

One Voice

Spring 2007 - Edition 6

NMC STAFF NEWS

NEW SUPPORT WORKER

Following a three year funding grant from a Trust, we are delighted to tell you that Sue Walker has been recruited as the New Part-Time Support Worker. This new position will play a vital role in expanding the NMC's support services.



Sue is well known at the NMC, having been a Business Care Assistant for the past 4 years. She brings a wealth of experience to the role and is very much looking forward to working with you to develop a good resource base and support network for clients and their families.

In order that Sue can develop the role she is keen to hear from you about the services, support and equipment you have or need in your daily living: anything relating to benefits, equipment, care, wheelchairs, adaptations and other issues. Your experience and knowledge will help Sue support someone else. Whatever your need, be it now or in the future, she will endeavour to sign post you in the right direction.

Sue is available at The NMC on Tuesday mornings, Thursday mornings and on Fridays. Sue has a confidential e.mail address suesupport@nmcentre.com so please do get in touch if you need to chat. She has a good listening ear.

BUSINESS CARE ASSISTANTS

Sue Walker will continue her current Business Care Assistant role for the remainder of the working week. Linda Owen has extended her hours on Tuesday, Thursday and Friday, and Jim Middleton (one of our drivers) will also work as a Business Care Assistant on Fridays. That makes a full team!

REGULAR GIVING

" The NMC needs your help so if you can, please join the regular giving scheme". A number of NMC supporters contribute to the NMC by making regular gifts. These are hugely important as they help to create a secure base on which the NMC can build its services. As the Centre grows and develops, we would like to encourage others to give monthly donations. Every penny counts and whether it is £2, £5 or £25 per month, EVERY contribution helps. If you would like further details on the scheme please see Katia in fundraising.

Thank you.

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PHYSIO TEAM NEWS

Consultative and Advisory group
At the last meeting it was agreed to share the main issues that were discussed.

- 1 Car Parking - the new arrangements appear to be working well. In the next financial year the car park adjacent to the building will be tidied up and re-marked.
2. Our fundraising costs against income at 20%, are half the charity sector average.
3. There are some new events planned for 2007 - please refer to diary dates.
4. Physio missed appointments. Please see below.

Physio Users Meeting

This group was originally convened after the January Consultative & Advisory Group meeting, to discuss issues that were of concern within the physiotherapy department.

- 1) How does the department meet the challenges of increasing referral numbers?
- 2) How can the team reduce the relatively high numbers of cancelled appointments?

There have been two meetings so far and discussions are ongoing. In addition, the Social Accounting Questionnaire, which is going out to all current physiotherapy patients was also discussed. Do keep an eye out for further information/ posters in physio.

Physio Workshop

Lynne and Nick ran a successful workshop on March 23rd for qualified physiotherapists interested in gaining more knowledge about muscular dystrophy, its assessment and treatment. Although there were only 4 attendees, everyone involved felt that it was very successful and worthwhile. Hopefully it will be repeated again in the future.

Birmingham Symposium

At the end of March, Rosie, Lynne and Nick, all joined Matthew and Sue in Birmingham for the annual MDC Symposium. They took part in some interesting workshops, listened to presentations, as well as "networking" with colleagues from around the country.

Nick's Orthopaedic Medicine Course

Nick has completed the first part of an accredited Orthopaedic Medicine course, which extends his knowledge and understanding when it comes to the assessment and treatment of soft tissue and joint problems. So far he's done the neck and arm, so he should be a whizz at dealing with all those aches and pains we so often get!!

New Mobile Hoist

Physio was able to buy a replacement mobile hoist, with the very generous donation made in memory of Alex Lucas by his parents. Our old hoist had broken down and we were worried about how we were going to replace it, so it makes their gift even more special..

HAVE VENTILATOR, WILL TRAVEL!

Fitness To Fly Assessment

For those of us wanting to fly on holiday but are concerned because we use ventilation during the day/at nighttime, it is important to have a FITNESS TO FLY ASSESSMENT before you travel. This can generally be done at your local hospital. The whole appointment takes about one hour. During test they are mimicking cabin conditions with reduced oxygen. Your blood pressure and pulse are taken at regular intervals. The idea behind the test is to determine whether or not you will need extra oxygen during the flight.

