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Live in the Park

NMC NEWS

Summer 2018

Welcome!

Spring has well and truly sprung at NMC. There was excitement aplenty at the end of last year when NMC received a very special visitor, the Duchess of Gloucester who presented NMC's volunteers with the Queen's Award for Voluntary Service. The Award recognises that so much of NMC's ability to deliver high quality specialist services for the md community is due to the commitment and talents of our volunteers.

The winter months were much cheered thanks to some fantastic events including the 22nd Spirit of Christmas, a gin tasting event and the Easter Bunny Run at Blakemere. There's lots of activities and events to get involved with in the coming months, be sure to have a look at the Diary Dates. If you can spare a few hours to lend a hand at the many stalls, supermarket collections and events get in touch with the fundraising team.

Thank you to everyone who has supported NMC. Whether you have given your time, skills or attended one of our events it has made a difference and enables us to continue to provide support and crucial services to people with muscular dystrophy.

The Fundraising Team 🌟

Queen's Award for Voluntary Service – Royal Visit!

On a very wet afternoon in October a flotilla of cars swept into the NMC car park bearing Her Royal Highness, The Duchess of Gloucester.

This Royal Visit was in celebration of the awarding of The Queen's Award for Voluntary Service to NMC. This highly prestigious award is described by Buckingham Palace as an MBE for voluntary organisations.

Her Royal Highness was charming, elegant and delightful. She was escorted by David Briggs, The Lord Lieutenant of Cheshire and Patron of the NMC. We were also very pleased to host Antoinette Sandbach our local MP and Councillor Bob Rudd, Chairman of Cheshire West and Chester Council.

Matthew and Sarah Kelly, and Kate Fox (NMC's President and our two magnificent founders) were both able to join us and make the day perfect and very special indeed.

We had invited every one of our 351 incredible volunteers to come along

and share in our celebration and over 100 were able to join in on the day itself. It being NMC, there was cake and refreshments in abundance!



The Lord Lieutenant made a wonderful speech recognising the amazing contribution made by those who volunteer at NMC.

Her Royal Highness then presented the Award itself and the Certificate signed by Her Majesty the Queen. She made a short speech, highlighting her own appreciation of the enormous amount of crucial services for disabled and disadvantaged people, made possible by volunteers in the UK.

We are honoured to have been recognised by the Queen's Award for Voluntary Service. It is truly an award for all our Volunteers and a formal thank you from the top!



The Stats

300 PATIENTS TREATED

7,404 HOURS OF TREATMENT

66 CCGs INVOLVED WITH

53 FUNDING CCGs

21,834 TREATMENTS

108 TYPES OF TREATMENTS



SPLIT OF TREATMENTS

- 70% Active
- 10% Advice
- 15% Pain Management
- 4% Assessment
- 1% Mobility/Flexibility



Physiotherapy Update

Following our winter update, we have been able to fully staff our fantastic new Neuromuscular Gym.

Since September 2017, when we had 64 users, the numbers have risen steadily each month to 261 in March 2018. The gym is used on a drop-in basis and is proving to be very popular as it's always bustling, busy and noisy – it's great!

One of our physiotherapists is now fully trained to provide level 3 & 4 cardiac rehabilitation to our patients who have heart problems as a result of their condition.



In order to deliver these programmes, we need to raise the funds for:

- Individual heart monitors
- A tablet and group fitness app
- A BP monitor

We also know that patients who are being monitored for possible fitting of pacemakers and other cardiac devices are benefitting from cardiac pre-habilitation in order to improve their heart health and avoid or delay surgical intervention.

Case Study

One of our regular clients, a 43-year-old man with Becker Muscular Dystrophy, was referred to a cardiologist for routine screening. He was found to have left ventricular weakness of his heart. At his annual check-up the weakness was worse and they were considering fitting a pacemaker or defibrillator

so they referred him to a local level 3 (out-patient) 8-week cardiac pre-habilitation course where he would be carefully monitored in the hope that surgery could be delayed or avoided altogether. His condition did improve so he was referred for a level 4 (community) pre-habilitation instructor led class.

