

Inside:

Cricket World Cup

The Big Debate

Open Day

NMC NEWS

Welcome to NMC's Winter News! NMC is such a vibrant, buzzing place to be, with a wealth of activities and events to offer our community.

We had another fantastic tribute concert at Arley Hall in July, raising over £43,000 for NMC and attracting a 1,700 strong audience! We also held our first singalong cinema experience in May, which brought in a crowd of 370 and raised almost £5,000. We've had an exciting calendar of community activities, with our wonderful supporters Annie Fildes and Kate Preston organising a Charity Racing Lunch at Haydock Park, which raised an astonishing £34,000! The incredible Birchall family opened their doors for a Summer Garden Party, raising a whopping £2460 and our cake and craft stall at the



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

Nantwich Food Festival raised over £300.

NMC has been a hive of activity, with our first ever 'Big Debate' in June, our annual Open Day, our Bushcraft sessions aimed at young people with neuromuscular conditions and even a visit from the Cricket World Cup. We're now gearing up for NMC's first ever talent show in October and a busy season of fundraising, culminating in our Spirit of Christmas carol concert at Chester Cathedral. A

huge thank you to everyone that supports us, whether it be giving us your time, skills or a donation. We are truly grateful to each and every one of you!

The Fundraising Team ⚙️

HAYDOCK PARK

A Jockey Club Racecourse

Charity Racing Lunch

We were absolutely overwhelmed that the Charity Racing Lunch at Haydock Park in May raised an astonishing £34,043 for NMC!

More than 200 guests were treated to a wonderful Drinks Reception, 4 course lunch, a luxury auction and an exciting day of Horse racing. We're truly staggered by this total, and the commitment and generosity of incredible supporters Annie Fildes and Kate Preston for organising this tremendous event. From the bottom of our hearts, thank you both so very much! Thanks also to Jason Fildes, Sue Stott and the numerous others who helped to make this event such a success.

To put this phenomenal fundraising into perspective, £34,000 would pay for approximately:

- 18 months of accessible transport provision, bringing staff and students to and from NMC to work, study and access our services.

- 3 years of hydrotherapy pool hire expenses

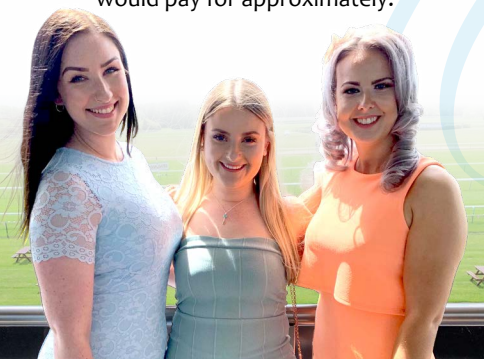
- 5 years of running our Training and Development department

- 6 years of running our Titans powerchair football team

Annie and Kate are Dan Cundall's cousins, who is Head of Design at NMC Design+Print, has MD and has been involved with NMC from the very beginning. Dan is "simply overwhelmed at the generosity of everyone involved. I can't thank Annie and Kate enough for their dedication in creating an event of this scale".

Thank you also of course to the wonderful guests for buying a ticket, bidding on auction prizes, and supporting NMC!

NMC would like
to thank all involved
in this incredible
event. Well
done!





The Big Debate at NMC

On 27th June we held a major event at NMC to expose and to debate the current experiences of our community in relation to NHS Continuing Healthcare, Social Services assessment and provision.

Many in our community are asking for help to get what they feel they need to live a reasonable quality of life. Increasingly they report being thwarted by obstacles and rejection. Many report experiencing assessment interviews that are unpleasant and often bereft of kindness and thoughtfulness.

We wanted to address all these issues and were extremely fortunate that Professor Luke Clements, the leading Social Care lawyer, was able to attend so we could draw on his vast knowledge and experience. We also invited NMC's Transition Officer, Lorraine Woolley, to talk a little about her life and how getting (and accepting) help, care and support has been the key to her enjoyment and fulfilment in so many aspects of life.

