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YEARS

NeuroMuscular Centre
Community News

Staying in Touch

Issue No 5 • February 2021



2021 maybe hasn't started as the beacon of light we might have wished for with another lockdown, but at least this time there is a ray of hope with the rollout of the vaccine. The winter months are perennially arduous with short days and weather that might be pretty to look at through the window but not always especially attractive to venture out in.

It can be a challenge and looking after our health and wellbeing is now as important as ever. Our physical wellbeing and lifestyle impacts on our mental wellbeing and we know from research that being mindful of our emotional health positive effects on our mind, body, behaviour and relationships. It has also shown to help not just stress and anxiety but with physical issues including chronic pain.

Welcome to the fifth edition of our new newsletter designed especially for the NeuroMuscular Centre community to enable us to stay connected and share our news whilst we're apart.

To keep us fit and well this year the NMC is launching it's new well-being programme. The NMC has provided a fully accessible holistic approach to therapy for many years. This year there will be a yearlong program with a variety of events, sessions and activities open to the NMC community. The program will have 4 seasons, each with it's own core theme. The first season (winter) will be focused on Mental Health.

The sessions will include education sessions from our Therapies team discussing:

The science of mental health and it's link to activity.

Activity and exercise sessions available to all abilities.

Creative sessions such as music and crafts

If you would like to take part, or have any ideas for other activities please get in touch and sign up by e-mailing:

nmc.physio@nmcentre.com
or calling 01606 861799



Gordon Styles has achieved 30th years working at the NMC!

Gordon posted on Facebook: *'I was asked, not long ago, what I did for a job? I replied I don't have a job as such, I go out every day to see my friends and colleagues. You all make it a joy to come to my place of work.'*

Congratulations Gordon and we love your 'fancy dress'!

2020 the Year We Stayed at Home!

A new year and new hope! I think it's probably an understatement to say that 2020 didn't pan out the way many of us expected. For many it was a year peppered with anxiety, uncertainty, sadness, loneliness and feelings of isolation. We missed our friends, our family, our liberty! That said, it takes more than a global pandemic to keep the NMC down.

Looking back at some of the activities; there was plenty of positivity to celebrate too!

The NMC remained open to provide help and support.

The NMC Therapies team were able to support and treat hundreds of people both via virtual assessments and with hands on treatment. The weekly live exercise session also provided much needed guidance and motivation for many.

During the Summer we were able to get together in small groups in the NMC meadow. The Sunflowers looked majestic and the sun shone.

196 people joined the dedicated Facebook group and participated in regular activities including Crossword Club, Tuesday Chat, Mindfulness, Arts and Crafts Club and our Read and Connect Book Club all of which have enabled friendships to flourish.

The 'Live in the House' festival, the 'Pick Me Up Postcards', Christmas Craft Fair and Virtual Spirit of Christmas were a triumph!

Other one-off Connect Up activities were almost exclusively in the virtual world and included chocolate bingo, VE day celebration cream tea, a launch party for the NMC's annual 'Spirit of Christmas' event, a 'Homemade Christmas Tree decoration' and 'Pumpkin carving' competition, a Facebook 'Watch Party' which was a cookery demonstration on 'how to make a yule log' and some beautiful butterfly mosaics.

Thank you to everyone that got involved, volunteered their time, kept us entertained with funny posts and shared hints and advice during this strangest of years.



If you're interested in learning a new skill, how about learning to play the Ukulele this year?

No experience required and we can even loan you an instrument. Lessons will be via zoom starting in March please e-mail: connectup@nmcentre.com for details.

What's Still On!

The NMC has invested in a marquee for the Centre's grounds which will provide more opportunities for the spring and summer months and a programme is being developed to enable safe activities in line with government and other expert guidance.

We would love to hear your ideas and suggestions too.

Please get in touch with Sarah and Elly:

connectup@nmcentre.com or call NMC on 01606 860 911

NMC Open Exhibition

We would like to display your artwork at NMC. All forms of art are welcome, from painting and sculpture to poetry and digital art. There will be a theme for each month leading up to a summer exhibition.

Themes:

Natural World, Industry, Exploring Colour
Stepping Outside Your Comfort Zone
and Exploring The Figure

For more information or to take part
email: alison-evans@nmcentre.com

Everyone's a winner!

For the equivalent of £1 a week you could have the chance of winning:

5 x £10 weekly prizes
1 x £100 monthly prizes
1 x £250 quarterly prize

An annual superdraw estimated at £1,200
... and support the work of the NMC.

Download a form at:
www.nmcentre.com/donate



The following clubs are up and running and new members are always welcome:

Monday:

#CreativeMonday. Share your creative activities
www.facebook.com/groups/664328694418133

Tuesday:

Tuesday Chat at 11am.
Join our coffee morning

3D printing group
contact Kay.briggs@nmcentre.com for details.

Wednesday:

#WorkoutWednesday - live exercise via zoom at 11.30am

Thursday:

Coffee and Crossword group @11am via zoom:
www.facebook.com/groups/213329086761081/

Mindfulness with Kay at 1pm contact nmc.physio@nmcentre.com or ring 01606 860911 to register
www.facebook.com/groups/586014752350812/

Friday:

Read and Connect Book Club is meeting via zoom on the first Friday of each month.
www.facebook.com/groups/308341067287532

For more detail on any of the above please contact Sarah and Elly at connectup@nmcentre.com or join our Facebook group: www.facebook.com/groups/NMOnline/

Get in touch:

NMC is committed to meeting the needs of everyone in our community and is operating an Advice Line between 9am and 4pm, Monday - Friday.

Please call for a chat or if you have any questions:
01606 860911 or 01606 861799

There is also a wealth of information on our website:
www.nmcentre.com/nmc-online-community

Nature's Four Seasons Calendar Competition

We have a new photography competition! This time with a twist as there will be 12 winning photos to make an NMC 2022 Calendar. The competition is called Nature's Four Seasons, aptly named as the theme is nature within the seasons of Winter, Spring, Summer and Autumn.

The competition is split into four quarters (seasons) of the year. Each quarter will be judged separately throughout the year with 3 winning photographs for each season, to make 12 stunning photographs for the calendar. A wonderful opportunity to focus on the nature on your doorstep, get some fresh air and try something new. Going for a stroll, out in the garden or simply through the window; nature is all around!

The calendar will be available to buy at the end of the year so don't hesitate to get involved for this season and the others!

Please send any queries to transitionteam@nmcentre.com



Thanks to our fabulous fundraisers:

The NMC Christmas Craft Fair was a mainly virtual event in 2020 and a great success thanks to all our crafters, customers and shop assistants. More than £3000 was raised to support the NMC's vital work.

Virtual Spirit of Christmas raised the astonishing amount of £18,088.90 in total. Thank you to all the wonderful friends and supporters of NMC who purchased tickets and everyone that contributed to this success.

Congratulations to NMC supporters Barry & Glenda Richardson not only on winning the Spirit of Christmas hamper but also for the celebration of their 60th wedding anniversary (diamond) in 2020.



**Our Hamper
Winners**