Letter to carry ventilator as hand luggage

When you take a ventilator on an aircraft, you need to ensure it is taken as hand luggage and NOT checked in as baggage, even if you do not require the ventilator whilst you are flying. This is because the Ventilator could break if it is thrown around by baggage handlers... you know how gentle they are????!!!! To ensure that ground staff allow you to do this it is advisable to obtain a letter from your physician which you can then show to ground staff when you check in.

HOLIDAYS IN BRITAIN AND IRELAND

RADAR'S 2007 guide to holidays in Britain and Ireland includes detailed information on approx 1500 places to stay. These include hotels, guesthouses, self-catering cottages and flats, holiday parks, activity centres, campsites and centres where specialist service and care are provided. The information also includes the size of the entrance doors, ground floor bedrooms, whether there are specially designed bathroom facilities etc. For more information visit www.radar.org.uk

MOTORING

New online blue badge parking bay map launched

An interactive online service has been launched on www.direct.gov.uk which will make it easier for disabled people to find Blue Badge scheme parking bays in 64 cities across the UK.

Motability operations price list

Disabled drivers can access an online price list at www.motability.co.uk. This enables you to see what makes and models are available and how much they cost. Customers can search through fields such as manufacturer, model, trim, fuel type etc. It also includes key measurements such as sill heights and door widths, plus details as to whether there is room for a wheelchair in the boot, to help identify how accessible a certain car will be in relation to an individual's mobility. A very user friendly website.

New laws affecting taxi drivers

TAXI drivers who refuse to pick up disabled drivers could be breaking the law under the new rules that took effect on 4 December 2006. The changes mean that taxi firms will not be able to offer a lower quality of service or charge higher fares to someone simply because of their disability.

ONE VOICE +

Attended a fundraising event? Have equipment you can't live without? Found an accessible tropical island? Want to share your knowledge and experiences? Well maybe we can help!

One Voice + is an online forum for the NeuroMuscular Centre to allow feedback, friendly chat, and hopefully offer some helpful information. Feel free to just browse the forums you are interested in until you are ready to post a message. Don't be afraid to post. You can always practice in the "Crash Test Dummy" area first.

We hope you enjoy using the forum and look forward to you contributing to the community.
Mike Jackson

ALL TOGETHER NOW

An on-line news and information service for those with a disability. It's free and available from various venues around the country. Visit www.alltogethernow.org.uk

The NMC's INAUGURAL

Complementary therapy day -

The High Sherrif for Cheshire, David Briggs marked the opening of The NMC's Inaugural Complementary Therapy Day which took place on Wednesday 14th March at The Centre. In partnership with Well Blacon Complementary Therapies and South Cheshire College, NMC clients and their families were treated to a day of pampering and relaxation. A variety of treatments were on offer including reflexology, indian head massage, reiki, acupuncture, manicures, mini-facials and hair treatments. It was a wonderful opportunity for clients and their families to take time out for themselves to relax and re-charge. The day was a huge success, with over 34 people enjoying treatments. We are delighted that so many people have said that having experienced these treatments, they will endeavour to include them in their daily living to promote their well being. One client who received a hair treatment ranked it 14 out of 10! She said that it was wonderful. She'd had a super hair cut and found it so relaxing.

A big Thank you to EVERYBODY that helped make the day such a success. To those on the front line on the day, to those who worked behind the scenes to ensure the smooth running of the event, to the drivers, the photographer, Dee and her team for the posters and forms, the kitchen team, and last but not least you, the clients, without whom the day would not have proceeded. So Thank You one and all and here's to the next event!



PERSONAL EXPERIENCES - ADAPTING YOUR HOME

Home Sweet Home? People say home is where the heart is but if you are unable to get about freely you can feel isolated in your home. Here, clients share their personal experiences of having their homes adapted and explain how these changes have improved their daily living and hence quality of life considerably.

