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NMC NEWS

Summer 2019

Welcome to NMC's Summer News! And what an action-packed calendar of events and activities we've had.

Highlights include an incredible 23rd Spirit of Christmas at Chester Cathedral which raised a wonderful £34,364, a Fabulous Fundraising Ball in March at Pryors Hayes Golf Club which attracted 186 guests and raised a whopping £11,000, our 'Big Give' initiative which raised a staggering £27,000 (within just a week!) and tons of popular workshops delivered at NMC including African Drumming, cooking, Tai Chi and free haircuts! More on these in the coming pages.

There's lots to look forward to over the coming months, with Live in the Park

at Arley Hall in July set to be another memorable evening of fantastic live entertainment, a Mamma Mia singalong cinema experience at Marbury Park, plus the return of our much-loved Wag n' Walk sponsored dog series. Our diary dates are at the back of this newsletter.

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A huge thank you to everyone that supports NMC... this all allows us to continue providing crucial services

A huge thank you to everyone who supports NMC. Whether you've given a donation, your time, brought us your skills or attended an event – this all allows us to continue providing crucial services and support to people affected by a neuromuscular condition.

The Fundraising Team 🌟



Fabulous Fundraising Ball



The stunning Pryors Hayes Golf Club in Tarvin played host to a Fabulous Fundraising Ball in aid of NMC, organised by trustee Donna Okell and her friends Deb Roberts, Linda Devereux and Emma Coxon a.k.a. The Oscroft Ospreys.

Guests were treated to a superb evening of fine dining, dancing and fundraising. Keynote speakers were former NMC employee Millie Hawes; a recent law graduate who now lives and works in London and accesses NMC's services, and our Chief Executive Matthew Lanham. The evening included a luxury auction, gift tree and raffle, concluding with superb entertainment from renowned local band The Saga Louts. Tickets sold out in a matter of weeks, with an amazing 186 attending.

The auction prize donations were truly exceptional and included some money-can't-buy experiences such as 'an exclusive opportunity for two people to enjoy full hospitality at The Goodwood Festival of Speed (kindly donated by Mr Mike Punter), a holiday for four to Anglesey (Sykes Cottages) and two British superbike tickets with

MCAMS Yamaha team at Oulton Park (James and Tina Slater).

Donna and her friends have been amazing supporters of NMC for years, and in 2017 were part of a team of 18 cyclists that pedalled the length of Ireland and raised over £35,000! This year, they are taking on the Yorkshire Peaks in an attempt to hike almost 40km in 12 hours.

NMC would like to thank the Oscroft Ospreys and everyone involved for their tremendous support. We are hugely grateful to all of you for buying a ticket to this event, your generosity on the night and to all the fantastic organisations that donated prizes. An incredible £11,000 was raised!

To read more about the fabulous fundraising efforts of the Oscroft Ospreys, please visit www.justgiving.com/fundraising/donna-okell

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NMC would
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support



Easter Bunny Run

Our Bunny Run at Blakemere Village attracted over 50 participants and has raised over £1,000 so far, with more sponsorship still to come!

Hidden along the 5km woodland route were 100 Easter eggs to find, and participants were treated to goody bags full of chocolatey treats upon completion. Huge thank you to everyone for taking part, and to our fantastic volunteers who marshalled the route and signed up participants.

New for this year, we are holding a Halloween fun run! This will be a 3km route in Winsford park on Saturday 26th October.

Volunteer Appreciation Day

We celebrated all the incredible volunteers that support NMC by holding a party in our Events Space.

More than 40 wonderful volunteers were able to join us, where they were greeted with a glass of fizz, a slice of cake and a goody bag. The highlight was the Mayor of Winsford surprising long-standing volunteers Marilyn and Bill Atkinson by presenting them with a Mayor's Oscar award, recognising their outstanding contribution to NMC. We simply wouldn't be able to continue our work without you. A heartfelt thank you to all our volunteers for all their hard work and commitment to NMC. Forthcoming volunteer opportunities are within the diary dates at the back of this newsletter.



Thank

You

To all our amazing volunteers,
everyone that has donated,
attended an event, raised money,
brought their skills to NMC and
spread the word about what we do –
we really appreciate everything you do!

Here are just a few of the amazing people who have supported us recently:

All the volunteers who supported
Spirit of Christmas at Chester
Cathedral. We raised over
£34,000, which simply couldn't
be achieved without all the people
that give up their time for us.

