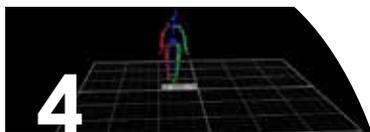




ONE VOICE

Winter 2017
Edition 38

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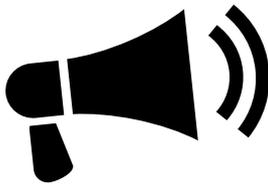
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Cover page photograph
Presentation of the Queen's Award
for Voluntary Service



Upcoming Events

Gin Tasting in aid of the NeuroMuscular Centre

Friday 23rd February

19 Charles Street Chester CH2 3AY.
Tickets £20 Arrival 8pm.
Please call 01606 861733

Quiz Night at the Grange School

Friday 2nd March

Our annual quiz night, which has become a not to be missed event in the diaries of our NMC community.

Tickets are £10, which will include a hot dinner and soft drink. Hosted by quiz master Paul Walker

Easter Bunny Run

Saturday 24th March

At Blakemere Village, Sandiway. Walk, jog or hop the 3k course in aid of NMC. Entry is £7.50 for adults or £5 for children under 16 which includes flashing bunny ears! Goody bag for every participant and an Easter raffle will be held at the end of the run. Midday start.

London Marathon

Sunday 22nd April

We have 5 brave runners taking on the London Marathon for NMC. Please support them on justgiving.com.

Great Manchester 10k Run

Sunday 20th May

We currently have 5 places in the Great Manchester 10k run for the NMC. If you would like to register for a place, please get in touch with the Fundraising team. Minimum sponsorship of £200 applies.

An Evening of Jazz

Wednesday 27th June

Our annual concert at the Eaton Estate in Eccleston. Tickets £18.50, includes sumptuous cheese buffet and a glass of wine. Arrive 7pm for a 7.30pm start.

Live in the Park at Arley Hall

Tribute show with spectacular firework finale. Early Bird tickets go on sale 1st February. Acts TBC, please keep an eye on our website www.nmcentre.com.

Shopping at Asda

Do you know you can help support NMC by nominating us for Asda's Green Token Scheme?

To nominate us for support at the Winsford Store, follow the link, and click the 'nominate' button in the Asda Community section on the right. <https://storelocator.asda.com/store/winsford>

Shop online and raise money for the NeuroMuscular Centre

Shop online and raise free funds for the NeuroMuscular Centre. It is simple to do, simply visit Give as you Live and sign up to support the NeuroMuscular Centre. With over 4,000 of the top online retailers, just doing your weekly shop or buying clothing will raise money. www.give.as

Do you use Facebook?

If so, are you following the NeuroMuscular page? This is a fantastic way to keep up to date with things that are going on at the centre whether it is the latest work of trainees on the various NMC courses or the latest items for sale on the craft dresser. There are frequent posts about forthcoming activities as well as many photos of events as they happen.
www.facebook.com/NMCentre

Editorial

Welcome to 2018 and in this edition we hope that you will enjoy reading about the pleasures of owning a dog. If you are stuck for things to do during the long evenings you may be inspired to take up photography and painting, or wistfully plan your next holiday. We also have an update from the NMC's own football team, The Titans.

Jon McVey Editor

Life doesn't always go to plan, and you may have noticed this edition is late. This added the complication that some excellent seasonal articles are not currently relevant and will appear in future editions.

If you enjoy reading or listening to audio books Read and Connect is a new club at the NeuroMuscular Centre. I understand that the aim is for the group to be open to all, to be a relaxed sociable and fun environment to meet and talk about a book but without any expectations or pressure.

In recent months you may have noticed busy people, pumping iron in the Gym. In this edition we also cover the latest research into the benefits of exercise being undertaken in conjunction with Manchester Metropolitan University.

The focus of the Spring edition will be for Carers. We would love to hear from you if you support someone with a Neuromuscular condition as a partner, friend or as a paid carer. We would like to hear what works for you and what doesn't. Please contact me if you would like to write an article or just have some information.

In forthcoming editions we also want to do more to celebrate all those who volunteer at the NMC, we would like to hear your stories or suggestions.

