

NMC Connect Up

NeuroMuscular Centre is not a building or just a place for physiotherapy treatment... it is a community. Connect Up represents the best of this: connection, support and friendship.

We have a wide range of activities and specialist groups available to all our NMC community, including anyone with a neuromuscular condition, their family, friends and carers.

At NMC there is something for everyone. If you would like to meet new people, learn a new skill, join us for a day out, share your experiences or perhaps join us for a cup of tea and a chat then you will be very welcome.

We are always open to trying new ideas. Please get in touch if you would like any further information and join in with the amazing community spirit that is so rich at NMC.



NMC Talking Point takes place between 11am - 3pm every Wednesday at NMC in the Community Space.

Staff are on hand to listen and assist with any questions, practical advice or emotional support you might need, including anything related to your life, work or wellbeing.

Anything from training queries, to writing a CV, home adaptations, driving mobility, benefits advice or form filling help or just a chat.

Just pop in, or if you'd prefer to book a private appointment contact Denise or Sarah on 01606 860911

Contact Us

 **Woodford Lane West,
Winsford, Cheshire,
CW7 4EH**

 **01606 860911**

 **connectup@nmcentre.com**

 **www.nmcentre.com**



Registered Charity No. 1023606



**NeuroMuscular
Centre**



NMC Connect Up

What's On September-November 2023



Regular Activities at NMC and online:

Monday

**Mindful Monday Meditation
and self-care**

Get Up and Grow, Gardening Club

🕒 from 10.30am

Tuesday

Shed Club

🕒 from 10am

3D Printing Club

🕒 from 10am on Zoom

Tai Chi in the meadow

🕒 12-12.40pm

Wednesday

**Live Exercise Class with
NMC Therapies Team**

🕒 11:30am on Zoom

Art Group

🕒 2:30pm on 1st Wednesday of
every month, on 2.00pm on Zoom

Wednesday

Poetry Club

🕒 2pm on 2nd Wednesday of
every month, on Zoom

Talking Point

🕒 11.30am-3.00pm
in the Community Space

Thursday

Coffee and Crossword Group

🕒 11am on Zoom

Shed Club

🕒 from 10am

Friday

Coffee and Craft Morning

🕒 10.45am drop in session at NMC

Read and Connect Book Club

🕒 11.30am
on 1st Friday of each month



In addition to our
regular activities
here is what is on:

September

6th Canal Boat Trip

12th Fishing Day

23rd Octoberfest

**Date TBC - First Aid Training -
£10pp**

October

7th Up Up and Away

**Date TBC - Trip to Sefton Park,
Palm House**

Date TBC - Tai Chi (5 week course)

November

4th Craft and Sewing Saturday

24th Spirit of Christmas