Donna Okell, Linda Devereux,
Deb Roberts and Emma Coxon
a.k.a. the Oscroft Ospreys for
holding a Fabulous Fundraising
Ball in aid of NMC and raising
an incredible £11,000.



Everyone who
supported the Big
Give initiative, which
was generously matched
by Garfield Weston and
raised over £27,000!

Could you spare 2 minutes this week to nominate NMC for a donation of £1000?

Ecclesiastical Insurance have officially launched their 'Movement for Good' awards, in which they're pledging to donate £1,000 to 500 charities.

To nominate NMC for one of these awards, simply follow the link before Friday 17 May, head to 'nominate now' on the right-hand side of the screen, and fill out the form. NMC's registered charity number is 1023606.

Thanks!

www.ecclesiastical.com/movement-for-good

Rod Birchall for being our wonderful Quiz Master at our annual Quiz Night in March. We raised a brilliant £2,600.



Marilyn and Bill Atkinson, long standing and amazing volunteers who won a Winsford Town Mayor's Oscar for their voluntary commitment to NMC.



- Julie Santos from Go 2 Telecom Ltd who has donated an incredible £1,000
- Everyone who has donated seeds, plants and cuttings in support of our Gardening projects
- Cheshire Live for delivering a series of African Drumming workshops at NMC
- The volunteers who helped at our collection at Tesco in Crewe in March. We raised £161.61
- Mike Meakin and Terence Hardman for their hard work preparing food for our Quiz Night
- Katherine Avery for giving up her spare time to make the new NMC website happen
- The wonderful Josette for giving free haircuts as part of our Health and Well-being week at NMC
- Everyone who has supported the cooking demonstrations at NMC
- Our wonderful Craft Club for creating and selling a range of handcrafted items at Christmas stalls across Cheshire
- Cllr Gina Lewis, Mayor of Winsford, for attending our Volunteer Appreciation Day
- Sarah from Twig Twisters for weaving our Willow tree into a beautiful stag
- The volunteers that collected at Stoke City F.C. and raised a fantastic £211
- Vicars Cross Golf Club for making NMC their Charity of the Year and for raising a whopping £1,525
- Crewe Rotary club for supporting our collection at Crewe Alexandra FC and helping us raise a magnificent £280 in half an hour!
- All the wonderful volunteers who helped at our Easter Bunny Run

Therapies Team Update

NMC now holds monthly welcome days, for groups of 20 people who have recently been referred for Physiotherapy and are awaiting initial assessment, as well as families and Carers. This is a fantastic opportunity for people to meet others with neuromuscular conditions, to be introduced not just to the Therapies team but also the wider NMC team, and to find out more about the services and opportunities we offer at NMC. Feedback has been extremely positive from staff and visitors alike, with many commenting on the buzz around the Centre that these Welcome Days create.



OVER THE COURSE
OF A YEAR,
NMC PROVIDES

9,372
HOURS OF
TREATMENT

WE TREAT
4 7 2
PATIENTS
FROM ACROSS
73 CLINICAL
COMMISSIONING
GROUPS



THE SPIRIT *of* CHRISTMAS

NMC once again took over Chester Cathedral for Spirit of Christmas 2018, hosted by our President Matthew Kelly.

Now in its 23rd year, Spirit of Christmas is an established event in the diaries of many people in Cheshire, and really does begin Christmas for those that attend.

We were treated to beautiful music from Abbey Gate College Chapel Choir, Frodsham C of E Primary School Choir and Roberts Bakery Brass Band, along with fabulously festive readings from well-known actors of stage and screen including Maggie Ollerenshaw (Last of the Summer Wine, Open All Hours), Daniel Weyman

(Silent Witness, Foyle's War, A Very English Scandal), Pippa Haywood (Bodyguard, Death in Paradise) and Ian Puleston Davies (Coronation Street, Waterloo Road).

We would like to thank everyone who supports this event by buying a ticket, volunteering, and of course the incredible performers for giving up their time for free- we raised a fantastic £34,364!

Spirit of Christmas 2019 will take place on Friday 29th November and tickets will go on sale on 1st July.





**Be a member,
be a number,
be a winner!**

For just £1 a week, you can win a weekly prize of £10, monthly prize of £100, quarterly prize of £250 and an annual prize estimated at £1,400!