Choose the NeuroMuscular Centre as Your Local Co-op Cause

The Co-op gives 1% spent on selected Co-op branded products and services to your community. By visiting their site and choosing the NMC this will help towards the aim of making an area of NMC's garden into fully accessible allotments so that the entire NMC community and the wider community can work the land and benefit from it regardless of their disability. Gardening is known to have a positive impact on one's overall health and well-being.

<https://membership.coop.co.uk/causes/8693>

Read & Connect
Join our new Reading Group...
...It's a Book Club for Everyone!

Stack of books: READ DEC&C, Read a Book, No need to Read Out Loud, Kindle, E-readers or Audio, Read Another Book, Monthly Meetings, Interested! Sign Up for Details

Logos: CIL (Cheshire Centre for Independent Living), Brightlife (Lottery Funded), carerstrust (Cheshire and Warrington action help advice), NeuroMuscular Centre

If you are stuck for things to do during the long evenings you may be inspired to take up photography and painting, or wistfully plan your next holiday!

Research at the NMC

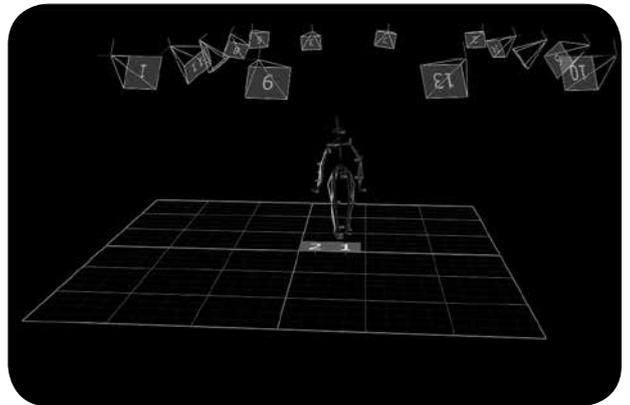
The research collaboration between Manchester Metropolitan University (MMU) and the NeuroMuscular Centre (NMC) has focused on making some fundamental comparisons between the numerous muscular dystrophies.

We have made comparisons regarding muscle size and strength, and looked at bone health in a range of dystrophies. With the completion of the gym facilities at the NMC, we have started a study on the benefits of strength training for those with MD who are able to walk a few steps or more.

Historically, people with MD were advised to avoid exercise as it was believed to have a negative impact on muscle. In the last 10 years a handful of studies that have investigated training in MD (about 5 or so at the last check) have only reported beneficial outcomes. For example, three studies carried out in Copenhagen and The Netherlands have shown endurance performance and muscle strength to be improved with 12-26 week training programmes, in adults with Becker's, Limb Girdle and FSH dystrophies. None of the participants reported any negative outcomes, and there was even evidence of an improvement in muscle mass and reduced body fat.

These initial positive findings from resistance training in MD has lead us (The Muscular Dystrophy Research Group at Manchester Metropolitan University) to undertake our own resistance training study. We noticed that although research showed benefits, no one has investigated how training may help improve balance, quality of life and walking performance. We currently have 11 volunteers undergoing exercise training at

the NMC, focusing on exercises that may be beneficial for balance and walking. The training project is being run by Dr. Emma Bostock and a PhD researcher, Dawn O'Dowd. Emma and Dawn oversee the development and delivery of personalised training plans for every participant to undertake, twice a week at the NMC.



The above picture shows a 3D wire frame model of someone with MD undergoing gait analysis. We are pioneering the analysis of walking instability in muscular dystrophy

Based on two initial testing sessions we try to understand what it is about your own muscle weakness that could limit your capacity to stand, balance and walk, and alongside the physiotherapists at the NMC develop some key exercises, which are supervised by Emma and Dawn to make sure they are performed safely.

The training programme lasts a total of 24 weeks, with the first 12 weeks being an observation period, during this time you don't have to do anything different, we use this as a way of comparing whether the subsequent 12 weeks of exercise may improve your muscle function. The second 12-week period includes two visits per week to the NMC, where you will receive guided resistance training focusing on the muscles that are known to be important for balance and walking.

You can see some of the exercises in the pictures, both the two participants pictured have now finished their training, and have improved their leg strength, stair climb speeds, and balance performance. They are now confident enough to come along to the NMC gym to undertake their



own training, using the knowledge they have developed during the observed training study.

