

Name: Xander

Age: 15

Duke of Edinburgh: Silver

New Skill: Speak Easy Sessions with the NeuroMuscular Centre in Winsford

The speak easy sessions are about getting together with other people in the group, talking with each other and playing out scenarios that will help us in the future like talking on the phone to important people. Also we do speaking presentations to the group.

By doing the sessions it will make me feel more confident about speaking in public, as I do get stage fright when speaking in a large group.

Physical: Physio Sessions.



During my physio sessions I stand for 40 minutes in my standing frame, I also do stretches and exercises using a stick. The exercises that I'm doing as well as standing are to keep my bones stretched, strengthened and to keep them supple, so I'm able to transfer from my wheelchair for longer and well staying as fit as I am able to.



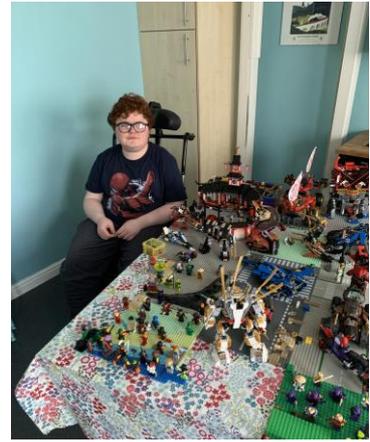
Volunteering: Taking My dog Shelby to the Neuromuscular Centre.

I am volunteering at the NMC with my dog Shelby. He is a very loving and affectionate dog and loves people. I want to make the people using the centre happy and forgot about their condition for a few moments while spending time with a nice dog and being comforted by him. I am hoping this experience will help Shelby become a registered therapy dog when he is older.



## About Me:

My name is Xander. I am 15. I live with my Mum, Dad, my older brother Josh who is away at Birmingham university most of the time and of course my dog Shelby. My main hobby is collecting and building Lego sets. I have 680 sets and I really like building big scenes that turn into big battles.



I like rock music, I have seen the Foo Fighters in concert they were awesome. I have also seen SlipKnot in concert with my big brother, Josh. They were good but the Foo Fighters concert was my favourite.



I like Dr Who and have just recently watched all the episodes from the 2005 series up to the recent series. I have really enjoyed watching them and I rate my experience from 1-10. I also like watching Marvel and Star Wars films and just recently I have watched all them as well.

I like taking Shelby for a walk and playing fetch with him. He really likes playing fetch, he is a really fun dog to have.