You will also be raising money for NMC; the Centre of Excellence for People and Families Affected by a Neuromuscular Condition. Simply cut out, fill in and return this form to NMC! All members must be 16 or over.

To join the NMC Lotto please complete the Entry form below and the Standing Order form and return to:

The NeuroMuscular Centre
Woodford Lane West
Winsford
Cheshire
CW7 4EH

Or, if you wish to set up a standing order online, please email your name, contact details and confirmation of your standing order to:

lotto@nmcentre.com

Title: First Name:

Surname:

Address:

.....

.....

Postcode:

E-mail:

Tel:

I am over the age of 16 ☐

Signature:

Date:

We aim to keep you up to date on the developments of the NMC. Please tick here if you do not wish to receive mailings not relevant to the NMC Lotto. ☐

Standing Order Form

Your Bank:

Branch:

Bank Address:

.....

Postcode:

Account Number: ○○○○○○○○

Sort Code: ○○-○○-○○

Start Date:

Beneficiary's Bank:

Barclays Bank Plc, Winsford

Account name: **NMC Lottery**

Sort code: **20-24-09**

Account number: **20099023**

Payment: **£4.33**

Frequency: **Monthly until further notice**

Date:

Signature(s):

36

64

9

27

14



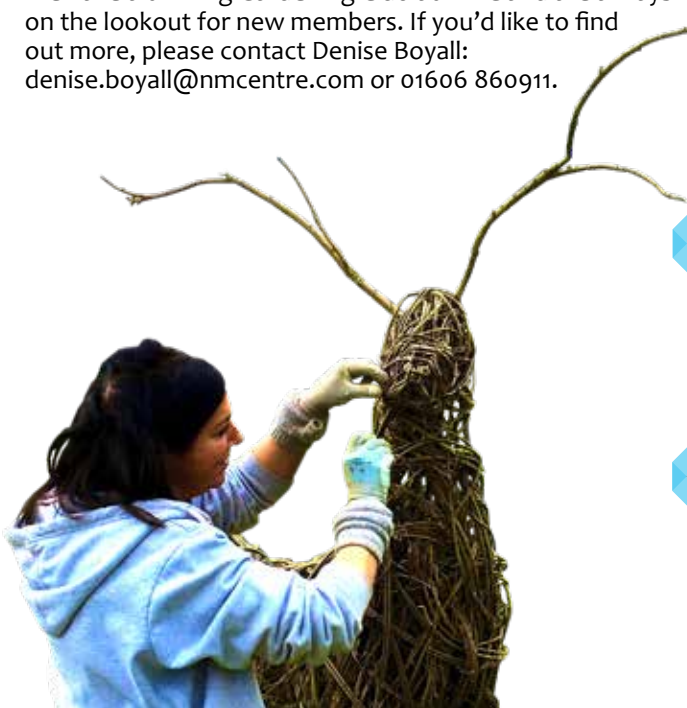


Gardening

We are fortunate to be set in beautiful grounds, and this year we are focusing on developing accessible allotments to encourage those who attend NMC to get outside and experience the benefits of gardening to physical and mental health – by having a technology break, getting fresh air, and experiencing the satisfaction of growing your own plants and vegetables.

Thank you to everyone who has donated seeds and cuttings to get our project started, we are so grateful for your support. In April, we held a seed planting workshop in celebration of National Gardening Week and are planning more throughout the year. We're really looking forward to seeing the fruits of our labour and are hoping to be able to cook some of the vegetables at our popular cookery workshop series.

We have a thriving Gardening Club at NMC and are always on the lookout for new members. If you'd like to find out more, please contact Denise Boyall: denise.boyall@nmcentre.com or 01606 860911.





Connect Up has been tackling social isolation and loneliness in people over 50 in association with Brightlife since Summer 2018. We create support networks where information and advice can be shared between those with a neuromuscular condition, their families and Carers.

Generously supported by Brightlife, we have been able to organise days out, internal events and workshops where new skills can be learnt, friendships made and most importantly; people can have fun. Connect Up has since become an integral and prominent part of NMC life.

So far this year, we've held a variety of workshops including cooking, bulb planting, African drumming, pebble painting, boccia,

card making, healthy living and employment. Organised events have included theatre trips, fishing and canal boating to name just a few, and we're planning many more over the Summer months! We also hold a book club, Read Connect.

If you or someone you know may be interested in connecting with us, please give us a call on 01606 860911 or email Andrea: andrea.duckworth@nmccentre.com. We'd love to hear from you!