If you would like to take part in the training study or know someone that might be, we are looking for anyone aged 18-65 years with any form of muscular dystrophy. You must be capable of walking with or without assistance (walking aids) for about 3 steps, and be willing to come to the NMC for training twice a week.

If you are interested, contact Emma or Dawn at Emma.Bostock@mmu.ac.uk or Dawn.ODowd@stu.mmu.ac.uk, alternatively 01612475539.

Two of the participants who have completed the 12 week training programme. In the top picture we are focusing on leg strength development, and the picture to the right features a balance and hip flexor exercise being performed.



Professional Education at the NeuroMuscular Centre



by Jonathan Smith

On 6th October 2017 NMC hosted a professional education afternoon in association with the Northwest Neuromuscular Network.

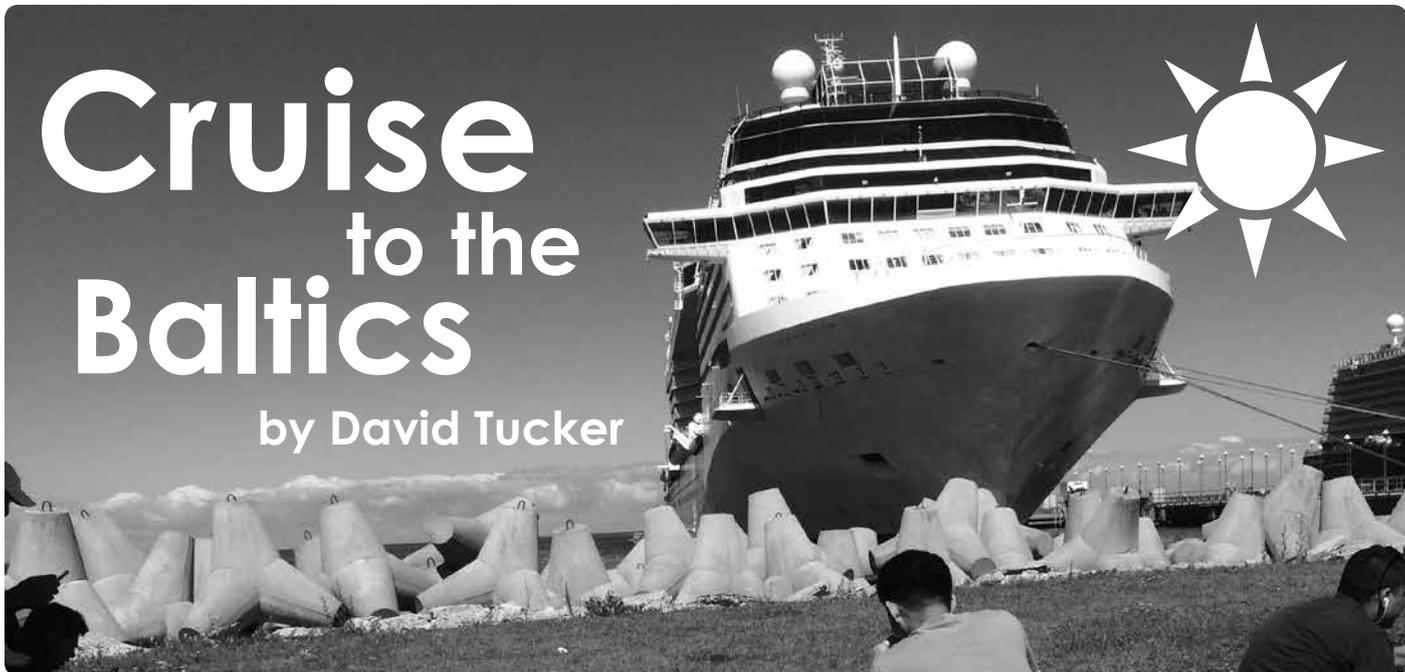
The theme was 'Exercise and Physical Activity in Neuromuscular Conditions'. 28 clinicians attended from across the North West and beyond for an event detailing the history, effects and practical implications of exercise in physiotherapy. Talks from NMC's Clinical Specialist Physiotherapist Jonny Smith, MMU's Dr Chris Morse, and NMC's Physiotherapist Bryn Edwards introduced a range of topics

encompassing the physiological, clinical and research implications of exercise in neuromuscular conditions, and the need to remain healthy and active despite reduced activity levels associated with muscle weakness. The afternoon also provided attendees with information about NMC's wider support, employment and design services, and powerchair football team.