This client is now continuing his programme at NMC with adapted equipment that is suitable for our community with muscular dystrophy. We hope that we can maintain his heart fitness and exercise tolerance and roll this out to similarly affected patients.



Club Updates

Can you help?

Once again we're looking for donations for our summer events:

Bottles for Tarporley Carnival 'Bottle Tombola' – these can be anything, not just alcohol! Our bottle tombolas last year raised a whopping £693!

Miscellaneous Tombola items – Did your spring cleaning unearth any unopened presents, gift vouchers or unworn accessories? Any items that are still sealed, in original packaging, or unused, can be used to raise money through tombolas at summer events.

Cakes and Biscuits for Nantwich Food Festival – we'll once again be looking for cake and biscuit donations for us to sell at Nantwich Food Festival. If you think you'll be able to make a donation, then please let us know as soon as you can.

If you can help with any of the above, please contact fundraising on 01606 861733 or pop in and see us.

Our wonderful Craft and Shed Clubs had record breaking years in 2017, raising respective totals of £4321.21 and £1145 through the sale of hand crafted and knitted items at NMC and various stalls and events across Cheshire.

Both clubs are constantly on the lookout for new members, so if you have an interest in crafting, or are handy with a saw, you're very welcome to join them at their next meeting or workshop to share your skills and learn new ones.

For more information, call the fundraising team on 01606 861733.



Alternatively, if you'd like to help create items for our Craft Club to sell, but would prefer to craft or knit at home, then we're always happy to receive donations and pass them on to the Craft Club. Just pop into the fundraising office on your next visit.

Are you part of a community group or social club that hosts regular guest speakers?

Have you ever considered suggesting NMC for a slot?

Community talks are a wonderful way to spread awareness of our work, whilst also raising vital funds, and encouraging members of our local community to support us in a variety of ways. Informative, engaging and thought provoking, our talks cover the history of NMC, our current work, stories of the people we've supported, and the pivotal role we play as the Centre of Excellence for people with Muscular Dystrophy.



'On behalf of St John's, Sandiway, I'd like to say how much our group enjoyed Lisa Cormack's presentation on the The Neuromuscular Centre.

Lisa was very fluent, fully conversant with her subject and kept us all engaged throughout the presentation. We now know so much more about the fantastic work done at the NMC than we did before'
Wendy Wren, Sandiway Mothers' Union.

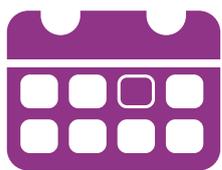
For more information, or to secure a talk booking, please contact Community Fundraiser Lisa on 01606 861733, or at lisa.cormack@nmcentre.com.

Talks can be tailored to suit your group's needs, adapted to suit any time slot, and can be presented with or without a PowerPoint presentation.

Do you still want to hear from us?

You may have heard of some national changes to personal information under new GDPR rules. Here at NMC we like to keep our supporters up to date with exciting snippets and occurrences. However, we only want to send such information to people who want it. In short, we really don't want to bother you if you'd prefer not to hear from NMC.

If you would like to stop receiving this newsletter or any other literature you may receive from us then please let us know. Getting in touch with NMC is simple, either call the fundraising team on 01606 861733 or email opt-out@nmcentre.com



Events Diary

Spring Afternoon Tea: Wednesday 30th May



With BBC Northwest Tonight's Chief Reporter, Dave Guest. Tickets are £25 for afternoon tea plus tea/coffee and includes a VIP Guest Pass to Mottram Hall's Leisure and Alfresco Thermospace facilities worth £20*. Arrival 12pm for lunch at 1pm.

An Evening of Jazz: Wednesday 27th June



Our annual concert at the Eaton Estate in Eccleston. Tickets £18.50, which includes a sumptuous cheese buffet and a glass of wine. Arrive 7pm for a 7:30pm start.

Pamper & Prosecco Evening: Friday 7th September



Join us for another Pamper & Prosecco evening at Molton Brown in Chester! Tickets £15 with a 6pm start. Further details on www.nmcentre.com or by calling 01606 861 733.

