

OUR VOICE

The News Briefing of
The NeuroMuscular Centre
Jan-Feb 2019

INTRODUCTION

New Year, new beginnings! The NMC Health and Wellbeing week in January eased us in with the opportunity to reconnect with old friends and an imaginative array of activities on offer including hairdressing, African drumming, reducing food waste and cookery workshop and hand massage.

Also, the FIFA gaming tournament was a great success. Congratulations to Toby the winner for the 3rd FIFA tournament in a row.

The Hydrotherapy pool at Hebden Green school is now open following its transformation to spa hotel luxuriousness. Hydro sessions take place 4 times a week. *Ask the physios for more information.*

So, now that the new year is here, what resolutions have you made? Maybe 2019 is the right time to learn a new skill, make new friends or improve your social life, get fitter or lose a few pounds? There is still time to set a new goal and the NMC can help you achieve it too:

- February is Muscle month and this year's theme is 'love activity, hate exercise'. Taster sessions in Tai Chi and seated Pilates are available
- Join the Titans powerchair football team or if that's not your

thing then they'd love to boost their fan zone with additional spectators.

- Join one of the NMC clubs or maybe help start a new one!
- Become a volunteer - It costs over £1.1 million every year to keep NMCs' vital services running, and with more than 60% of this income generated through fundraising activity, we rely on our volunteers to help us to achieve this. If you can spare a few hours,

Help marshal the 5km route, sell raffle tickets, give out goody bags between 11am - 2.30pm.

- Saturday 13th July - Live in the Park at Arley Hall. Help with selling merchandise and raffle tickets, checking tickets on the gate, car parking, stewarding and serving refreshments backstage. Anytime between 4pm-midnight.
- Monday 22nd April - Stoke City Collection. Collecting for the NMC before the match.



whether as a one off or on a more regular basis please do get in touch. Volunteering is a great way to meet new people, gain new skills, update your CV and most of all have fun!

Upcoming Volunteering Opportunities:

- Friday 1st March - Quiz Night at the Grange Junior School. Help sell raffle tickets, serve refreshments. check tickets on the door from 6.30pm-10pm.
- Saturday 13th April - Easter Bunny Run at Blakemere Village.

To register your interest in volunteering, please contact our Events Manager Teresa: teresa.tansey@nmcentre.com or 01606 861733

SARAH LALIEU



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PHYSIOTHERAPY

Physiotherapy - Lights, Camera, Action.....

In the latter stages of 2018, some members of the physiotherapy team put their acting skills to the test in front of camera. The idea was to produce short instructional videos so families, carers, and PAS could carry on the treatments at home. This would not only prolong the effect of the treatments done in the centre, but also promote independence and self-management.

Bryn and Liv were the driving force behind the project, starting their big screen careers. They received help with the script writing from Lecturer in Physiotherapy Jonny Smith. Ben Wilson (Sandie's son) was the maestro behind the camera and spent 2 days with Bryn and Liv filming different clips and voiceovers which he would then edit into the finished product. Volunteers from around the centre gave up their time to be treated on camera to help demonstrate the techniques on a variety of individuals.



The Videos include instructions on Stretching and Massage of some of the major muscle groups and key areas of the body where individuals may experience symptoms. The videos clearly explain the process of each treatment as well as situations where it may not be appropriate.

All the videos are going to be published on the NMC YouTube channel as well as featuring on the website and across social media. We welcome everyone to watch them and try the simple techniques at home, but please make sure you discuss the treatments with a member of the physio team if you have any concerns.

You can discuss any questions in the centre or by calling **01606 861 799**.

Videos Coming Soon!

By Bryn Edwards

GROOVY GADGETS.

Bathing Cushion

During the cold winter months, the idea of a relaxing soak in a warm bath is an appealing thought perhaps only ruined only by the issue of being able to get in and out of the bath safely. I was fortunate to receive a Mangar bathing cushion for my birthday a few years ago and particularly like it because

it lowers to the bottom of the bath for maximum relaxation and raises up again at the touch of a button – as demonstrated by the glamorous lady in the photo! It attaches with suction cups and comes with a rechargeable air compressor. The only downsides are that you do need reasonable upper body stability and it is quite pricey at around £500 so worth

shopping around. See <https://mangarhealth.com/uk/bathing/> for more detail and to arrange a demonstration.



ASK ME!

For Those About to Rock

by Sarah Lalieu

One of my passions is live music and a few years ago I made my new year resolution to get out and attend more concerts. It's not always as easy as buying the tickets and turning up if you have specific access requirements, sometimes you really do have to 'plan to be spontaneous'!

My handy hints for enjoying live music events and festivals this summer are:

- Contact the venue before booking tickets and ask about accessibility/toilets /parking etc.

Euan's guide is also a good source of information:

www.euansguide.com

- Take a companion for free - often a carer or PA ticket can be requested for free or at a reduced rate making the experience more affordable. Venues may require evidence of entitlement such as copy of a blue badge or PIP letter.

