



My name is Josh and I am 22 years old. I have a Neuro Muscular condition which is why I currently go to the NeuroMuscular Centre to do physio every 2 weeks and to do my graphics course every Tuesday. When I'm not at the NMC I am at a college in Leigh called Expanse Learning, where I am learning how to apply for jobs and I also do a work placement every Monday as a teaching assistant in another class in college.

During my free time I love spending time with my wonderful family especially my baby sister Evie and I also like spending time with my lovely girlfriend Megan. My other hobbies include playing wheelchair football for Man United PFC even though at the moment I have stopped playing to focus on my DofE, I am an avid Chelsea FC supporter, I love watching my darts, I enjoy playing on my Xbox One and when the weather is nice I love going out doing activities.

I decided to do my DofE award through the NMC because I feel like it would be a big achievement completing all of the different sections and I feel like it will push me to be more independent. Hopefully once I have completed the DofE Silver Award I could challenge myself to do the DofE Gold Award.

The activities that I will be doing are:

Physical is my physiotherapy which I will be doing hand pedals and the bed stand  
Skill is doing my graphics course which I will be learning all different skills that I will need to do my work on Photoshop.

Volunteering is helping out with wheelchair football training with the development squad at my old club Man United PFC.