Despite being NMC's first attempt at hosting a professional education event, feedback has been overwhelmingly positive, with the depth of specialist knowledge and the atmosphere of the centre itself as particular highlights.

Cruise to the Baltics

by David Tucker



After a successful Cruise around the fiords last May my wife and myself thought a Cruise up to St.Petersburg would be pretty good.

Using a Cruise agent we booked a 14 day trip from Southampton calling at Zeebrugge (for Bruges) Copenhagen, Stockholm ,Tallinn (Estonia) St Petersburg and finally a place in Germany called Warnemunde from where you could make a 3hr Coach trip to Berlin.

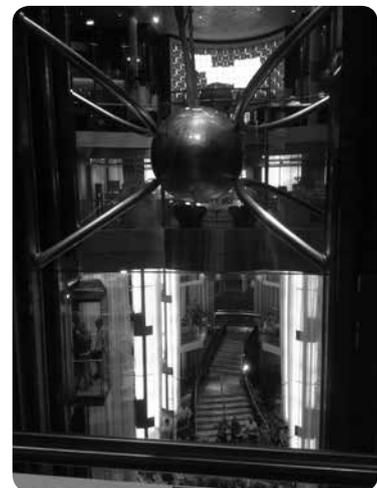
The Cruise agent fixed us up with an overnight stay in the Hilton Garden Hotel in Southampton and in return they arranged a wheelchair accessible Taxi for the transfers and let us park my car for 2 weeks.It is normally expensive to park at the docks and this was an excellent deal.

We were booked to go on the Celebrity Eclipse a very large Cruise Liner with 3000 passengers. I had booked a Cabin with a balcony and roll in shower i.e. wheelchair accessible. I suffer from Inclusion Body Myositis which is a weakening of both the quad muscles and upper arms. As a result I need my bed to be at least 26"high or I just can't get off it. I have the same problems with the loo and take a 6"toilet seat riser everywhere - it helps me enormously. Unfortunately the ship,

which is American didn't have pull down supports by the loo which made it very difficult for me to get off. They hadn't increased the height of the bed also which was another problem, but thanks to the Cabin Steward he put some extra foam mattresses on top of the main mattress and solved the problem.

These problems aside the Cruise was excellent, we were on a drinks package so no extra charges. I booked some shore excursions in accessible transport before we went, not cheap but I didn't want to

go all the way to Russia and not see the sights. We visited Bruges, Copenhagen, Stockholm(brilliant best of the lot) Tallinn and St Petersburg where we had an adapted minibus complete with personal English speaking guide. We stayed 2 nights in Stockholm and I booked a trip in an adapted minibus for one of the days, but there, 200yds from the Ship on the Quayside was a Hop on Hop off Red Bus which we used on the 2nd day for a fraction of the cost of the excursion.



I was unsure about booking accessible excursions before we went but am glad we did but it's a question of trying to find out how easy it is to get into the local Town/City before you book these. I asked my Cruise agent who was very helpful

The customer relations on board Ship said they tried to locate a toilet frame for me once I made my concerns known but were unsuccessful. There is a Company in Southampton called Mobility At Sea who have everything you could possibly want and they deliver/

collect from your Cabin. I was in an Electric Wheelchair for the 2 weeks which was no problem. The only thing about being on an American Ship is that the currency is in Dollars and they don't have separate Disabled loos or drop down supports as I found out to my sorrow in NY last Oct.

We are off to the Arctic Circle at the end of next Feb to see the Northern Lights with P & O so lookout for my report next Spring.

Bon Voyage David Tucker



Apart from the sanitation, the medicine, education, wine, public order, irrigation, roads, the fresh-water system, and public health, what have the Romans ever done for us?

Well, they didn't make their towns very accessible. I was lucky enough to visit Pompeii this Summer. It had always been on our "Things we would like to do" list but seemed more and more impossible as my mobility changed.