Spirit of Christmas: Friday 23rd November



Our annual celebrity carol concert. Hosted by Matthew Kelly, NMC president, and an array of stars from stage and screen performing festive readings. Tickets go on sale 1st July. Keep an eye on our website for confirmation of our celebrity guests – www.nmcentre.com.

Chester Treasure Trail: Saturday 9th June



Prepare to embark on the most exciting treasure hunt in Chester! Solve our 20 cryptic clues to discover the secret landmarks and locations of Chester City, and race to get to as many as possible. You will also be given a list of treasurable items to acquire along the route – the more you collect, the more points you get, which means more prizes for everyone! £10 adult entry, children under 16 £5 entry. Midday start.

Live in the Park at Arley Hall: Saturday 14th July



Our 10th Live in the Park concert kicks off on Saturday 14th July for tributes to some of the greatest acts of all time! With tributes to Lionel Richie, George Michael and Chic, plus delicious food, drinks and ice cream, we can guarantee you'll be dancing all night long! Tickets are £22.50 for adults, £17.50 for Children Under 16 and £70.00 for a family of four ticket. Gates open 5pm.

Autumn Ball: Saturday 15th September



Join us for our first Autumn Ball at The Mere Golf Resort & Spa. The evening will include a succulent three course meal, outstanding entertainment, an auction full of exquisite prizes to be won and much more. Tickets on sale 1st June. See website for further details.

For tickets and more information call the Fundraising Office on 01606 861733, visit www.nmcentre.com or email Events Manager Teresa: teresa.tansey@nmcentre.com

Live in the Park at Arley Hall

For our 10th year running we are back at Arley Hall for Live in the Park 2018, on Saturday 14th July!

Arley Hall is the stunning backdrop for our live music concert, where you can picnic before we bring you tributes to some of the greatest acts of all time.

Our warm up act, back by popular demand, is the John Colins Band (also known as JCB). JCB are a Cheshire based four-piece band playing pop and rock covers from the 1960s to now, playing music to get you singing and dancing and generally having a great time.

Next to the stage are Le Chic, a collective of some of the UK's finest musicians and vocalists who guarantee an incredible night of funk, soul and disco hits. Combining hits from the 70's, plus dance tracks from Sister Sledge and Diana Ross to name a few.

Pete Valentine has spent over a decade perfecting his George Michael Tribute Show, and with his fantastic repertoire we have faith he will keep the audience mesmerised! A stunning performance and dedicated tribute to George. Our headline act is Malcolm Pitt as Lionel Richie; Europe's leading Lionel Richie Tribute act. He has



had his show endorsed by Lionel Richie himself, and is very much in demand.

Malcolm appeared with Lionel on the Graham Norton BBC show in 2009, and again in 2014 at the prestigious London Palladium on ITV. Malcolm captures that distinctive vocal sound and will perform some of Lionel's greatest hits, which guarantees you will be dancing all night long!

Tickets are £22.50 for adults, £17.50 for Children Under 16 and £70.00 for a family of four ticket.

Tickets available online or by calling NMC Fundraising on 01606 861733. Group discount of 10% applies to bookings of 10 people or more - by phone only. Tickets also available via Arley Hall and ticketweb.co.uk

Spring Afternoon Tea at Mottram Hall

You are invited to join us at our Spring Afternoon Tea, being held in the beautiful St Andrew's Suite of Mottram Hall Hotel & Spa on Wednesday 30th May. Join us to enjoy an assortment of decadent afternoon tea treats, plus tea and coffee, and be treated to our guest speaker for the day, BBC Northwest Tonight's Chief Reporter, Dave Guest.

Dave Guest is a familiar face in homes across the North West. He's been appearing on BBC TV's Northwest Tonight for more than 25 years. His job as Chief Reporter brings him into contact with a fascinating range of individuals and situations from the sensational to the surreal. He's reported on some of the biggest events to affect this region over the past quarter century. He'll be sharing his experiences and insights into life behind the scenes on the country's most watched regional TV programme in a presentation entitled: scoops, scandals and skateboarding dogs: the everyday life of a regional TV reporter.

