

# OUR VOICE

The News Briefing of  
The NeuroMuscular Centre  
May 2019

## INTRODUCTION

Spring has sprung at the NMC, the famous weeping willows have received a haircut and transformed into the magnificent willow stag under their boughs. New beginnings seem to be a recurring theme with several 'firsts' so far this year.

NMC's very first **Comic Jam** proved very popular with some superb efforts made with costumes! Congratulations to Peter Marley, who won the Illustration competition. Thanks to James Taubman for organising. February's 'Muscle Month' was a huge success with participation in a diverse array of activities from the highly competitive Wii fit challenge to the more sedate seated **Qigong Tai Chi** - an ancient system of exercise involves three key aspects: breath, movement and Yi (mind). The benefits include increased energy, immunity and better balance. Ask Sandie about future sessions.



In March over 25 people actively participated in cookery demonstrations held to build confidence in the kitchen.

Workshops covered a range of cuisines and showcased some useful gadgets too. If you would be willing to do your own cookery demonstration, email [toni.abram@nmcentre.com](mailto:toni.abram@nmcentre.com), or pop into Training and Development.

Also, in March, our inaugural Volunteer Appreciation Day celebrated the vital contribution volunteers make to the success of the NMC. Huge congratulations to fantastic volunteers **Marilyn** and **Bill Atkinson** for winning one of the Winsford Town Mayor's Oscars for 2019 for their outstanding commitment and contribution to NMC over the years.

On the 1st April, NMC celebrated its 29th birthday and plans are now underway for a big celebration as we enter our 30th year.

The fundraising team would like to ensure all volunteer time is recorded. Please e-mail [teresa.tansey@nmcentre.com](mailto:teresa.tansey@nmcentre.com) with details of your volunteer hours to help reach our target of 30 volunteer hours a week between now and the big day next year.

Finally, our first ever feedback survey is open (until end of May) for your comments. This is the 4th edition of Our Voice and your thoughts so far would be appreciated. A short anonymous questionnaire can be accessed via: [www.surveymonkey.co.uk/r/DY9BVQX](http://www.surveymonkey.co.uk/r/DY9BVQX). Paper copies are also available.

SARAH LALIEU



# OUR VOICE

## TRAINING AND DEVELOPMENT

**NMC Training and Development run courses and workshops for anyone diagnosed with a neuromuscular condition.**

The department offers an alternative education option, open all year excluding Christmas. Study is highly flexible and provided at no fee. It offers a route for those wanting to enter the workplace, go onto further education or simply for those wanting to learn for personal development. Some ex-students now work in NMC **Design+Print** and others have followed different paths depending on their goals.



### Courses

Courses include graphic design (level 1 - 3), animation, music, life skills and skills for work. Taster sessions are available allowing prospective students the opportunity to try a range of specialist equipment and software. All courses can be tailored for individual specific requirements but if you'd rather bring in your own laptop or equipment these can be accommodated.

### Workshops

Every year the department run a series of ad hoc workshops on a huge array of topics. Led by members of the community, we are always looking for ideas that will engage new audiences. Past workshops have included pottery, gaming, 3D printing, cooking, blogging, photography, card making and pebble painting. Other opportunities include:

- Bushcraft (outdoor learning)
- Duke of Edinburgh's Award ([www.dofe.org/](http://www.dofe.org/))
- Gaming events (past events have included Wii and Fifa)
- Titans (wheelchair football)



### Taster Sessions and Distance Learning

Can't decide if you want to get involved? You can try a taster session. Can't get to NMC or want to study at home? Some of our courses are available as a home study option.



The training and development team thrive off meeting and supporting new people with neuromuscular conditions and empowering our community to flourish. If you have a skill or idea you would be willing to share, please get in touch and for further information email [kay.briggs@nmcentre.com](mailto:kay.briggs@nmcentre.com).

**By Kay Briggs and Toni Abram**

# ASK ME!

## Accessible vehicles

Personal mobility is a vital aspect of independence but choosing the right vehicle for you can be a daunting prospect. We have so much 'life experience' here at NMC and it is great way of how people can help each other. Whether it is sharing info about a hoist, a Wheelchair Adapted Vehicle (WAV) or adapted controls there is someone at NMC who has personal experience that they would be happy to share.

