular dystrophy. Thank you to Alison (and her fantastic team of friends), all stall holders and everyone who attended.

The Road Runner...ss

This year lots of our supporters have donned their running shoes and taken part in a variety of athletic challenges. In April, Trevor Fogg and Alan Walker took part in the London Marathon. As well as completing the marathon in very impressive times, between them Trevor and Alan raised £1,800 for the centre. The NMC has six places in the 2007 London Marathon with four of the places already taken there are two up for grabs. If you are interested in running the London Marathon or would like to pledge support to the 2007 team please get in touch with Jess who can be contacted on 01606 861733 or Jessica@nmcentre.com.



In July twelve fit bods took part in the London 10K race, the runners had the chance to do a bit of sight seeing as the race route takes in Hyde Park, Trafalgar Square, the London Eye and finished with the stunning backdrop of Westminster Abbey and the Houses of Parliament. Having spoken to some of the runners, surprisingly they weren't quite as enthusiastic about the sightseeing opportunities.... I can't imagine why! A huge thank you to all of Team NMC, together you raised £2,000 for the NMC.

October saw people running in the Great North Run and Liverpool 10K races. David Sutch (pictured) tackled the Great North Run and as you can see from the picture he makes it look so easy. Caroline Swift, Caroline Donaldson and Tara Dodd all took part in the Liverpool 10K on October 8th - Many thanks to our October runners.

NMC Design + Print scoops business award

NMC Design+Print has had a great year! The company is really flourishing with many exciting new customers to keep the Design team very busy indeed. "As an established Social Enterprise (a company trading for social and community reasons and not solely for profit) we are finding there's a growing market for our work with other Social Enterprises." Said Dan Cundall, Head of Design.

To be recognised for business successes is extremely rewarding for Dan and the team of eight graphic designers and this year has culminated in NMC Design+Print winning the Cheshire Positive Awards for Business in their "Creativity and Innovation" section. The award ceremony was held on 5th December at Crewe Alexander Football Club. On top of that the team gained a "Highly Commended" in the Cheshire Business Awards.

Dan commented, 'It's great for the Designers to be judged on the quality of their work and our customer service - we are really proud and attending these glitzy awards ceremonies is the kind of habit we could get used to!!'

Stop Press..... The all new and much improved NMC website is now up and running. Go to www.nmcentre.com

Clinician's Open Day

Matthew Lanham (NMC Executive Director) has been working hard to bring the UK's leading clinicians who work with muscular dystrophy to the NMC. In September we had an Open Day especially for Clinicians and had some of the leading experts visit along with their teams. For the vast majority who came this was the first time they'd seen the Centre and without exception they were all very impressed. They saw the unique range of services and the professionalism and spirit at the NMC. They were all convinced that the work of the NMC has a major positive impact on the health and wellbeing of those who we support - that is really powerful endorsement for what we do.

The NMC were invited to speak at a major conference for the British Rehab Medicine Society. Matthew, Dan and Lynne Groves (physiotherapist) spoke about their various areas of expertise and were able to give first hand experiences of having and working with people with md. This was another great opportunity to promote and explain about the unique work of the NMC, AND AGAIN we received nothing but plaudits, praise and high levels of interest.



Cyclothon

Come on, keep going, keep going NMC Team!

On Sunday 19th November, our NMC Cyclothon Team took the challenge of cycling for nearly one hour at full speed.

The event was organised by the Rotary Club of Northwich Vale Royal, who kindly invited the NMC to put a team together and join the Northwich Cyclothon.

With speeds of 80km per hour, a lot of sweating, encouragement to get us through minutes that seemed more like hours (and body pains the next morning), the NMC Team finished the race with an amazing personal record of 47km in 48 minutes, and a staggering £720 in pledges. Thank you to everyone who sponsored the team.

Student numbers

A year ago we found our student numbers had really dipped, and we wanted to make sure as many people as possible were benefiting from the opportunities we offer.

We started a programme of visiting specialist clinics to tell people affected by md about the NMC and about the great training opportunities. Dee and Matthew have attended many clinics and spoken with many families and individuals. We've recruited new students and designers - we've 18 students now, and we have a number of younger people still at school but keen to join us as soon as they leave.

We're now offering a range of new IT qualifications including CLAIT and City and Guilds Diploma - e-Quals.

For more information please contact Dee on 01606 863464.

