

## NMC Connect Up

NeuroMuscular Centre is not a building or just a place for physiotherapy treatment... it is a community. Connect Up represents the best of this: connection, support and friendship. We have a wide range of activities and specialist groups available to all our NMC community, including anyone with a neuromuscular condition, their family, friends and Carers.

At NMC there is something for everyone. If you would like to meet new people, learn a new skill, join us for a day out, share your experiences or perhaps join us for a cup of tea and a chat then you will be very welcome.

We are always open to trying new ideas. Please get in touch if you would like any further information and join in with the amazing community spirit that is so rich at NMC.

## NMC Fishing Club

Our NMC Fishing Club was created a few years ago following a successful fishing day. We discovered that many people in our community were previous fishers or had an interest in fishing but had not been able to pursue this due to their condition.

We are having five fishing days during the warmer months this year. If you would like to join us and have a go at fishing, or to help by being a volunteer, please get in touch with Paul by emailing at [paul.baddeley@nmcentre.com](mailto:paul.baddeley@nmcentre.com) or by calling 01606 861733.

## Contact Us

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Winsford, Cheshire, CW7 4EH**
- 📞 **01606 860911**
- ✉️ **[connectup@nmcentre.com](mailto:connectup@nmcentre.com)**



**NeuroMuscular  
Centre**

Registered Charity No. 1023606



**NeuroMuscular  
Centre**

# NMC Connect Up



# What's On

April - June 2024



# Regular Activities at NMC and online:

## Monday

**Mindful Monday Meditation  
and self-care**

**Singing in the  
Community Space**

🕒 fortnightly from 1.00pm

## Tuesday

**Shed Club**

🕒 from 10am

**3D Printing**

🕒 from 10am on Zoom

**Get Up and Grow  
Gardening Club**

🕒 from 10.30am

## Wednesday

**Live Exercise Class with  
NMC Therapies Team**

🕒 11.30am on Zoom

**Talking Point**

🕒 11.00am - 3.00pm in the  
Community Space

## Wednesday

**Art Group**

🕒 7.00pm on Zoom  
1st Wednesday of the month

**Talking Point Online**

🕒 2.00pm on 4th Wednesday  
of the month on Zoom

## Thursday

**Shed Club**

🕒 from 10am

## Friday

**Coffee and Craft Morning**

🕒 10.30am, drop-in session at NMC

**Read and Connect Book Club**

🕒 11.30am on 1st Friday of each month

**Live Exercise Class with  
NMC Therapies Team**

🕒 2.15pm on Zoom

## In addition to our regular activities:

## April

**16<sup>th</sup>** Cheshire Dance Workshop

**17<sup>th</sup>** Oulton Park Visit

**23<sup>rd</sup>** Wheel & Wander to  
Brockholes Nature Reserve

**30<sup>th</sup>** Cheshire Dance Workshop

## May

**7<sup>th</sup>** Canal Boat Trip

**7<sup>th</sup>** Cheshire Dance Workshop

**11<sup>th</sup>** Vehicle and Mobility Workshop

**14<sup>th</sup>** Cheshire Dance Workshop

**20<sup>th</sup>** Gaming Day

**21<sup>st</sup>** Fishing Day

## June

**8<sup>th</sup>** Activities Day inc. Boccia

**11<sup>th</sup>** Fishing Day

**13<sup>th</sup>** Canal Boat Trip

**15<sup>th</sup>** Afternoon Tea

**29<sup>th</sup>** Spa Day

