

Regular Giving

I would like to support NeuroMuscular Centre (NMC) with a monthly gift.

Title: First name:

Surname:

Address:

Postcode:

Tel:

E-mail:

Gift Aid – Make a bigger contribution to NMC at no extra cost to you!

Yes - please Gift Aid this donation and any donations I make in the future or have made in the past 4 years. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year, it is my responsibility to pay any difference.

Please notify NMC if you want to cancel this declaration, change your name, or home address, or if you no longer pay sufficient tax on your income and/or capital gains.

Keeping In Touch

We would like to tell you, from time to time, what we're up to and what donations like yours are helping us to achieve. If you'd like to hear from us, please tick if you are happy for us to contact you via the following options.

Post Email

Signature:

Date:

Direct Debit Mandate

The words 'Charity Donation' will appear on your bank statement against your Direct Debit as we are using Charities Aid Foundation (CAF) to process your donations on behalf of NeuroMuscular Centre.

Charities Aid Foundation will send a Direct Debit Guarantee and Advanced Notice Letter to your given address or email address before your first donation.

Your Details

Name of Account Holder:

Account Number:

Sort Code:

Monthly Payment of £

Direct Debit Start Date - Please write the month in which you'd like your donation to start below.

1st of

15th of

Signature:

Date:

Please complete both the Regular Giving and Direct Debit Mandate sides of this form and return to:

Fundraising, NeuroMuscular Centre, Woodford Lane West, Winsford, Cheshire, CW7 4EH

If you would like to donate to us via Standing Order, please set this up through your online banking using these details:

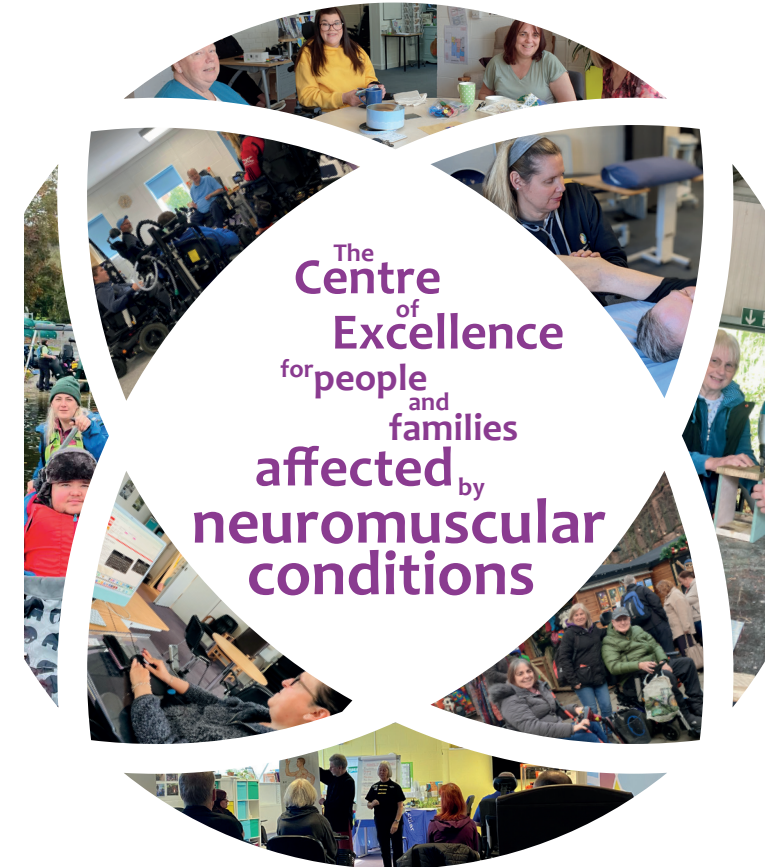
Account Name: The Neuromuscular Centre (NMC)

Account Number: 80629685

Sort Code: 20-24-09



NeuroMuscular Centre



Regular Giving

A small giving leading to a better living

Registered Charity 1023606



nmcentre.com



/NMCentre



@NMCentre

About NMC

NeuroMuscular Centre (NMC) is a pioneering charity based in Winsford, Cheshire, which provides a range of essential services and specialist advice for people and families affected by neuromuscular conditions.