- If in Wales register for a Hynt card - free of charge tickets for PA or carer at music and arts venues: www.hynt.co.uk/en/about/what-is/

- Become a mystery shopper and claim back your expenses. Register with attitude is everything www.attitudeiseverything.org.uk

CLUB CULTURE

Gardening Club volunteers do an amazing job maintaining the NMC grounds and producing a supply of delicious seasonal fruit and veg. New members are very welcome.

A huge 'thank you' to everyone who contributed to make the grounds and greenhouse at the NMC a lovely spectacle. There were some very challenging conditions which gave us a very cold spring followed by a very long hot dry summer. But thanks to everyone, firstly for helping to grow plants by taking seeds etc

home, and then for sterling efforts with watering we were able to grow a wide variety of plants. Not forgetting the weeding and grass-cutting throughout!

Meanwhile as we look forward to this year, please look out for dates etc as we plan to distribute seeds for you to begin growing on windowsills at home. Also, some plants remain in the Greenhouse for over-wintering, so if you're passing that way please look in and give them a drink. And we promise not to tell if you give them a pep-talk! **by Moyra Byron**



Greenhouse photo by Ceri Wood Photography

WHAT'S ON!

Tuesday 26th February - Seated Pilates 3-30 – 4.30pm @ NMC.

To book contact Physio team

Thursday 28th February - Cookery Demo with accessible gadgets

**Friday 1st March - Read and Connect – Book Club
11.30am with lunch at NMC**

**Friday 1st March - NMC Quiz Night
7pm – Grange School, Hartford
Tickets £10 includes meal and drink from fundraising**

**Wednesday 6th March - Qigong – an ancient form of Tai Chi
11am - NMC event space
To book contact Physio team**

**Saturday 9th March - Spring Ball
7pm – Pryor's Hayes Golf Club, Chester
Tickets £39.50 from fundraising**

SOLD OUT

**Monday 11th March - Qigong – an ancient form of Tai Chi
11am - NMC event space
To book contact Physio team**

Wed 13th March - Connect Up Drop In – Try Boccia!

**Wed 20th March - Card-making and pebble making
10am -3pm (drop in sessions)**

Thursday 21st March – Connect Up Theatre Trip – Northwich

Tuesday 26th March - African Drumming Workshop

**Thursday 28th March - Pamper and prosecco evening -6-9pm
Molton Brown, Chester
Tickets £20 from fundraising**

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WHAT'S ON! CONTINUED...

Friday 29th March - Connect Up Drop In – Accessible Holidays

Friday 5th April - Read and Connect – Book Club, 11.30 with lunch at NMC

Wednesday 10th April - spring planting and Easter cakes

Saturday 13th April - Easter bunny run. Tickets from Fundraising

Wednesday 17th April – Connect Up Drop In

Friday 26th April - Connect Up Drop In – Thinking of starting a family?

Also in April - dates TBC
Parenting with a disability.
Workshop around employment
'Keeping yourself well' workshop
– including good Respiratory Health / Choking / Falls Prevention

Friday 3rd May Read and Connect – Book Club

Wednesday 15th May – Connect Up Drop In

Saturday 25th May, 2pm - Theatre Trip 'Grease', Northwich

Tuesday 28th May – Fishing Trip, Middlewich

Friday 31st May – Connect Up Drop In

*Interested in any of the events?
Please call 01606 860911 or email
andrea.duckworth@nmcentre.com*

TEAM NEWS!

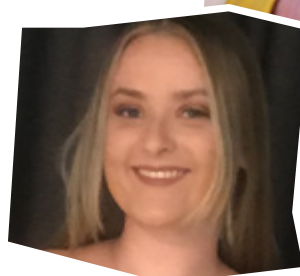
Congratulations to Lisa Cormack – Community Fundraiser and her partner Darren on the birth of baby Max born on 2nd November. Jennifer Lea is covering Lisa's maternity leave. Jennifer started in September after graduating in summer 2018

We have several new starters to welcome to the team:

Transition Officer - Lorraine Woolley joined us as on 1st February. Lorraine is a long-term member of our community and used to work for NMC Fundraising from the 1990's until 2004. A key element of Lorraine's role will be to make external links and connections to 'recruit' many more new families with children affected by neuromuscular conditions.

Site Manager- Mark Woolley (yes – that's Lorraine's husband) has joined us as Site Manager in February as well. The growth of NMC has brought a greater demand for management of the buildings and site. Mark will also provide the Shed Club with more support as it expands to include other days to enable the benefits to reach more people.

Physiotherapy Assistant - William Linde started full time work in the physiotherapy department at the end of January.



CONTACTS AND FEEDBACK

This newsletter is for the whole of the NMC community.

Whether you attend twice a week or once a year for treatment, for work, for training, as a service user, employee, carer, family member, supporter or friend then your views are important to us. For any comments or suggestions please contact Sarah Lalieu at sarah.lalieu@nmcentre.com



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