Also speaking was Dr Miro Griffiths MBE, a lecturer in Sociology at Leeds University who has a challenging perspective on attitudes to disabled people and how these influence public policy and provision.

It turned out to be a very special day. It was a day when 60 of our community came together for the first time to say enough is enough; particularly in relation to those aspects of public service provision not meeting legal duties. Despite the seriousness of the topics and the emotions that these issues arouse, the day was characterised by respect, courtesy and understanding by all.



At the end of what had been quite an intense day, we all spilled out of the Centre into our glorious NMC meadow to enjoy barbeque and cocktails, where the chatting and the learning continued into the evening in this more informal setting. Huge thanks from us all at the Centre to all those who were supportive and enabling of this event.

Thank

Thank you to all our wonderful supporters for everything you do for NMC!

Here are the highlights from the past few months:

You



Deb, Donna, Linda, Emma, a.k.a. The Oscroft Ospreys for organising a Fabulous Fundraising Ball and taking on the Yorkshire three Peaks challenge, raising over £13,000!

Ian Martin, Head of Disability Cricket for the UK and also an NMC Trustee, for bringing in the actual cricket world cup for us to hold and enjoy many a photo opportunity with!



Andrew Lewis from Wildwood Training for delivering 5 incredible sessions of Bushcraft



The amazing Pat McWilliams for her stunning creations to sell at NMC and the Nantwich Food Festival, which raised over £300.

The daredevils Paul Baddeley and Chris Wade, who flew a specially adapted plane to raise funds for NMC.

Huge thanks to the pilot Norman, to our Physios Liv and Louise for being extremely brave passengers (not that they ever doubted you for a second boys...!) and to Paul Walker for transporting everyone.

Thank You

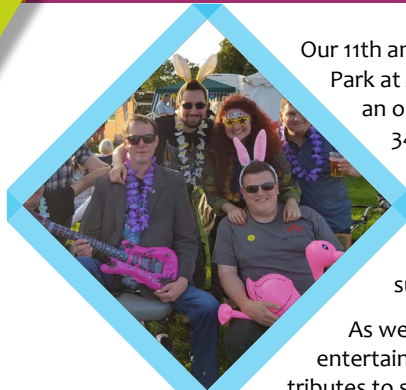
A team of incredible volunteers from Tata Steel Shotton along with NMC's Mark, Lorraine, Pat and Pete, kindly gave up their Sunday to spruce up the NMC grounds. And what a team they were! They cut and cleared brambles, painted the sheds, the Retreat benches and completed the paths to the raised beds in the new allotment.

- We ran a series of cooking workshops this year, which wouldn't have happened without the talents and support of **Lynne Smilie** and **Pat McWilliams**
- **FDR Foundation** for their generous donation of **£600**, which funded our entire Bushcraft season
- **Alex Hutson** for cycling 200km from East London to Dunwich and raising **£272**
- **The Albert Club** in West Didsbury, for choosing us as their Charity of the Year. We held a bottle tombola at their Summer Fete on Sunday 14th July, raising a wonderful **£220**.
- **Warrington Plodders** for taking on a 10km running challenge and raising over **£1,200!**
- Everyone that attended **Live in the Park 2019** at Arley Hall and to all the wonderful volunteers for helping us raise a staggering **£43,346**
- Everyone that got involved with our **butterfly count** and **sunflower competition!**
- **Valerie Bowyer** and **Scott Egerton** for helping at our Collection Day at Waitrose, Northwich and for helping us raise **£132**
- **Elizabeth Cox-O'Hara** for taking on the Kapow 5km obstacle challenge and raising **£100**
- **Liv, Lou, Bryn** and **Emma** for taking on Tough Mudder once again in September!
- **Shrewsbury College Students** for taking on the 3 peaks challenge and raising a whopping **£1291.47 !**
- **Jim Hadfield** from **AJ Fields LTD** and **AWE Cheshire** for arranging Free electrical supply to the storage container for our Titans powerchairs – this will make such a difference to the team.
- **Jacob Johnson** for raising over **£1,000** for NMC via his National Citizenship Service scheme
- **Apex** for making us their charity of the year. Managing Director Chris Hutchings and George Hutchings took on the Welsh 3000 – reached the summit of 15 peaks, over 3000ft, in just 48 hours.
- **Urenco** volunteers for spending 2 full days at NMC – painting sheds, landscaping our fence border, building raised flower beds for our accessible allotments.
- Everyone that has donated **seeds and plants** to us – we've raised over **£500** in sales so far!