A database of vehicles owned and leased by the NMC community is being developed and If you



would like any information or to share details about your own vehicle with others there are forms available from NMC Support Team.

Please contact Andrea if you would like more info: [andrea.duckworth@nmcentre.com](mailto:andrea.duckworth@nmcentre.com)  
Also worth considering is The Motability Scheme whereby you can exchange your mobility allowance to lease a new car, scooter or powered wheelchair: [www.motability.co.uk/about-the-scheme/](http://www.motability.co.uk/about-the-scheme/)

## GROOVY GADGETS

This month's suggestion is courtesy of Paul Orme and is an inverter for use to charge electronic devices, including ventilator machines whilst driving.

### Inverter-Emergency Charger

The inverter plugs directly into any 12V cigarette lighter socket with no additional wires or assembly required and can provide extra peace of mind to charge batteries on long car journeys or those unexpected delays. Prices vary, the models shown range from £18- £30 at Amazon.

Do you have a gadget that you'd like to recommend? If so, please email details to [sarah.lalieu@nmcentre.com](mailto:sarah.lalieu@nmcentre.com)



## CLUB CULTURE

### The NMC Titans powerchair football team meets every Monday at 3pm for training.

We compete in the Northwest Powerchair football league. So far, we are doing very well competing

with all the teams in the League. Their next matches are on the 12th May and 2nd June both of which are at Smithills Sport centre in Bolton. The team uses specialist sports chairs to play which are much faster and more sensitive

to control. If you fancy giving it a go you can come and try out at any of our training sessions. It is an amazing team and a wonderful group of players with a wide range of age and ability, so the atmosphere is very conducive for fun and learning!



# OUR VOICE

## WHAT'S ON!

The following events and activities are taking place at the NMC and beyond over the next few months.

**Friday 3rd May**  
**Read and Connect book club**  
**11.30 at NMC**

**Thursday 9th May**  
**Canal Boat Trip**  
**Contact Andrea**

**Wednesday 15th May**  
**Connect Up - drop in @NMC**  
**Employment workshop**

**Friday 17th May**  
**Mamma Mia**  
**-Outdoor Sing-Along Cinema.**  
**8pm, Marbury Park, Northwich**  
**Tickets £10 from fundraising**

**Saturday 25th May, SOLD OUT**  
**Theatre Trip 'Grease', Northwich**  
**2pm – contact Andrea**

**Tuesday 28th May**  
**Fishing Trip, Middlewich**  
**Contact Andrea**

**Friday 31st May**  
**Connect Up – Keeping Yourself Well @NMC**  
**Good respiratory health, choking and falls prevention**

**Friday 7th June**  
**Read and Connect book club**  
**11.30 at NMC**

**Saturday 13th July**  
**Live in the Park**  
**Arley Hall**  
**Tickets from fundraising**

Interested in any of the events or activities? Please call 01606 860911 or email [andrea.duckworth@nmcentre.com](mailto:andrea.duckworth@nmcentre.com) to book your place or for more details.

## TEAM NEWS!

**The team at the NMC always go the extra mile, sometimes quite literally.**

Teresa, our Events Manager in Fundraising, is running the London Marathon and would really appreciate your help to reach her target of £1500 which will help continue the incredible work at NMC.

You can donate through the Virgin Money Giving link, or on Teresa's sponsor form at reception. Thank you!

[uk.virginmoneygiving.com/teresa-tansey-SAVMLMBONDS3332019-158204](http://uk.virginmoneygiving.com/teresa-tansey-SAVMLMBONDS3332019-158204)

### **Volunteering - The NMC needs YOU!**

We still need volunteers to help us out at the Cholmondeley Castle Triathlon on 22nd-23rd June. This is a great opportunity for NMC, as we will receive a generous donation per volunteer. If you can give even just half a day at this event, the fundraising team would really appreciate it!

**Thank you to our supporters.**

In March Pryors Hayes Golf Club hosted a 'Fabulous Fundraising Ball' organised by the wonderful Donna, Deb, Linda and Emma a.k.a. the Ocroft Ospreys. Supported by many generous friends, they raised over £11,000 for NMC.



*YUMYUM CAKE!*

## 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](mailto:sarah.lalieu@nmcentre.com)



@NMCentre



[www.facebook.com/NMCentre](http://www.facebook.com/NMCentre)

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