These conditions, such as muscular dystrophy, are a group of disorders characterised by progressive muscle weakness and loss of muscle tissue. They are usually genetic, and currently have no cure.

Our aim at NeuroMuscular Centre is to enable people to maintain or improve their physical, mental and emotional wellbeing and to provide opportunities for leading fulfilling and productive lives. We are the only Centre of its kind in the UK and Europe, with running costs of £1.2m annually.

What we do

Our Physiotherapy services provide ongoing and specialist treatment for people with neuromuscular conditions where the NHS does not. We are home to the first neuromuscular gym in the UK and offer hydrotherapy, complimentary therapies like massage, and the option to join in with exercises classes from the comfort of home.

NMC Training provides accessible courses in Graphic Design, with a range of ways to study, and many of our students go on to work in NMC Design+Print, our incredible bustling social enterprise offering creative graphic design and a range of professional printing services, all with an added serving of social value.

We enable young people to achieve their aspirations in life, through work experience, volunteering, Duke of Edinburgh's Award scheme and social events. We offer support and advice with many aspects of life, from benefits to equipment, home adaptations, work, vehicles, and holiday venues.

Our Connect Up programmes aim to combat loneliness and social isolation, with activities held inside NMC and out across Cheshire in our local communities, helping people to make connections and try new things, as well as providing carers breaks, respite support, and wellbeing activities.



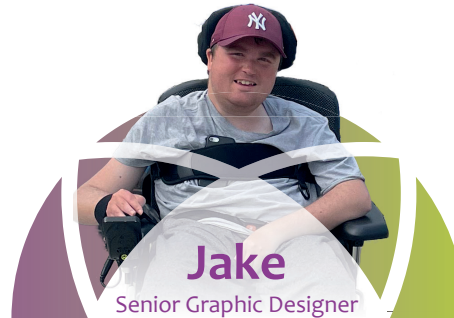
Ashleigh
Neuromuscular Therapist

“From the moment I walked into the building, I knew I wanted to work at NMC.

£5 a month
- £60 a year
- pays for
an hour of
physiotherapy

There is such a buzz about the place and a community feel. The Physiotherapy team incorporates different services to provide the best possible overall care for our community, and we now offer online exercise programmes to

encourage self-management at home”



Jake
Senior Graphic Designer

“I began volunteering in 2017 and helped create the newly updated NMC website.

£10 a month
- £120 a year -
pays for 2 days
of accessible
minibuses
to allow
colleagues to
come to work

With the guidance of the NeuroMuscular Centre, I became part of the Design+Print team and within a few years was promoted to Senior Designer. NMC Design+Print is a social enterprise which provides career opportunities for people with neuromuscular conditions to showcase their creative skills. Being a designer at the NMC

has increased my confidence and allowed me to become more ambitious in showcasing my design skills.”



Sarah
Employment and
Careers Manager

“At NMC we definitely focus on ‘what we can do...and it turns out that is actually quite a lot!

£20 a month
- £240 a year - pays
for a month of
events to support
carers and families

I love my role supporting people to gain meaningful employment and stay in the jobs they enjoy, or perhaps consider a career change as their condition changes. Our training department offers Graphic Design training with

a dedicated tutor on hand to provide individual tuition and for our younger people our accessible Duke of Edinburgh award offers the opportunity for fun, friendship, new skills, and a life changing adventure!”



Elly
Connect Up
Administrator

“Connect Up brings the NMC community together with a variety of activities both in person and virtually.

**Contributing a
small amount
really does make
a big difference to
people affected
by neuromuscular
conditions**

We have regular clubs and meetings at the Centre and on Zoom, along with days out further afield, making it easier for people who live a distance away to join in. In the three years I've been involved with Connect Up, I've seen people grow in confidence as they

learn new skills and develop friendships.”