

Autumn 2023

# NMC NEWS

*Welcome*

to our Autumn edition of NMC News! We've had a busy summer, with our annual fundraising tribute concert at Arley Hall in July, five Fishing Club days at the Old Hough in Middlewich, and our first Housing, Homes and Happiness event at NMC. More on this in the coming pages.

Our Fundraisers are busily preparing for our Autumn calendar of activities which includes the final Spirit of Christmas at Chester Cathedral on Friday 24th November and The Big Give Christmas Challenge. We've also got a busy calendar of Connect Up events coming



up, volunteering opportunities and news on a research collaboration with Manchester Metropolitan University. From all of us at NMC, enormous thanks to everyone that continues to support us and enable us to continue providing our specialist services for people affected by neuromuscular conditions.



THE  
FINAL  
SPIRIT  
OF CHRISTMAS

It truly is the end of an era! Since 1996, NMC has been synonymous with the Spirit of Christmas at Chester Cathedral.

It really has begun Christmas for the great and good of Cheshire and has raised more than £500,000 over the years to support people affected by neuromuscular conditions.

We've enjoyed 25 magical evenings of music and festive readings at the Cathedral, as well as two memorable Virtual concerts during the pandemic. We've welcomed an array of stars of stage and screen including

Sir Derek Jacobi, Jim Broadbent, Alison Steadman, Carey Mulligan, Benedict Cumberbatch and Penelope Wilton to name just a few of the incredible performers that have given up their time for us.

This year we're thrilled to be welcoming back Vice President Jim Carter, best known for his role as Carson the Butler in Downton Abbey, who will be bringing several Downton friends with him. The evening will be hosted once again by our President Matthew Kelly.

Matthew's wife Sarah Kelly co-founded NMC and



led the team for 15 years. Since retiring as Centre Director in 2005, Sarah has remained actively involved in NMC and Spirit of Christmas. The time has come to let Sarah finally enjoy a proper retirement, though we know that she and Matthew will remain devoted supporters of NMC.

We can't thank Matthew and Sarah Kelly enough for everything they've done for us. We would also like to thank everyone that has volunteered at Spirit of Christmas, sponsored the event or advertised in the programme, all the performers and of course to all of you that have bought a ticket. We hope that you've enjoyed our event as much as we have! Tickets are now available for the Final Spirit of Christmas on Friday 24th November from £12.50.

Please visit our website [www.nmcentre.com](http://www.nmcentre.com) or call the Fundraising team on 01606 861733.



## Introducing our Careers and Employment Manager...



Sarah is a familiar friendly face around NMC, having attended the Centre for physio for over a decade and in 2019 joined the NMC staff team to manage Connect Up events and activities.

In April, Sarah took on a new challenge as Careers and Employment Manager, supporting people to gain work experience and voluntary opportunities, encouraging young people to find meaningful employment and supporting our older population who have perhaps had to consider a career change because of their condition.

Sarah has muscular dystrophy herself and held a successful career as a fundraiser for many years before coming to work for us, so brings with her a wealth of empathy and experience. If you or someone you know would benefit from a chat with Sarah, please email [sarah.lalieu@nmcentre.com](mailto:sarah.lalieu@nmcentre.com) or call 01606 860911.

## Collaboration with Manchester Metropolitan University

Chris, Meg and Nissa - Researchers from Manchester Metropolitan University – have been at NMC throughout the summer, conducting a study to understand the barriers and facilitators to healthy eating in adults with Muscular Dystrophy (particularly Becker and CMT) in the hope of providing guidance on diet and healthy eating for those with the conditions.

If you have a neuromuscular condition and would like to take part, you can complete a food diary and survey online by scanning the QR-code:



SCAN ME!



# Thank You

There have been some extraordinary fundraising efforts in recent months.

A heartfelt thank you to everyone that's made a donation, volunteered, or fundraised on our behalf. We're so grateful for your support!



- The Birchall family who raised a STAGGERING £3,520 at their annual garden party.
- Samantha Sajkovic who took on the Manchester Marathon in memory of Dave Ball, raising over £1,700.
- Isabelle Warburton for getting muddy and taking on Lidl Mudder, raising £140 for NMC.
- Paula & Vicky who took on the Inflatable 5k, currently at a fab £380!
- Everyone who supported a (very wet!) Live in the Park.

- Joe & Matt Ginty for raising over £1,000 at the Manchester Marathon.
- To our new Lottery players & Regular Givers – thank you for supporting NMC!
- All our supportive businesses who have an NMC collection tin – so far having raised over £600 in 2023.
- Industrial Contract Supplies for donating £200 to support one of our fishing days.
- Karen Simpson for her 'Snowdrop Appeal' raising over £3,400 in loving memory of her husband Brian.
- Roddy Kemp for his amazing London to Nice Bike Ride, raising almost £3,000 for NMC!
- Sean Robertson for his Manchester Marathon fundraising in memory of Henry Robertson, raising £2,335.
- Georgie Paling for taking on the Blenheim Triathlon in memory of Dan Cundall, raising £1,642.
- The Angling Trust's Together Fund, which meant we were able to hold 5 more fishing club dates across the Summer months.





**VOLUNTEERING OPPORTUNITIES**  
WE WANT YOU!

**At NMC:**



We are looking for a volunteer with graphic design experience

Do you have a good understanding of design software, including Photoshop, Illustrator, InDesign?

Do you have spare time to support students at NMC?

If you answered 'yes' to the above please get in touch with Kay: kay.briggs@nmcentre.com

We are seeking a volunteer with Graphic Design experience to help support our team. In this role, you will provide assistance and guidance to students completing their level 1 qualification in Graphic design.