Volunteer News from Katia

When I joined the NMC in January this year, one of my responsibilities was to recruit volunteers for the Centre. It was the first time I had to do anything like this. I knew it would not just be a matter of nicely asking people to give their time and then be flooded with applications. I have to say that it has not been an easy challenge but I know just how vital our volunteers are as I work with them a lot of the time. Due to the NMC being a fairly small organisation our volunteers are extremely valuable to us and make such a difference by helping the Centre to grow and offer better services.

After a series of promotional days, we managed to recruit a staggering 34 new volunteers. We launched our volunteer recruitment campaign at our Open Day earlier in the summer. I have attended a number of events including the Middlewich in Action event organised by the Congleton CVS, followed by the MMU Fresher's Fair at Crewe Campus and the Mid Cheshire College's Health Week. They were all excellent opportunities to raise awareness and encourage people to volunteer their time for the Centre.

The newly recruited volunteers all have different interests, backgrounds, skills, ages and availability; we have been offering two different volunteering programmes. We now have nine regular volunteers who come on a weekly basis. People who can't give too much of their time, also have an equally important role to play. The 'Friends of the NMC' are people who give a little of their time to help out occasionally. They make a huge difference by assisting with our fundraising events and charity collections. Without such wonderful individuals collections at supermarkets, football grounds, Christmas fairs, beer festivals and summer carnivals would just not be possible. This year 25 new Friends have joined the NMC. There is no limit to the number of people who can become 'Friends of the NMC'. We are in fact looking for more people to join. So please, give me a ring if you would like to assist with our work by occasionally helping during the year. (Katia, 01606 861733).

Open Day

July was not only the start of the summer heat wave, but it also marked an exceptionally exciting and successful Open Day at the NMC. The Mayor of Winsford Councillor Mrs Pam Booher was among the guests as well as Deputy Mayor of Vale Royal, Councillor Doug Schingler. A number of delegates from 14 local councils were also present on the day to celebrate the opening and inauguration of our new Training Suite to help young people and adults with muscular dystrophy gain new skills and employment. Anne Hooker, former Vale Royal Mayor and long-time supporter of the NMC, formally cut the ribbon, unveiled a memorial plaque in memory of her late husband Roy and opened "Roy's Doors" for the first time.

Over 200 guests attended the Open Day enjoying nibbles, drinks and informative tours of the Centre. It was an excellent opportunity to raise awareness of muscular dystrophy and spread the word about the NMC and the vital work we do.



The Open Day also gave Ros

Fifield the chance to display her unique method of supporting the NMC. Ros is advertising the Neuromuscular Centre on the back of her horsebox, as you can see from the picture it's certainly a BIG advertisement of the NMC and with Ros traveling throughout the country the NMC name will get increased exposure. A huge thank you to Ros.

Rosie's night

Oh what a night!

Nearly 100 Rotarians, members of Inner Wheel and friends attended Rosie Paver's President's Night in Altrincham. Rosie Paver is actually the NMC's Head of Physiotherapy and when she's not at work is a Rotarian at the Rotary Club of Manchester South, this year being her Presidential year. For her big night in October, Rosie and her fellow Rotarians decided to give the proceeds of the raffle to the Neuromuscular Centre. A staggering amount of £306 was raised on the night. As well as lovely food, there was a live band and a magician. A huge THANK YOU to Rosie, the Rotary Club of Manchester South and everyone who participated in the raffle.



In 2007 The Neuromuscular Centre has a variety of fundraising events which aim to raise funds to support its work with people who have muscular dystrophy.

For further information please contact the NMC fundraising department on 01606 861733. Email Jessica@nmccentre.com

Ladies Lunch - Thursday 22nd February 2007

Join us at the stunning Crewe Hall Hotel, Crewe where guests will enjoy an exquisite two course lunch followed by a talk and demonstration by Kate Clarkson of Get Ahead Hats who will bring an assortment of hats for us to try on and talk us through what to wear for that special occasion!

Gorgeous Grub - Saturday 3rd March 2007

Held at the prestigious Grosvenor Hotel, Chester this event is a must for food lovers everywhere. A celebrity chef will create a culinary delight and be on hand to talk to the menu and explain to guests what it's really like to cook in the spotlight. Tickets are £59.50 per person which includes a Bucks Fizz Reception, four course meal and half a bottle of wine per guest.

Linedance Extravaganza - Friday 23rd March 2007

Grab your Stetsons and join us at Winsford Civic Hall to dance the night away to live music by renowned linedance band Magill. Tickets are priced at £6.50 and £4.00 for concessions.