My experience of adapting our bathroom and kitchen, by Karen Pritchard

The requirement for home adaptations came about when when I became less stable on my feet. Initially, I contacted our local council who put us in touch with the Occupational Therapists (OT). A home visit was arranged where I was assessed and it was acknowledged that I needed help. This visit also highlighted the fact that I would really benefit from an electric wheelchair and so I was placed on an assessment for that too!

It was agreed that the bathroom and kitchen areas needed altering, and that in order to fully access the bedrooms & living areas a larger turning area in the hallway was required.

The council were very slow. It became apparent that I would not get an electric wheelchair unless there was a ramp access to the house. So my husband Alan built a ramp in order that I could be allocated an electric wheelchair. A huge time lapsed.

Eventually, things began to happen. Firstly, because my partner was working we had to be means tested for The Disabled Facilities Grant. We had to contribute £10k irrespective of the cost of the adaptations. This meant we had to re-mortgage our home to raise the funds. Secondly, the plans were drawn up. At this point I would advise you not to settle for what is offered. When it was proposed that " this is all that can be done", my husband Alan replied saying, "you're not putting a flat roof on it if you want our money!".

The first set of plans were very basic, and would have required further alterations in the future. So, a set of new plans were drawn up which covered all my needs despite costing the council more money!

If the building work you require is extensive, you may want to think about alternative accommodation whilst the work is going on. I was lucky that I was able to move in with my parents at this time. Being without heating is a major issue, not to mention the mess!

The adaptations in the kitchen consisted of 3 raisers for the sink, cooker hob & food preparation area. We had to buy the kitchen appliances and searched on the internet for side opening door built in ovens. They were very hard to find. It proved to be cheaper buying the products ourselves rather than accepting those products offered by the council suppliers. However, all other fixtures and fittings were supplied and we were

given a choice. For example I chose Lever taps and they do make it so much easier!

In the bathroom we opted for a wheel in shower and a non - slip wet floor.

The whole process, from our first telephone call to the job being complete took approximately 24 months due in part to the 'loss' of our file. I would therefore advise you that if you think you may need home adaptations, apply sooner rather than later, and a regular monthly call wouldn't go a miss to keep check of your progress.

I would like to stress that this is only my experience of having home adaptations. Your local council may differ.

In summary,

- 1.Your first step is to contact your local social service department, Occupational Therapy (OT) department for an initial assessment.
- 2.You will need to be "Means tested" to see if you qualify for part or all of The Disabled Facilities Grant. The means test is individual and will vary in every circumstance, the adaptations might not cost you anything.
- 3.Plans need to be drawn up. Talk to the architect when they visit and explain exactly what you require.
- 4.Read and check the plans - do they meet your needs? If not, it is important to say so in order that they can be changed.
- 5.Builders are required to tender for the contract. Remember to vet them - you do have a say.
- 6.Contract is signed, legal agreement between council, architect, builder and yourself.
- 7.Adaptations and job complete, building work is inspected and signed off by all parties.
- 8.All new items fitted, warranties are handed to you, special units i.e. closomat toilets are maintained by the council until warranty runs out then it becomes your responsibility.

When the job was done the result was fantastic! My quality of life increased as I was able to do things for myself and not have to rely on others. I look at the adaptations we have carried out as a real investment in my quality of life.

My experience of adapting my bathroom by Paul Baddeley

* Before you can consider having your bathroom converted it is important to obtain a referral from an Occupational Therapy (OT) officer. Please be aware that this can take about 10 weeks.

* The local council will get in touch and apply for a Disability Adaptations Grant to complete the work. You may qualify for the full grant, part of it or none of it depending on your individual circumstances as these grants are means tested.

* Once all forms are completed and everything has been passed, the council will inform a number of builders who will be invited to give a quotation.

* It is advisable to gain some insight as to how much disruption and mess is likely to be made. In my experience the mess was far worse than I thought it would be and having a family this really did make it very difficult to cope during the building work. In some instances it might be better to move out for the duration of the work if that is at all possible.