Connect up has since become an integral and prominent part of NMC life





Qigong Tai Chi

During Spring, our Therapies team launched Tai Chi taster sessions at NMC. Qigong is an ancient system of exercise, originally developed in China over 2,000 years ago. The practice of Qigong involves three key aspects – breath, movement and yi (mind)

Qigong is very effective and easy to learn. The benefits include increased energy, immunity and better balance, though many other improvements are reported for physical and mental well-being.

The gentle movements are suitable for people of all ages and abilities, without putting too much stress on muscles and joints, and can be practiced sitting or standing. It is especially beneficial for people with a neuromuscular condition, as it can improve muscular strength and flexibility, balance and reduce pain and stiffness as well as improving overall fitness and increasing feelings of well-being and rejuvenation.

Feedback from these sessions has been extremely positive, with 87% of attendees finding it to be therapeutic and 71% saying they would like a weekly session. Another Tai Chi course will be held throughout the Summer months. If you'd like more information, please contact our Therapies team on 01606 861799.



Bushcraft

NMC has been providing Bushcraft, outdoor cooking and Life skills to over 135 for the past few years. Last year, we worked with Cheshire Outdoors and Cheshire Falconry, who brought beautiful birds of prey to NMC. For this year's series, we are teaming up with Andy Lewis from Wildwood Training.

Our first event of the series took place in April, and was an exciting day of survival which included the construction of a mini woodland shelter and an introduction to the less typical methods of fire lighting.

Bushcraft provides the opportunity to learn new skills and to be challenged – it's so important for our young community to experience what they're capable of. We will be holding more events throughout the coming months, so if you or someone you know might be interested in joining in with our Bushcraft events, please contact Denise Boyall:
denise.boyall@nmcentre.com
or 01606 860911.



People

Up, Up and Away

We held the first of a series of events at NMC, in partnership with RJAH Hospital in Oswestry and Hope House. This was aimed at young people with neuromuscular conditions, their families and Carers, to explore topics and issues that affect their lives. A wealth of information was provided to support choices and transition into adult life, with informative talks from Matthew Lanham (NMC's Chief Executive) and Lorraine Woolley (Transitions Officer, who has been involved with NMC right from the beginning).

Luke Millington, who comes to NMC for Physiotherapy, discussed learning to drive, Fundraiser Paul Baddeley demonstrated adapted vehicles and there were also sessions on work, volunteering and benefits, as well as practical workshops that included music and bushcraft. The group of 9 young people made beautiful bug houses now on sale at NMC.



Creative Expression Sessions

These are aimed at young people wishing to join a small, creative group to enjoy developing presentation skills and confidence within a relaxed environment. The first of these sessions began in April, and will run weekly. Please contact Lorraine: lorraine.woolley@nmcentre.com





Coming Up



Mamma Mia: Here we go again! Outdoor Cinema Singalong

Join us at Marbury Park on Friday 17th May for the 2018 hit jukebox musical romantic comedy film with an all-star cast that includes Colin Firth, Pierce Brosnan, Julie Walters and the legendary Cher.

Five years after the events of Mamma Mia! (2008), Sophie (Amanda Seyfried) prepares for the grand reopening of the Hotel Bella Donna, while discovering more about her mother's past...

You are welcome to bring your own picnics, chairs and rugs and settle down in the lovely park surroundings before being treated to this fabulous singalong screening. Tickets £10. Gates open 8pm.



Live in the Park at Arley Hall

Continuing the Abba theme, our headline act for this year's outdoor tribute show on Saturday

13th July is Abba Rebjörn – the UK's leading Abba tribute act, made up of extremely talented vocalists and superb musicians. With their Swedish accents, tight harmonies, high energy performance, replica costumes and audience participation aplenty, you can thank them for the music, become your best dancing queen and lay all your love to the summer night city that is Live in the Park!

Also performing will be Elly Jarman as Cher and Jake and Elwood's Blues Brothers, with a fantastic firework finale!

Tickets from £17.50. Group discount available.



Autumn Ball at The Mere Golf Resort and Spa

If you missed out on tickets to our Fabulous Fundraising Ball at Pryors Hayes Golf Club back in March, don't despair as tickets are now on sale for our Autumn Ball on Saturday 5th October!

This will be our 2nd annual ball, and promises to be an evening of fine dining, dancing and live entertainment, held at the stunning Mere Golf Resort and Spa in Knutsford.