Until last year visiting Pompeii in a wheelchair would have meant following a disappointing trail around the outer perimeter of the town. Even though the location is flat, the foot high curbs, and stepping stones

provided a perfect barrier for people with walking sticks or wheelchairs. This has all changed with the clever provision of ramps that make it possible to get to the forum and the heart of the town. A number of villas also have ramps that not only enable wheelchair access to most of the rooms and gardens but also minimise the wear and tear of ancient floor surfaces by walking traffic.

Naturally it is an ancient monument and some of the pavements are a little rough, so if you are unsteady walking I would advise using a wheelchair or scooter. You need to be a little adventurous, and occasionally have a little help, but the place is unique and well worth a few difficulties.

Photo Competition

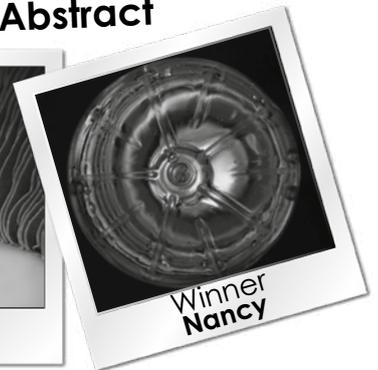


Bryn wrote this about the winning photo:

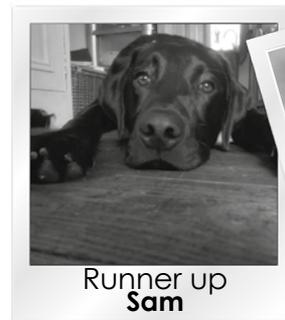
This photo was taken in Edinburgh Zoo mid June. It was a cold damp day so most of

the wildlife was sheltering, except for one of the otters who was laying on his back tossing a rock from paw to paw. This photo is of his 3 siblings watching in awe of his incredible skill! Having had no photography training it was a luck of the moment shot so I'm amazed it turned out so well.

Abstract



Animal



Happiness



Seasonal



Photography Workshop

On Wednesday 20th September the NMC held it's very first Photography workshop. The workshop was delivered by one of our service users, professional photographer, Mike Brown. Mike covered a wide range of photography related subjects; from photographic history, all the way through to technical matters and pressing the shutter and looking at the final image. Six people attended the workshop that day. The workshop was very well received as we got some great feedback from the attendees. We are hoping to deliver more Photography workshops and/or courses in the near future

We would like to thank Mike Brown for delivering such a great workshop for our service users at the NMC



Owning a Dog

by Karen Pritchard

Owning a dog can help you become more motivated to exercise every day.

On those days when it might be easy to skip a workout, looking at your dog standing by the door waiting to go for a walk can give you the push you need to get out there. Taking your dog for a 30 minute walk every day can greatly improve your health.

You'll feel less stressed.

There have been lots of studies that have shown how dogs decrease stress levels. Petting your dog, playing with your dog, and simply watching your dog can reduce your stress each day. Research shows that dog ownership reduces stress hormones and the effects usually outweigh the stress caused by caring for a dog.

Your social life may improve.

Not only does walking your dog help you to get exercise, people are more likely to stop and talk with you when you're walking a dog. Going to the dog park or taking your dogs to run errands can also lead to strangers striking up conversations with you about your dog.

You may detect cancer sooner.

Dogs have an amazing sense of smell. Many dog owners have reported their dog sniffing, licking, or nudging spots that later turned out to be cancerous. One of the unexpected benefits of having a dog may be that it could even save your life by helping you to detect cancer.

Your kids will be less likely to have allergies.

Children who are raised around a dog are less likely to have allergies. In fact, living in a home with a dog can help kids grow up to have an increased immunity to pet allergies later in life.

Your heart will be healthier.

Studies have shown that petting a dog lowers a person's heart rate. Therefore, dog owners are more likely to have a healthy heart. In fact, some research has shown that dog owners are much more likely to survive a heart attack compared to non-dog owners. Male pet owners in particular tend to experience a reduced rate of heart disease.

You're less likely to feel depressed.