*It is best to try and get a builder/company who can do the job as quickly as possible. Unfortunately, in my case the builder worked on his own and therefore the job took twice as long.

*Once the job is complete it is vital that you make sure your happy with the job. If you are not then you must say so.

*Unfortunately, in my case I had to get my builder back to replace the flooring. this took some while because he didn't want to take responsibility for the faulty flooring. In the end, I had to get the council involved to get it sorted out.

*Lastly, my OT officer came to check the work and confirm that everything was okay with the shower room.

*Having my bathroom adapted has made such a difference to my life. It has removed a lot of my anxiety in that when I eventually have to use a wheel chair full-time it will be one thing less to worry about.

My experience of adapting the entrance to our property and fitting grab rails by Andrea Duckworth

When we moved to our bungalow just over 3 years ago, I felt it would be sensible to have an OT visit our new property and help me decide what equipment /adaptations would be beneficial to help make my life easier.

I rang the OT department in Cheshire County Council to arrange an appointment. This is what they call self-refer. Despite the fact that I had equipment from the OT department before, (I'd had grab rails put up in our previous house) I was told that I would be considered a "new referral" and would have to go on the waiting list! Apparently your case is "closed" once you have had your equipment/ alterations. Whilst I can't recall exactly how long I waited, it was quite some time.

When the OT finally visited, it was agreed that grab rails would be put up next to the toilets and in the shower. In addition, as I was not able to get in and out of the bungalow very easily due to the height of the steps, I wanted them to alter this and add rails at each entrance. The OT explained that they were only able to modify one entrance so I chose the one that we use the most, at the back of the house.

It was agreed that the old steps would be broken up and a new set made which were lower. Thankfully, we were able to match the brickwork so it didn't look too out of place. In addition, we had two rails made for either side of the door. Unfortunately the council wouldn't pay for these but we went ahead as I knew it would make me safer getting in and out of the property. They weren't hugely expensive.

The adaptations and equipment have helped enormously in my day to day living. Having the access adapted at the back of the bungalow made a huge difference. I know that over time further adaptations will be required but I know that it can be done. You have to be prepared to stand up for what you know you need and be extremely patient as things do not move quickly!

Further info@:

* College of Occupational Therapists
www.cot.org.uk T: 0207 822 8700

*Foundations
www-foundations.uk.com T: 01457 891 909

*Care and Repair Cymru
www.careandrepair.org.uk T: 02920 576 286

*Closomat toilets - ensures toilet hygiene
www.clos-o-mat.com T: 0800 374 076

*Aquability - for easy and safe bathing
T: 0800 3160110
ext 3734

*AKW Medi-Care - for showering and kitchen solutions
www.akw-medicare.co.uk T: 0800 195 9077

*Disabled Living Centres throughout the UK. These centres do not sell products but help you find the right equipment. Eg: Liverpool Disabled Living Centre
T: 0151 298 2055

SALES AND WANTS NOTICEBOARD AT THE NMC

If you happen to have a piece of equipment that you no longer need then please think of advertising it on the SALES and WANTS board at the NMC.

Somebody else might just be looking for the very thing! Similarly, if you happen to be looking for something then do check out our board - it is updated regularly.

Please be aware that the NMC is not able to store any equipment, as we just do not have the room! The store room is almost full!

PERSONAL EXPERIENCES OF BEING A CARER

CARERS WEEK 2007 : 11TH - 17TH JUNE

The theme for Carers Week 2007 will be "My Life As A Carer". The objective is to promote and highlight the various aspects of caring including; health, financial, career, social life/relationships. For up to date information please refer to the Carers Noticeboard at The NMC.

NMC Carers

For each of us that uses the Physiotherapy service at the NMC, someone helps care for each and every one of us, whether it be a friend and/or family member. That amounts to a lot of carers. We often find ourselves in a caring role without even realising it and some people might not see themselves as carers. They may care for us on a regular full time or a part-time basis. However, it is important to be aware that the health and well being of the carer is as important as the person for whom they are caring. If the carer's health is compromised then they are not able to do their job properly. Carers need to talk about and share their experiences.