NMC Training and Development continues to offer more exciting opportunities.

Our Graphic Design syllabus now includes a Level 3 course, delivered in association with NMC Design+Print, which specifically focuses on smooth transition into the workplace. This course is designed with future employment in mind, offering hands on experience of working within a commercially successful Design team in the form of a work placement, along with developing all the necessary skills and software experience to thrive in a career in Graphic Design.

Taster Sessions

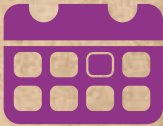
Can't decide if you want to get involved? You can try a taster session. Can't get to NMC or want to study at home? Some of our courses are available as a home study option. All courses can be tailored for individual specific requirements, but if you'd rather bring in your own laptop or equipment these can be accommodated. To find out more about the range of courses and workshops we have on offer, please contact our Training Tutor Kay Briggs on: kay.briggs@nmcentre.com or 01606 860911.

New Website

NMC Training and Development now has its very own website! This is to provide in depth information about the courses, workshops and events that we have to offer. Take a look and see what you think!

www.nmctraininganddevelopment.weebly.com





Diary Dates

Collection at Morrisons Nantwich Thursday 11th July

We're seeking volunteers to spare a few hours to help us raise funds.

Mamma Mia: Here we go again! Singalong Friday 17th May

At Marbury Park, Northwich.
Sit back and relax in
gorgeous surroundings
while we bring you 2018's
Summer hit.

NMC Goes Fishing Tuesday 28th May

We are looking for volunteer
Anglers.

NMC Open Day Thursday 20th June

Come and see us in action!

Reel Connections Tuesday 14th May

New to NMC - a film
afternoon.

Carers Week 10th-16th June

Details coming soon! Join us
at NMC for a series of events
to celebrate Carers.

Collection at Morrisons Winsford Friday 12th July

If you can spare a
few hours, we'd love
to hear from you!



Bottles Wanted!

For our tombola at
Tarporey Carnival on 13th
July. Pop into Fundraising
or call us on
01606 816733.



Cholmondeley Castle Triathlon 22nd-23rd June

We are looking for
volunteers for a range
of roles.

Live in the Park at Arley Hall Saturday 13th July

Our annual show with tributes
to the greatest acts of all time!
Tickets from £17.50.

Tarporley Carnival Saturday 13th July

NMC will have a bottle tombola!
Donations very welcome please
to our Fundraising team.

Waitrose Northwich Collection Saturday 3rd Aug

We are looking for volunteers to
support our Collection day

Morrisons Saltney Collection Friday 16th Aug

We are looking
for volunteers
to support our
Collection day

Autumn Ball at the Mere Golf Resort and Spa Saturday 5th Oct

Tickets are now on sale
for our annual ball in
Knutsford. £45. A group
discount is available.

Nantwich Food Festival 30th August-1st Sept

NMC has a cake stall and we are
looking for volunteer bakers

Collection at Gordale Garden Centre Sunday 8th Sept

Please contact us if you can spare a
few hours to support our collection day

Wag n' Walk at Marbury Park, Northwich Saturday 14th Sept

Back by popular demand, our sponsored
dog walking series! 2 mile, fully accessible
route. £5 to enter. Includes a fantastic
goody bag for your canine friend.

Halloween Fun Run Saturday 26th Oct

A 3km fun run at Winsford Park. £3
entry for adults and £2 under 16s.

Spirit of Christmas at Chester Cathedral Friday 29th Nov

Begin Christmas with Matthew Kelly
and his friends from stage and screen.
Tickets start from £12.50.

For tickets, or to register your interest
as a volunteer, please contact Events
Manager Teresa: teresa.tansey@nmcentre.com
or 01606 861733

NMC will be turning...



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www.lewisreedgroup.co.uk

In 2020, we celebrate our 30th Birthday and to mark this, we're holding a Volunteer Challenge!

To show how incredible our volunteers really are, we're challenging them to collectively average a whopping 30 hours volunteering per week in house, at collections and at fundraising events. The challenge will end on 1st April 2020 and we are aiming to achieve an enormous 1560 hours! To find out more about how you can get involved, please contact our Fundraising Team on 01606 861733 or visit www.nmcentre.com

This newsletter was designed by our very own design team, NMC Design+Print
Contact them on 01606 863 464

Take a look at our brand new Website... www.nmcentre.com

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

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