The benefits of dog ownership extend to your mental health as well. Dog owners are less likely to be depressed. Dog owners who have been diagnosed with clinical depression aren't likely to be as depressed as other people. Caring for a dog helps relieve symptoms of depression and encourages people to be more positive.

You can grow old gracefully.

Dog ownership benefits elderly people in many ways. Alzheimer's patients have fewer outbursts when there is a dog in the home. Caregivers of elderly patients report less stress. Dogs offer wonderful companionship for the elderly as well.

Your risk for general illness decreases.

Dog owners experience fewer health problems. Dog owners tend to have lower triglyceride and cholesterol levels compared to non-dog owners. Dogs expose their owners to a lot of germs, which can help build up a human's immunity to disease. As a result, dog owners get sick less often and less severely than non-dog owners.

You'll feel safer.

Dogs can be an effective home security system. Studies show that barking dogs deter burglars. Just knowing that you've got a dog who can use its keen sense of hearing to detect anyone prowling around can help increase your sense of security, which is good for both your mental and physical health.

Painting by Numbers

by Lee Herbert

I'm really enjoying my new hobby of painting.

My friends had stopped going out to the pub so I found myself at a loose end and wanted to keep my mind busy.

I went along to Hobbycraft to have a look at what I could take up and I thought painting by numbers was a good option although, I did have my doubts I could do it as my hands are weak. I take my time and have regular breaks. More detailed pictures can take up to three months for me to

complete but others usually one to two months.

I have sold one of my pictures on the NMC craft table and also enjoy giving them to family members once complete.

This hobby is a very rewarding experience and I'm looking forward to doing more of them in the future.





Well Done NMC Volunteers!

What an honour! Thursday 19 October 2017 marked a special milestone for the NMC with a formal presentation of the Queen's Award for Voluntary Service by HRH The Duchess of Gloucester, accompanied by the Lord Lieutenant of Cheshire David Briggs.

The Queen's Award for Voluntary Service (QAVS) is the highest award given to local volunteer groups across the UK to recognise outstanding work done in their own communities. It is the MBE for volunteer groups, created in 2002 to celebrate the 50th anniversary of The Queen's accession and winners are published in the London Gazette on 2 June each year. The Award now takes pride of place at the NeuroMuscular Centre for all to see.

Our able, enthusiastic and energetic volunteers have deservedly been recognised for the huge social, economic and environmental benefits they bring to everyone in the NMC community. Quite honestly, we couldn't manage without them!!

Our volunteers are an integral part of the NMC. They can be spotted both up-front and behind the scenes organising, fundraising, working in the centre, crafting, gardening, catering, baking, rattling collection tins, publishing One Voice, running stalls, marshalling, supporting clubs, helping in a myriad of ways at our big money-raising events. This amazing band is always there when needed, doing whatever they can to ensure the NMC thrives.

The Queen invited Matthew Lanham our Chief Executive and Sarah Kelly co-founder of the NMC in 1990, to one of her Buckingham Palace Garden Parties this summer in recognition of winning this prestigious Award. Sadly, Sarah was unable to go but Matthew tells us he had a wonderful time and enjoyed rubbing shoulders with the royal family as well as sampling the famous cucumber sandwiches.

On the day it was pouring with rain, but this didn't dampen the anticipation and enthusiasm of all who attended the presentation given by HRH the Duchess of Gloucester. Although the weather meant that she arrived a little later than expected, she would not allow her visit to be hurried. She spent time visiting all parts of the Centre, talking to as many as she possibly could whilst taking an interest in all that goes on there. She was given a 'flowerpot man' made by the 'men in the shed', and even made some purchases from the craft stall. After the presentation she was much taken with the cake which was donated by Terence Hardman.

Thanks go to all who helped to make the day such a huge success, including those who helped to make the grounds look so lovely (even in the rain!), and also for the food and drinks provided for the occasion.



It's been quite a year for the NMC.....

I was just... But now I am

by Mike Brown

Many will know the conversation you have with a new acquaintance.

"Hello my name's Bob"

"Hi, I'm Mike.... Etc"

"So Mike where do you work?"

"I was just (Fill in the occupation to taste), before the embrace of MD took hold!"