Tickets are £25 and include a VIP Guest Pass to Mottram Hall's Leisure and Alfresco Thermospace facilities worth £20*. Call 01606 861 733 or visit www.nmcentre.com.



Gin Tasting at Chester Beer & Wine

We held a fabulous Gin Tasting event hosted by the gin connoisseurs at Chester Beer & Wine in February. Guests were treated to five different gin's to taste plus a special extra taster of pink rhubarb gin to complete the evening's experience! The evening completely sold out and raised an amazing £775 for NMC. Keep an eye on our website for similar events coming up!



Easter Bunny Run at Blakemere Village

NMC held another one of our annual fun run's at Blakemere Village this Easter which saw 75 participants walk, jog and hop the 5k route in aid of the NMC. The weather was bright and sunny and everyone was eager to go Easter Egg hunting around the woodland, complete with flashing bunny ears on! The event raised £650 for NMC which is fantastic.



Autumn Ball at The Mere Golf Resort & Spa

We are delighted to invite you to our first ever Autumn Ball, being held at the exquisite Mere Golf Resort & Spa, Knutsford. Join us for a glitzy and glamorous evening where you will be treated to a decadent three course meal, followed by some of the finest entertainment in the industry. There will be an array of luxurious auction prizes to be won, plus a raffle and a game of heads and tails! To top the evening off we have live music so you can dance the night away.

Tickets are £45 and are on sale from 1st June. Dress code is black tie. Tables of up to 12 are available. The Mere Golf Resort & Spa have a limited number of discounted rooms to be booked for the evening of 15th September. Further information about the evening can be found on our website www.nmcentre.com.



Duke of Edinburgh's Award - NMC Style

2017 saw the launch of the Duke of Edinburgh's Award (DofE) at NMC.

With so many young people telling us that their school / college was unable to support them to complete their Bronze Award, we knew we had to introduce the Scheme to the Centre and offer this fantastic opportunity to our cohort of young people.

For those of you that haven't heard of DofE, it's a national scheme for people aged 14 to 24 in which participants undertake volunteering placements, physical activity sessions, skills-building opportunities and an expedition. It's the perfect challenging yet rewarding platform from which young people can boost their CVs and university applications.

2018 has begun with incredible enthusiasm. So far our team of ambitious young people have

triumphed against the wind, rain and freezing temperatures to take on tent-building and outdoor cooking training. They've also developed exceptional first aid awareness and map-reading skills.

With the training complete, the team will be heading off to Gisburn Forest for the day for their practice expedition. Everyone has their fingers crossed that the weather will be in our favour this time! Once they have all this experience under their belt, it will be time to tackle the two-day, two-night expedition in the Lake District.

Having found a beautiful and fully accessible venue, The Bendrigg Trust, we will soon be planning our routes (and more importantly our meals) in preparation for the adventure.

We very much look forward to continuing to empower our team to achieve their Bronze Award.





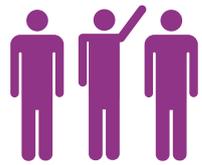
Spirit of Christmas at Chester Cathedral

Our 22nd Spirit of Christmas dazzled guests this year at Chester Cathedral, hosted by our President Matthew Kelly. Famous names such as Adrian Scarborough, Claire Skinner, David Neilson and Jemma Redgrave joined us at the star-studded evening and performed festive readings for all to enjoy. The magnificent event raised an extraordinary £24,000 for NMC and we are hoping for an even higher figure this year. We are running our Choir Competition again this year and entries open in August. Spirit of Christmas 2018 is on Friday 23rd November this year and tickets go on sale on 1st July!

London Marathon 2018

A huge congratulations to all of our London Marathon runners who participated in the 26.2 mile run on Sunday 22nd April!

We are incredibly grateful you ran for our cause, and by doing so you have helped raise awareness of Muscular Dystrophy plus collectively raised over £7500 which is outstanding, with more donations coming in daily! Thank you!