Birchall Summer Party

Wonderful supporters Rod, Audrey and Simon Birchall open their home each year to hold a Summer Garden Party, consisting of a delicious BBQ, live music and raffle. This year, they raised a whopping £2,460! Simon is a very valued member of the team in NMC Design+Print and has Physiotherapy at NMC. Enormous thanks to the Birchall family for their support, and to all their guests for their overwhelming generosity.

Live in The Park 2019 Arley Hall



Our 11th annual Live in the Park at Arley Hall raised an outstanding £43,346! A huge thanks to everyone involved for making this event such a success.

As well as world class entertainment from tributes to some of the greatest acts of all time, the audience were treated to a fairground ride, which was brand new for this year, the opportunity to 'get glit' at our fabulous glitter hut and buy a range of merchandise on offer.



We simply couldn't put on an event of this scale without the support of our wonderful army of volunteers! More than 50 people gave up their time to take on numerous roles at the concert including selling raffle tickets and merchandise, stewarding and helping to take tickets on the gate.

We are so lucky to have such talented, committed volunteers that support NMC each year.

All the professional photos from the evening are available on our facebook page:

[facebook.com/NMCCentre](https://www.facebook.com/NMCCentre)

We're already looking forward to next year's concert on Saturday 11th July 2020! Tickets will be on sale on 1st February.

Open Day

On Thursday 20th June we welcomed over 150 guests for our annual Open Day. Each year, we open our doors to our supporters, funders, volunteers and VIP guests in order to showcase our services and activities and to celebrate our achievements over the year. The Lord Lieutenant of Cheshire and our patron Mr David Briggs MBE K. St. J was in attendance as well as the Mayor of Winsford, Councillor Mrs Ailsa Gaskill-Jones and the Deputy Mayor of Nantwich, Councillor Mrs Pam Kirkham.



Thanks to a break in the wet weather, we were able to demonstrate the fantastic activities we offer our young people here, such as Bushcraft and the Duke of Edinburgh's Award Scheme.

Our thriving community of clubs; craft, shed and gardening clubs were all represented on the day and were able to show their stunning creations.

Thanks to our new accessible pathways, guests were also able to enjoy the fabulous surroundings of our beautiful meadow.

in true NMC style, we also provided a buffet lunch. Enormous thanks to all the volunteers who helped prepare the food and cleared away at the end.



Talk Bookings

Are you a member of a group?

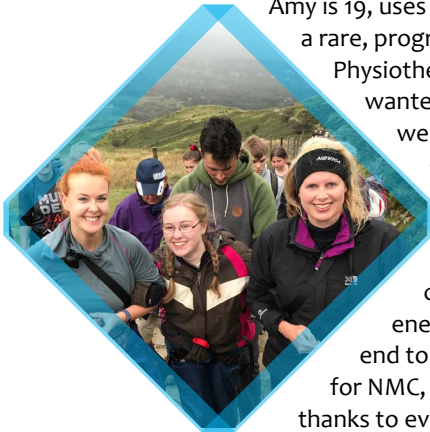
If you are looking for a speaker for your next meeting or event, please keep NMC in mind! We can organise presentations to suit any group size and duration of talk. Contact Claire: claire.james@nmccentre.com



Therapies Update

We're now on YouTube! We've showcased a series of tutorial videos by our team, with the aim of enabling people to continue their physiotherapy and exercise programmes at home. There are options for all major body parts for stretching and massage, just like at NMC! These are designed with carers in mind and no prior knowledge of Physiotherapy is required, though the Therapies team is always happy to complete further training if requested. Check us out: www.youtube.com/user/NMCCentre

Amy's Snowdon challenge!



