

# OUR VOICE

The News Briefing of  
The NeuroMuscular Centre  
September 2019

## INTRODUCTION

'Tis said that 'variety is the spice of life'; trying different things helps make life interesting and the multifarious activities at the NMC are as varied as the British Summer weather!

In June the NMC team welcomed supporters old and new with exhibitions, talks and the now legendary NMC refreshments. In July the annual **Live in the Park** was another roaring success. A brilliant evening of music, glitter, flamingos (!) and picnicking culminating in a 1970s tastic ABBA tribute band and spectacular fireworks display.

In recognition of the huge contribution that Carers make the **Connect Up** project arranged some treats; a delicious afternoon tea at the stunning Abbeywood Estate in Cheshire and a pampering afternoon with Clarins in Browns of Chester providing massages, facials, fizz, nibbles and fabulous goody bags.



The Connect Up gang enjoyed a trip to the **National Waterways Museum** in Ellesmere Port for a fascinating talk on the Museum's history and tour before (you've guessed it)... lunch! Other Connect Up events included a tasty **cookery workshop** with Lynne Smillie and an informative **holiday workshop** with Travel Consultant Joanne Johnson.

Young people in our community have been taking part in **Bushcraft** sessions and having a go at whittling and wood carving, knot tying, shelter making and first aid (which hopefully is not directly linked to the wood carving!) A great opportunity made possible with funding from FDR Foundation.

**NMC Titans** have a new venue for training at the Brio Leisure Centre in Winsford. Training starts again on 2nd September, sessions will be Mondays 3-5pm. See James Taubman for more details.

**Mindfulness** workshops have been popular and more are planned. Mindfulness has been

proven to help reduce anxiety and stress and enhance emotional wellbeing. Thank you Warrington and Vale Royal College for delivering these sessions. For further info and to sign up, pop into the Training & Development Office.

Do you like to sing? The NMC are starting a **singing group**. If you would like to join in, please sign up with Training and Development. No experience (other than perhaps in the shower) necessary.

Finally, if you fancy a day out, the **National Trust** offers free entry for your companion or carer with their Essential Companion Card. Annual membership for unlimited visits is £72 per year.



**NMC's Recognition Award** scheme is open to everyone in our community. Submit your nomination to Lorraine Woolley along with the NMC "Value this Person" displays – see display in reception for more info.

SARAH LALIEU



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## THE BIG DEBATE

Do you really get all the help you need to live a great life?

The Big Debate was arranged in response to some very serious challenges facing our NMC community caused by cuts, austerity and issues with access to essential support and care (social services and NHS Continuing Health Care). The debate was filmed and is available to view on online: [www.facebook.com/pg/NMCCentre/videos/?ref=page\\_internal](https://www.facebook.com/pg/NMCCentre/videos/?ref=page_internal)



There were passionate presentations from invited guests and members of the NMC community including Lorraine Woolley who spoke about the positive impact of the support she receives to enable her to 'achieve more than she dreamt of'.

Matthew Lanham set the scene by sharing the NMC Care Survey headline results (not happy reading) and highlighted the lack of knowledge amongst assessors and the consequences of the lack of support on both individuals quality of life and their carers.

Professor Luke Clements, the leading Social Care lawyer spoke about the 'Laws of Care' and described the current policy for austerity as 'the most brutal policy for 150 years'. Luke spoke about numerous examples of breaches of legal duty and the need to be prepared for assessment. He provided guidance on where to get help with useful documents available at: [www.lukeclements.co.uk/resources/](http://www.lukeclements.co.uk/resources/)

Alistair Jeffs, Strategic Commissioning Director at the Council, spoke about both the ambitions and pressures faced by local authorities. He presented a 'Graph of Doom' demonstrating the impact of increasing social service costs at a time of falling council income.

Miro Griffiths, sociologist and activist delivered a powerful presentation challenging disabled people to be wary of passivity. There is a role for disabled people and organisations to get involved in discussions and look for 'windows of opportunity' where we can influence to create change.

The NHS were invited but unfortunately declined to attend.

The Big Debate was an extremely thought provoking and informative day which despite the emotive subject matter was conducted with respect and thoughtfulness.



Feedback suggests that people attending now feel more empowered, confident and better prepared to seek the care they require and deserve.

A number of pledges and calls to action were made including to set up an advocacy group and campaigns to enable people to receive the right level of support, change attitudes within society, overcome barriers and be a force for change.

# HANDY HINT

## Holiday Hint by Sarah Lalieu

My idea of bliss is relaxing somewhere warm and sunny with a good book.

One problem though, sunbeds or rather the height of sunbeds tend to be a bit of an issue because they are so low.

Whilst on holiday in Tenerife last year I discovered that if you stack a couple on top of each other they are still stable and it's much easier to get up at the end of a busy day of sunbathing!