Liverpool Marathon - Sunday 25th March 2007

Fulfill those new years' resolutions to get fit and run the Liverpool half marathon to raise funds for the NMC.

Ladies Lunch - April 2007

Join us for the second Ladies Lunch of 2007 to be held in Chester. Ladies will be treated to a mouth watering two course lunch followed by a fascinating talk by Barbara Steele of Alexandria Connections.

London Marathon - Sunday 22nd April 2007

The NMC has six places in the 2007 London Marathon, four of which have been filled. If you would like to take up a place, are able to sponsor them or would like to take part and run for NMC in 2008 please get in touch.

Ladies Lunch - May 2007

A spring lunch just for the ladies, the details are still to be confirmed but it will be another delicious lunch followed by a fascinating talk or demonstration at a top Cheshire hotel.

Browns of Chester Beauty Event - June 2007

Join us at Browns of Chester for a special pampering evening especially for ladies. Each lady will receive a free goody bag and a complementary glass of wine. Tickets priced at £5.00.

NMC Open Day - June 2007

If you have never been to the Centre before then here's your chance. It's a great opportunity to have a look around the Centre and see first hand the unique and fantastic work we do as well as meet some of its beneficiaries.

London 10k Road Race - Sunday 1st July 2007

Enjoy the sights of London's finest attractions by running past them in the 10k road race; just think fab sightseeing opportunities whilst raising vital funds for the NMC.

Jazz at Eaton Estate - Wednesday 11th July 2007

By kind permission of their Graces the Duke and Duchess of Westminster, the beautiful Eaton Estate will be the stunning setting for our second Evening of Jazz with the legendary Roy Potts Five and Penny jazz band. Join us for a summers evening of wonderful music, cheese and wine.

NMC Contact Details

Fundraising

Department
and General Enquiries
- 01606 861733

NMC Design+Print
- 01606 863464

Physiotherapy Department &
Information Line
- 01606 861799

New Support Worker

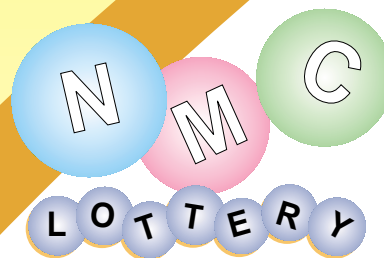
The NMC has wonderful informal support networks and many a thorny issue is resolved that way. More recently One Voice has helped to provide a regular communication tool for support issues.

But we've never had anyone working at the NMC dedicated to providing a range of professional support services UNTIL NOW! We are delighted to have secured funding for 3 years to enable us to employ a part-time Support Worker. This person will become an expert in specialist equipment, a counsellor for those affected by md, and someone to organise self-help groups to tackle particular challenges including access to benefits.

Buy at the NMC webshop

The NMC webshop is an online shop. Over 100 high street retailers including HMV, Marks and Spencer and Amazon, will make a donation to the NeuroMuscular Centre when you buy through this website www.buy.at/nmc.

It's very easy to use and it's a great way of helping to raise vital funds this Christmas by shopping at www.buy.at/nmc. Choose from the list of retailers (e.g. John Lewis, Littlewoods) or search for a particular product (e.g. perfume, book, DVD) and for every purchase through this website, the NMC receives contributions from the retailers you've done your shopping with.



The NMC Lottery is still growing with more members joining every month. Please, give Katia a ring on 01606 861733 to request a membership form. It's a great way to support the Centre and get the chance to win some money in return.

**NMC Lottery,
Be a Member,
Be a Number,
Be a Winner !**

Pennies make Pounds.....

Throughout the year NMC volunteers have offered their time and supported the NMC on seven flag day and supermarket collections. Collections have taken place at supermarkets throughout Cheshire including Crewe, Altrincham, Nantwich and Didsbury.

Thank you to all the collectors, particularly Ted and Daphne Hawker, Peter and Glenys Hall, Ros Fifield, Alison Need and all the community groups and clubs who have helped raise a whopping £2,500.

Did you know?

Muscular dystrophy is a relatively common condition in the UK and yet few know about it and how it affects people.

Loads of people know about cystic fibrosis yet there are only 7,500 people in the UK with that condition.

Most people know about motor neuron disease but there are only 5,000 people in the UK with that condition!

Over 30,000 people in the UK have muscular dystrophy!!!!