There are over six million carers in the UK and for some carers it can be tough, with little chance for respite. However, there is help out there through various support services - via the NHS, social services and many charities such as Leonard Cheshire and Crossroads. The criteria for financial support for carers varies from county to county so the best starting point would be your local social services department to see what help you might be entitled to.

Useful information available from the following organisations:

Carers UK www.carersuk.org Tel: 020 7490 8818
Crossroads www.crossroads.org.uk Tel: 0845 4500 350
Leonard Cheshire www.leonard-cheshire.org.uk Tel: 0207 802 8200
The Princess Royal Trust For Carers www.carers.org Tel: 020 7480 7788

With the Carers Week looming I thought it would be good for carers to share their experiences. If you would like to share your caring experience then please drop me a line and I will feature it in a follow up article in the Summer edition. Everybody's experience matters. Thank you.

A Young Carer (Aged 7) - Never too young care.

I am a carer for my Mum and brother. They have different disabilities. My Mummy has weak legs and uses a stick to help her walk. My brother has cerebral palsy. He gets very wobbly when he is tired.

When my brother is desperate for the toilet and Mummy can't get there quick enough I go with him and help him. I also help him up if he falls over. Sometimes he can get very angry and cross and does shout and scream and try and hit out at me, Mummy or Daddy. This upsets me but Mummy and I have a good cry and a hug and this makes me feel better.

I help lift and carry things for Mummy as she is not very strong. One day I hope that Mummy will be able to get back on a horse so that she can come riding with me.

I joined the Young Carers Group in May 2006. I have met lots of other children who also have to help care for their Mummy, Daddy, sister or brother. At first I didn't know anybody but now I have made some friends. We have lots of fun when we meet and we have been to lots of places - trips to the beach, bowling, ski-ing, cinema and craft days. My favourite day out was when we went on the train to Buckingham Palace to meet The Princess Royal, Princess Anne. It was a very special day.

A Caring Role - Male Carer, Husband to wife and child with a disability

I've never really thought of myself as a carer; husband and father, yes, but not a carer. On reflection though, I suppose I am increasingly the primary carer for my wife, Andrea, who has a form of Muscular Dystrophy and my 10 year old son Ben who has cerebral palsy.

As far as I can see, you go into caring for one of two reasons; it is your vocation and you want to do it or it is something thrust upon you by fate when, through circumstances beyond your control, you are put in a position of caring for the ones you love. I fall into this latter category. I did not become a carer by choice. It's not something I would have volunteered for under normal circumstances. I would, of course, give anything for Andrea and Ben not to need being cared for at all but that's just the way things have turned out and we have to deal with it as best we can.

When you get married, you make a vow to look after each other in sickness and in health but I have to admit that I was hoping for a little more health and a little less sickness! Having said that I don't feel that I have been particularly unlucky. In some ways it is quite the opposite. Over the past 10 years, it has been humbling to meet people who have to deal with situations far worse than my own, people who have sacrificed more than you could imagine for the sake of caring for their partners, parents or children. At the same time I find myself getting increasingly intolerant and irritated with those who treat apparently minor or trivial problems they have as if it is the end of the world. (Sometimes I think I would be a perfect candidate for going on that TV programme 'Grumpy Old Men' – I do a good rant on the abuse of disabled parking too!)

There are many frustrations with being a carer. For example, a simple day out can become a major logistical exercise and I can't always do what I would like to do when we go on holiday. But with a little bit of planning, a little bit of support and a little bit of bloody-mindedness there's not much we can't do as a family. On rare occasions my frustrations do brim over and I feel some resentment as to the position I'm in but these are few and far between. I know that there are support groups that I could go to but I'm a typical man and there's as much chance of getting me there as there is of getting me to go to the dentist. We do however, make sure that we apply for the Cheshire Carers grant each year. It isn't much but it all helps and pays for a night away. Whilst we don't have family locally, we are lucky enough to have support from friends to help out if I'm away on business or to allow us to go out as a couple. It doesn't take much to recharge the batteries. Places such as the NMC also provide valuable sources of support.