**Fundraising events and activities:**

**Annual Charities Bazaar**

Saturday 4th November at St Michael's Church, Macclesfield

We're looking for people to help at our stall at the Annual Charities Bazaar from 9:30am-1:30pm.

**The Final Spirit of Christmas,**

Friday 24th November at Chester Cathedral 6pm-11pm Concert stewarding or Sparkling Reception roles available (or both!)

Please contact Tash: fundraising@nmcentre.com or 01606 861733



**D of E Award Training**



At NMC, we are proud to be able to offer the Duke of Edinburgh's Award; a national scheme that promotes confidence, resilience and independence – important for any young person, but particularly for our community who may not have access to the same opportunities as their peers.

We were delighted to welcome Liv Cunningham, former NMC Physio, for our latest Skills session. She delivered training on the Countryside Code, what to pack for the expedition including how to pack it! Two of our Bronze cohort

cooked a delicious lunch on the Trangias (camping stoves) before participating in the demonstration of 'how to erect a tent' in the NMC meadow. We finished the session with some toasted marshmallows. Enormous thanks to Liv for giving up her time to support our young team.



# Connect with us

We hold a number of regular and one-off events in and around NMC, including...

## Tai Chi in the Meadow

Our popular tai chi sessions take place on Tuesdays at midday, in 5-week bookable blocks.

## Workout Wednesdays

Every week at 11.30am, Jake and Ellie are live on Zoom from the NMC gym to put you through your paces!

## Shed Club

Every Tuesday and Thursday from 10am

## Saturday Club

We hold monthly Saturday club sessions, in which NMC is open. Our next one is a Sewing and Craft Saturday on 4th November – everyone is welcome and this is a free event.

Contact [connectup@nmcentre.com](mailto:connectup@nmcentre.com) to book your place.

## NMC TALKING POINT

Every Wednesday between 11am and 3pm at NMC.

We are on hand to listen and assist with questions, practical advice or emotional support you may need relating to life, work and general wellbeing.

From writing a CV and training opportunities to home adaptations and benefits advice, our staff team can provide you with support and a listening ear. Pop in or make a private appointment by calling 01606 860911.



# NMC Connect Up



# Housing, Homes & Happiness

We opened our doors on Saturday 22nd July to families, individuals and condition-specific support groups to learn from each other, hear from experts and socialise. This was made possible by a grant from Nationwide.

We were delighted to welcome Laura Fisher, head of Housing, Resettlement and Independent Living for Shropshire as keynote speaker. There was a video presentation from David Abbey from ForHousing, and Sean Myerscough (Home Improvement Agency Manager) attended as a roving expert.

Also in attendance with information stands were Pompe UK, CMT UK, SMA UK, FSHD Society, Duchenne Family Support Group and Myotonic Dystrophy Support Group, as well as a stand on Almshouses. It was fantastic to meet these groups and to welcome many of them for the first time to NMC.

Guests left with valuable information about housing adaptations, home ownership schemes, accessing grants, private rental and much more. Feedback has been enormously positive, and what stands out is that people were left with renewed hope, excited about the many options available, and with faith that there are lots of supportive people out there that can help. It was a truly worthwhile day and we hope to be able to hold similar events in the future.

“What a fantastic day! Well done everybody. Very impressed with the whole day. A great turnout. Never

seen so many people that I didn't know after all the years I've been coming to NMC. Presentations were informative and educational. And everyone was happy to help. I took a lot away from the day and have been able to pass it onto others.”

“The speakers were superb and they certainly provided a lot of thought-provoking ideas. I was not aware of the type and extent of support and housing ideas that are potentially available. All the speakers were wonderful and were all very passionate and clearly committed to helping and supporting in every way possible.”



# Diary Dates



**UP, UP AND AWAY**  
Saturday 7th October  
10.30 - 13.30 at NMC  
A BBQ lunch will be provided

Aimed at young people and families to learn more about independent living, with topics including learning to drive and employment.

Contact  
connectup@nmcentre.com  
or call 01606 860911.



**NMC Saturday Club**  
Craft and Sewing  
**Saturday**  
Saturday 4th November At NMC

We hold a monthly Saturday club at NMC, each with a different theme and open to everyone.

We recognise that for working people it isn't always possible to see us in the week, so these events aim to bring people together at the weekend.

For more info and to register, please contact Elly:  
connectup@nmcentre.com  
or 01606 860911.



THE FINAL  
**SPIRIT OF CHRISTMAS**  
FRIDAY 24<sup>TH</sup> NOVEMBER 2023

Please join us for one last magical evening of music and readings with stars of stage and screen, hosted by NMC President Matthew Kelly.

Tickets from £12.50.  
Doors open at 7pm.

Visit [www.nmcentre.com](http://www.nmcentre.com)  
or call 01606 861733.



**theBigGive**  
28th November  
- 5th December

We're taking part in the annual Christmas challenge, in which any donations to NMC will be **DOUBLED** for one week only! Taking place from 28th November - 5th December.

To donate, scan the QR-code:



**SCAN ME!**

Take a look at our Website...  
[www.nmcentre.com](http://www.nmcentre.com)

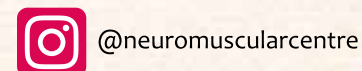
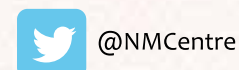
Fundraising Team... 01606 861 733  
Therapies Department... 01606 861 799  
General Enquiries... 01606 860 911

Woodford Lane West, Winsford,  
Cheshire, CW7 4EH

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Contact them on 01606 863 464







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