Seeking Volunteers

Can you spare a couple of hours to help at one of our forthcoming events? We really do rely on our wonderful team of volunteers for support, so if you are keen to help please get in touch.

If you're interested in helping or just want to find out more about any of these opportunities please contact Community Fundraiser Lisa on 01606 861733, or at lisa.cormack@nmcentre.com



Collections

- Saturday 15th June – Tesco, Northwich
- Friday 29th June – Morrisons, Middlewich
- Saturday 7th July – Tesco, St Helens
- Saturday 21st July – Handforth Dean Retail Park
- Sunday 5th August – Tesco, Widnes
- Saturday 11th and Sunday 12th August – Bridgemere Garden Centre
- Saturday 22nd September – Manchester Piccadilly railway station
- Saturday 29th September – Liverpool Lime Street railway station

Events

- Saturday 14th July – Live in the Park at Arley Hall
- Saturday 23rd and Sunday 24th July – Cholmondeley Triathlon
- Saturday 30th June – 'Astonbury Festival', Glebe Farm Astbury
- Sunday 8th July – Darnhall Show
- Saturday 14th July – Tarporley Carnival
- Sunday 15th July – Warrington Disability Day
- Saturday 1st and Sunday 2nd September – Nantwich Food Festival

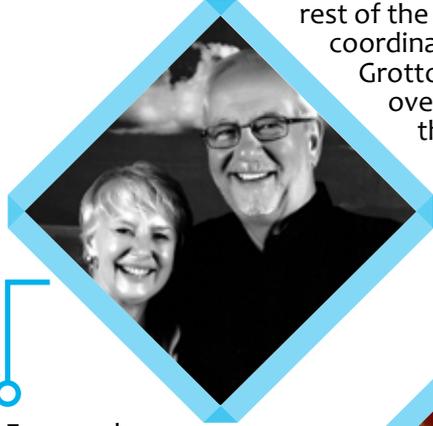




Thanks and appreciation sent to...



Jo Meakin and the rest of the Craft Club for coordinating our Christmas Grotto, which raised over £1,100 through the sale of handcrafted items



Garnett and Alice Carr who completed various physical challenges last year, raising a total of £2,316

Frew and Anne Craig for raising £2,095 in donations in lieu of gifts for their Golden Wedding Anniversary



Katherine Avery for organising a charity coffee morning, raising £550.76 in refreshment and craft sales, which was kindly doubled by Katherine's husband through Barclays Matched Funding

Our volunteers who braved the cold at Stoke City FC, raising a total of £786.28 through a pre-match collection

- Ben McWilliams for raising £2,000 through his Charity Football Match 'Finley's Festival'.
- Everyone who participated in and supported Muscle Month 2017, which raised over £3,000 in sponsorship and Matched Funding.
 - Everyone who participated in our Starbucks 'Cheer for Good' campaign, which helped us win a £2,000 grant.
 - Waitrose Northwich and Alderley Edge for choosing us for their 'Community Matters Scheme' raising £341 and £300 respectively.
 - All the volunteers who helped out with our
- Christmas stalls in Winsford, Sandbach, Tarvin, Hartford and Knutsford, which raised a total of £1,060.01.
- Everyone who voted for us in the Co-op Local Community Fund, helping us win £1,321.67 towards our Accessible Allotments scheme.
- Bel Canto Choir for supporting us through their Christmas Choir Concert, raising £500 in ticket sales, and an extra £545.06 in donations on the night.
- Also, Astrazeneca Choir for performing during our Christmas collection at the Trafford Centre which raised £344.45.
- The Rotary Clubs of Biddulph, Crewe and Tarporley for once again generously supporting us with respective donations of £1,000, £300 and £500.
- Samaritan Lodge No 368 and the Cestrian Lodge Charity Fund for their new year donations of £500 each.
- Chester based real estate developers William Fishwick and Sons for their donation of £300.
- Dixon Rigby Keogh Solicitors for their fundraising and volunteering support, and raising £578 through their Christmas tombola.

This newsletter was designed by our very own design team...

NMC Design+Print...
01606 863 464

Take a look at our Website...
www.nmcentre.com

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