So it was with me, FHSD stripped away both of my jobs and I was left without any form of useful occupation. So it was for some time but it gradually dawned on me that I could not let it continue, I needed to add some value, some purpose to my life. Thus I embarked on becoming a qualified drone pilot.

I have been flying drones for some time, but it became quickly obvious that if I wanted to do something other than fly down at the local beach, then I must be qualified, especially if my dream of combining the flying with helping wheelchair bound folk was to become a reality.

It is not cheap, but thanks to a legacy from my parents I was able to start upon the study, which is considerable. Apart from flight practice there was much to be studied in preparation for the Ground School. This was organised as two days away at an airport hotel

studying all that you need to fly a drone safely. This was to include principles of flight, reading air maps and ground maps, safety, air law, meteorology. A very extensive list. At the end of the two days we had to sit an exam which required an 80% pass mark, otherwise you would have to do it all again. Needless to say I passed, but it was really quite daunting taking an exam at my time of life. I thought I had put all that sort of thing well behind me. Whilst this was happening I also had to write a 45 page Operations Manual, to show how I will undertake flights. More was to come though as I also had to do the dreaded flight test, to show that I could actually fly and not just know the theory.

I thus embarked on many weeks of practice building up to the day of the test. The practice was to try and emulate all the manoeuvres that I was to be tested upon.

These included flying in a square, and stopping at each corner, hovering until told to move on to the next leg, then doing the same at the next corner. Really easy you might think until I tell you that I had to do that in a force five wind (around 15 – 20 mph) and without computer control!.

Flying up and down at 45° angles, navigating to a distant point and back again. The last part was a little more challenging as I had to spin my aircraft until the examiner told me to stop and then bring her home without looking at the screen by working out from her movements which way she was pointing.

There were lots of other exercises to do. But I managed to pass, and I am now a qualified drone pilot, actually I have a Permission for Commercial Operations from the Civil Aviation Authority, meaning I can charge money for any work I do. As it is all for charity, they will benefit not I.



Continued Overleaf...

I was Just... But now I am Continued...

There is of course, a lot more to doing the course and indeed the job, than I have sketched out here. But more importantly now I can say, "I am a Drone pilot" and no longer have to say "I was just.....".



The course, and the flight test would not have been possible without the help of my wife/carer, Angela, who was enlisted as ground crew for the test and will be with me on all our upcoming flights. We are back to the partnership we forged when we were wedding photographers together, another plus.

I am hoping to use FPV (First Person View) goggles to give disabled folks the chance to be in the 'cockpit' of my aircraft when it is flying to get a real experience of being in the air. I am also working on a routine to let the aircraft become a roller coaster so that ground bound folk can experience the thrills of those ubiquitous fairground rides. There are also lots more things that can be done and I am hoping to be able to introduce them as time goes by.

As you will see from the photographs you can do all of this sat down, on a chair or in a wheelchair it doesn't matter. Now, for once, as a disabled person, I can truly say the sky is the limit. Some of my drone pictures you may have seen in this journal recently, others you can find on my website <https://mikeeaa6.myportfolio.com/projects>. Take a quick peek and see what is possible.

One Voice, Your Voice

The next edition of One Voice will focus on the role of carers. If you help someone manage their needs as a partner, family member, friend or paid carer, we would like to hear about your experiences. This includes your experiences of the NeuroMuscular Centre and things that have helped you, or would help you.

In future editions we want to cover volunteering at the NeuroMuscular Centre. The Queen's Award for Voluntary Service, recognised the army of volunteers, whose work often unseen, gives so much to the life of the centre. We would also like to acknowledge the range of activities and highlight opportunities to get involved. If you volunteer we would like to hear your story.

Please get in touch if you could write an article or just have some useful information

Would you like to be involved with One Voice? If you think you would like to help in any way or can offer some helpful advice or useful expertise, please contact jon.mcvey@nmcentre.com

Titans Update

by Mark Chapman

NMC Titans are progressing well and we have dealt with our first competitive games with the strength and determination to succeed.

We put in a lot of hard work in training to get to this point and it was a proud moment for me to see us play so well because I know how hard it is to play your first game.

When I played my first matches for Sale United back in 2008 we lost over 10-0 each time and over time we started to get the score lower and lower, then we managed to draw and eventually we started winning. So for the Titans to win our first two games is fantastic and I just can't wait to carry on with our amazing journey.