I have been a carer for the last 10 years and as time has gone on my role as a carer has grown. In the end I do it willingly because I love my wife and family and wouldn't dream of doing anything else and abandoning my responsibilities. In this respect I am sure that I haven't acted differently to the way anyone else would in that position.

NEW PREMISES FOR THE CARERS CENTRE

Cheshire Carers Centre have moved! The new address is 146 London Road, Northwich, Cheshire, CW9 5HH. Telephone 01606 828151 Freephone helpline 0800 085 0307

New Freepost Address

FREEPOST RRGH-HSKR-GTEB
Cheshire Carers Centre,
146 London Road,
Northwich,
CW9 5HH

Cheshire Carers Centre offers information, advice and support to those who look after somebody with a disability, illness or frailty. To make an appointment or check opening hours please ring 0800 085 0307.

Local colleges offer hair and beauty treatments.

Please remember that you can access hair and beauty treatments and some complementary therapies through local colleges. There are many advantages in doing this namely; that treatments are much cheaper than on the high street, the buildings are generally very accessible for the less mobile, parking is easier and students are keen to impress! Luxury treatments at affordable prices! For details of your local college check out the yellow pages or the internet. If you live in the Cheshire area please contact Cheshire Carers Centre (details 0800 085 0307). Some leaflets are available at The NMC.

Well Blacon Complementary Therapies
Well Blacon is run and facilitated by a group of trained professionals. A socially run enterprise, it does not work for profit and offers services to individuals, the public and private sector at reasonable prices. The therapies include;- Reflexology, Aromatherapy, Indian Head Massage, Reiki, Aqua detox and Homeopathy. To find out more about treatments, opening times or to make an appointment contact 01244 377212 or 375777 or visit www.wellblacon.com

FROM THE EDITOR

Hello there. I know it's been some while since Christmas but as tickets go on sale in July I thought it would be a good opportunity to just say how much my husband and I, along with many others, enjoyed The Spirit of Christmas Event at Chester Cathedral last December in aid of the NMC. For those of you have not been, it is a great way to start the festive season. The evening is hosted by the NMC's President Matthew Kelly. The venue is accessible to wheelchair users and tickets start at just £10. See Diary Dates for further information.

February and March were busy months organising the NMC's Complementary Therapy Day. For me, the greatest reward of all was seeing just how many people enjoyed treatments on the day and knowing that having sampled them they would now include them as part of their daily lives.

Now the clocks have moved to British Summertime, the nights are lighter and the warmer weather is officially here isn't it great to be able to enjoy the outdoors? There's lots to do whether it's visiting a garden, a trip to the zoo, catching up with friends or just sitting in the garden. The NMC has lots of events lined up so check diary dates for something that might interest you.

Unfortunately, my treatment (enzyme replacement therapy) has been suspended for the time being due to manufacturing problems but like everybody else who is affected, we are hoping that the problems will soon be resolved and treatment will resume as soon as possible.

Bye for now and enjoy this beautiful Spring weather.
Andrea

PERSONAL PROFILE

So many physio clients, volunteers and staff have led very interesting and in some cases high profile lives. In each edition of One Voice I would like to feature a personal profile so that we can all share in that person's life experiences. If you would like to share your story please get in touch.

WANTED - PEOPLE WITH AN INTEREST IN CRAFTS

Do you have an interest in crafts? Would you like to have a go at making something? If the answer is yes then you can share your interest with others. For further information please contact anne.derricutt@nmcentre.com

"WHEELS WITHIN WHEELS"

This is a free guide to using a wheelchair on public transport. For more information call 020 7427 2460 or e.mail mail@ricability.org.uk.

LONDON TUBE ACCESS GUIDE

London Underground has launched its new internet route-planning service that gives passengers information about access at every station across the network. Access details include the number of steps, lifts, escalators, walking distances, ramps and platform to train gap width. Visitors to the site can also register, free of charge, which will allow them to receive updated travel and access information on stations of their choice.