Do you have a handy hint you'd like to share? Suggestions to [sarah.lalieu@nmcentre.com](mailto:sarah.lalieu@nmcentre.com) are very welcome.



## GROOVY GADGETS.

### Tramper by Mary Croft

I have a late adult Myofibrillar Myopathy which means exploring the countryside as I used to is now extremely difficult. I have a Supascoota Sport lightweight mobility scooter and it is great for some country paths but for rougher ground I need something more sturdy.

I decided to try out a Tramper on a Tramper Taster Day near my home in Gisburn Forest, Lancashire. It was very easy to manage and was good fun to try out on quite rough ground amongst the forest paths. They are free to use but a donation to the cost of running them is suggested, and of course need booking in advance.

I have since discovered a very good website [www.disabledramblers.co.uk](http://www.disabledramblers.co.uk) which lists sites around the country which have trampers that can be booked for disabled countryside lovers and I will certainly be booking some of them in the future.



## CLUB CULTURE

### NMC Craft Club

Do you share an interest in crafting? Craft Club is a volunteer led group that makes a range of beautiful handmade creations. There are regular meetings and workshops to share their ideas, learn new skills and most importantly; enjoy each other's company with refreshments (of course!).

Whether you're new to crafting or have been making handmade

goods for years, everyone is welcome and included. Some of our crafters sell their creations to raise money for the Centre, and others craft for the sheer enjoyment of it or to give unique gifts to their loved ones – whatever your motivation, we'd love you to join us.

The annual craft FUNDRAISING event is held in the events space for a week (18th - 22nd November) a great opportunity to buy a unique hand crafted

present and support the NMC. Contact [clairejames@nmccentre.com](mailto:clairejames@nmccentre.com) 01606 861 733 for more information.





## WHAT'S ON!

**Tuesday 3rd September**  
Canal Boat Trip

**Friday 6th September**  
Read and Connect  
11.30 at NMC

**Wednesday 11th September**  
Connect Up Drop In at NMC

**Thursday 12th September**  
Super Mario Kart gaming competition  
11am- 3:30pm at NMC  
Contact Lorraine Woolley

**Saturday 14th September**  
Wag and Walk at Marbury Park  
Contact fundraising

**Monday 16th September**  
Reel connections film club  
Fishermans Friend 1pm @NMC

**Tuesday 24th September**  
Clarins Spa at NMC

**Friday 27th September**  
Drop In, Keeping Well Workshop at NMC

**Friday 4th October**  
Read and Connect  
11.30 at NMC

**Saturday 5th October**  
Autumn ball at The Mere Resort and Spa  
Tickets from fundraising

**Wednesday 9th October**  
Drop In, Employing PA's at NMC

**Thursday 17th October**  
Afternoon Tea, venue TBC

**Friday 25th October**  
Drop In, Crafts at NMC

**Saturday 26th October**  
Theatre Trip – 'GHOST'

**18th - 22nd November**  
Craft fundraising event at NMC

**29th November**  
Spirit of Christmas at Chester Cathedral  
Tickets from fundraising

Interested in any of the events or activities? Please see Andrea or contacts listed. Email [andrea.duckworth@nmcentre.com](mailto:andrea.duckworth@nmcentre.com)

## TEAM & SUPPORTER NEWS!

In July we bade farewell to Sandie Wilson as she left NMC after a year as Head of Therapies. In the interim, Bryn Edwards is to take up the role of Acting Physio Manager. Congratulations to Bryn and best wishes for the future to Sandie.

The daredevil antics of our NMC community continued with a number of exciting challenges. The prize for the biggest adrenaline rush must go to Paul Baddeley and Chris Wade who flew a specially adapted plane to raise funds for NMC: [www.justgiving.com/fundraising/christopher-wade2](http://www.justgiving.com/fundraising/christopher-wade2)

At time of writing, amazing Amy, our brilliant fundraising volunteer is preparing to take on Snowdon. Supported by the Physio team, Amy will be taking on this arduous challenge to raise money for NMC and the North West Ataxia Support Group: [www.justgiving.com/fundraising/amyteam-snowdon](http://www.justgiving.com/fundraising/amyteam-snowdon)

Congratulations also to Physio Mark Cornes for completing the Deva Triathlon and thanks to the fantastic NMC volunteers for

supporting the triathletes to raise money for NMC.

Volunteers from Tata Steel Shotton kindly gave up a Sunday to spruce up the NMC grounds. Under the guidance of Mark Woolley and with support from our volunteers they worked like trojans on a number of tasks including completing the paths.

Finally, the Birchall family have done it again! Their annual garden party raised an amazing £2460 for the NMC.

Thank you to all our wonderful volunteers and don't forget to send your hours to Teresa!



## 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)



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