Our first fixtures were in Liverpool in September. The first game was planned to be against Oldham but down to unforeseen circumstances they only had two players so we were given an away walkover (an automatic 3-0 win), which with powerchair football being 4-a-side would be quite difficult for them and we would have had an unfair advantage.



We had six players with us we lent them two of our players and we played a friendly with them, the Titans won 2-0. The second game was also a friendly against Greenbank's Development team and we won 2-0.

Our next fixtures were in Rochdale in October. The first game was again against Greenbank's Development team we beat them 8-2, James scored 2, Dom scored 2, Pete scored 1 and I scored a hat trick. The second game was against Manchester City we unfortunately lost 2-0 but we played really well and it was our toughest test

yet. They were a much better team than we thought but we shouldn't lose heart and we can draw a lot of positives from it. We have learnt a lot about what went wrong and what we can do better in our next

games. Dominic

Morgan got man of the match for both games, congratulations to him for his top-drawer performances that we have come to expect.

Our next fixture is going to be on 15th April. The first game will be against Manchester United and the second game will be against Sale United. We've been training hard in preparation for these games and we can't wait to put what we've practiced into action.



A Peek Behind the Scenes...



Everyone knows the NMC has a brilliant team running its affairs, working flat out at all hours to provide a wide range of services for its growing number of users, carers and families.

Behind the scenes there's a quiet army of volunteers who beaver away enthusiastically in a huge variety of roles. (OK, some of them are anything but quiet!!).

Among that army of volunteers are the NMC's eleven trustees (four of whom are users) plus secretary to the board Hannah Langford, also a user. They are a hand-picked bunch, chosen for their wide mix of experience and knowledge relevant to the NMC, including health and business, charity law, strategic planning, systems, admin and finance.

The trustees meet formally every quarter with Chief Executive Matthew Lanham and Operations and Finance Manager Ben Dale. Their role is to oversee the NMC's affairs, working closely with the management team to ensure the NMC meets legal, financial and operational commitments and plans properly for the future.

The Trustees are proud to be part of the team of volunteers contributing to the NMC winning the prestigious Queen's Award for Voluntary Service this year.

It's reassuring to report that the NMC continues to thrive profitably, efficiently expanding its facilities and services, winning awards, enhancing its reputation as an exemplar of best practice, expanding its services and increasing the number of users.

Despite being a tough time for charities it is heartening that the NMC is doing so well and everyone involved is keen to provide an even better service and

more activities.

So - if you have any ideas for improvements, would like the NMC to try something new, or would like to explore some thoughts, then let Matthew or one of the team know – or write to the trustees via the centre. Your ideas would be most welcome!



Dates for your Diary

NMC's Upcoming Events!

- One Voice Live - Carers, 14th and 15th February
- Gin Tasting, Friday 23rd February
- Quiz Night at the Grange School, Friday 2nd March
- Easter Bunny Run, Saturday 24th March
- London Marathon, 22nd April
- Great Manchester 10k Run, 20th May
- An Evening of Jazz, Wednesday 27th June
- Live in the Park at Arley Hall, Saturday 14th July

NMC Titans - Match Dates

- 11am, 15th April, vs Manchester United
- 1pm, 15th April, vs Sale United
- 11am, 6th May, vs Bolton Rockets

Mindfulness

Current program of mindfulness sessions is full but if you are interested in future sessions please contact Denise Boyall.

Editorial Team

Moyra Byron, Mark Chapman, Karen Pritchard, Sanjay Vaja and Jon McVey

Thank you to everyone who has helped and contributed to this edition!

Next Edition

Our next edition will focus on carers. If you support someone with a neuromuscular condition as a family member, friend or as a paid carer we would like to hear from you. Tell us your story or about something you have found helpful or come and talk with us at our next One Voice Live Event on the 14th and 15th February 2018. Please contact jon.mcvey@nmcentre.com. Deadline date for articles is Friday 23rd February 2018.



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www.facebook.com/NMCentre

Other Events

Naidex

25th and 26th April
NEC Birmingham.

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naidex.co.uk

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motability.co.uk/news-views-and-events/one-big-day/the-big-event/

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