CHEAPER HOTEL ROOMS FOR RAILCARD HOLDERS

People holding Disabled Persons Railcards are being offered cut price hotel deals. The Association of Train operating Companies and InterContinental Hotels Group (IHG) have teamed up to reduce room rates by 25%. IHG operates InterContinental Hotels & Resorts, Crowne Plaza Hotels and Resorts, Holiday Inn Hotels and Resorts, Express by Holiday Inn and a few others. For further information visit www.disabledpersons-railcard.co.uk

FINALLY . . .

Are your details correct?

Please let me know if any of your details change, so that we can update our records. Please call 01606 861733 or e.mail andrea.duckworth@nmcentre.com

Taking your name off the mailing list

Should you no longer wish to receive One Voice please let me know. Just call 01606 861733. Thank you.

Forthcoming Edition

..Summer 2007 - to include Carers Week Update, Enjoying Your Garden, Out and About, Equipment to make life easier at home, Personal Profile, Combating the fear of falling

..Until next time....

.....Thank you to all of you who have contributed to this edition. In the Summer edition I would like to do follow-up features on Carers and on Home Adaptations. If you have experience in either or both of these areas and would like to share your experience then please do get in touch. Your experiences will help someone else.
andrea.duckworth@nmcentre.com

" NeuroMuscular DATES FOR YOUR DIARY "

...there's something for everyone!

Ladies Lunch - Tuesday 22nd May 2007 The famous Christine Cartwright from Estee Lauder will be enlightening ladies as to the best skincare products to use whatever your skin type. There will be a chance for lots of demonstrations and opportunities to sample. Tickets are £15.00 and include a 2 course lunch at a top Chester hotel.

Family Fun Day - 16th June 2007 The perfect way to spend a Saturday afternoon with the whole family, join us at the NMC where you can enjoy a range of fun activities and stalls. There will be something for all ages with an emphasis on FUN!

NMC Open Day - 21st 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. If you have been to the NMC before, why not come back and see what's been going on since your last visit - everyone is welcome.

Browns of Chester Beauty Event - 28th June 2007 A special pampering evening especially for ladies. During the evening ladies will have demonstrations by the leading beauty houses and opportunities to test out the new seasons colours and products. Each lady will receive a free goody bag and a complementary glass of wine. Tickets priced at £5.00.

London 10k Road Race - Sunday 1st July 2006 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 By kind permission of their Graces the Duke and Duchess of Westminster, the beautiful Eaton Estate is 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.

Great North Run - 30th September 2007 Are you up to the challenge? Take part in the Great North Run to raise money for people with muscular dystrophy.

Liverpool 10k - October 2007 little closer to home this brilliant race takes you past the spectacular waterfront in Liverpool.

Ladies Lunch - October 2007 Our autumn ladies lunch will take place at another top Cheshire venue, again details are to be confirmed but will comprise a delicious lunch combined with a fantastic speaker!

NMC Christmas Fair - November 2007 Wander through the festive stalls for Christmas gifts, cards and yummy festive treats. Mulled wine and mince pies will be available so hunger won't stop you from shopping till you drop!

Spirit of Christmas - Thursday 29th November 2007 Chester Cathedral will once again play host to Matthew Kelly and his friends as they begin the festive season with our annual carol concert. Tickets go on sale on July 1st, early booking is recommended.

For further information on all of the above please contact the NMC fundraising department on 01606 861733.

Other events

Beyond Boundaries: 29th - 30th June at Sandown Park, Esher.

Tickets are free but are allocated on a first come first served basis. This is a new consumer show where there will be opportunities for disabled visitors to get involved in new and exciting things. There will be sports demos, a sports village, seminars, rock climbing and test drives. It's all free, even the parking! For tickets and further information visit <http://beyondboundarieslive.co.uk/>

The Mobility Roadshow : 19th - 21st July at Kemble Airfield, Cirencester, Gloucestershire. Open 10am daily. Free admission and free parking. This is a great opportunity to test drive scooters, vehicles and powerchairs.