Amy is 19, uses a wheelchair, and has Friedreich's Ataxia; a rare, progressive condition with no cure. In Amy's initial Physiotherapy assessment, she told the team that she wanted to climb up Snowdon, so in true NMC style, we came up with a way to make it happen! On 9th September Amy and the 18 strong team maintained an impressive pace up the mountain, reaching the summit at 1pm, just 5 hours since beginning. Despite cold weather and hugely challenging conditions, by swapping roles to ensure energy levels never depleted, the team reached the end to cheers and applause. Amy has raised over £1,000 for NMC, with more sponsorship money to come! Huge thanks to everyone for making this possible.

Connect with NMC

Our Connect Up project is now in its 2nd year of tackling loneliness and social isolation, particularly in people over 50 with a neuromuscular condition, their families and carers. We have held numerous workshops and social events over the past few months, with highlights being our holiday workshop consisting of everything you could possibly need to know about accessible travel with Travel Counsellor Joanne Johnson, a Vehicle Demo day with Gary Jones from North Wales Mobility Centre and Assessment Service with a wealth of information about accessible vehicles and learning to drive with a disability, a canal boat trip, afternoon tea, a Clarins pampering day and much more. There will be numerous fun and festive activities planned in the coming months, so keep an eye on our website and social media pages for details! We're always looking for volunteers to support this project, so please get in touch if you can spare a few hours.

Outdoor Activities

Sunflower comp

Throughout the Summer months, we've been challenging people to grow their own sunflowers. The judging took place on 31st August and we're delighted to announce that the winners are **Kay Briggs** for the tallest in the Adults category and **Chloe George** for tallest in the Childrens category.



Plant sales

Following our seed planting workshop in May, we have raised over £500 in plant sales! Thank you to everyone who has donated seeds or plants, helped with watering or potting up. Our outside space has never looked better whilst raising money for NMC at the same time.

NMC Launches a Fishing Club!

We are constantly seeking funding and ideas for starting new clubs, with the aim of appealing to as many people as possible.

used to go fishing and had to stop due to their conditions".



We knew that Paul Baddeley (NMC Receptionist and Fundraising Assistant) and a few others had expressed an interest in fishing, so approached Paul to organise a day trip. Paul jumped at the chance:

"As a former fisherman, I used to take part in a lot of fishing contests. Sadly, the muscular dystrophy started to take over and I was forced to stop. I spoke to a few people at the Centre and didn't realise how many people

With the support of the Angling Trust to help, who provided all the tackle and a group of fisherman to volunteer for the day, Paul and many members of our community enjoyed a great day's fishing at Old Hough Fishery, Middlewich.

The Angling Trust then secured an amazing £1,100 from the Cheshire Angling Development Group to set the club up and to purchase the fishing tackle. We're now able to organise many more fishing days and can also provide club members with the opportunity to use our fishing tackle to go fishing with a volunteer or family member.

A huge thank you on behalf of NMC to the Angling Trust and Cheshire Angling Development Group for all their support! Keep an eye on our website and social media pages for future Fishing Club dates and information.

ulations



Training and Development update

Training Awards

We held an Awards ceremony to recognise all the achievements of our talented students over the year. Huge thanks to everyone that attended!

On Saturday 19th October, we're doing something a bit different and holding NMC GameChangers Fest, a family event presented by our youth panel NMC GameChangers; including a FIFA Gaming Tournament, Inspirational Speakers and more. There will be some great prizes on offer and lunch will be provided. Contact lorraine.woolley@nmcentre.com to reserve your place.



We held our annual awards ceremony on 19th August, where players were recognised for their contribution to the season with awards including 'Goal of the Season' and 'Performance of the Year'.

Winsford Lifestyle Centre is the new training venue for our Powerchair Football Team, with pre-season coaching beginning on 2nd September.

We finished 3rd in the league last Season, and our ambitious squad are hopeful of an even better performance this year!

This is a fast paced, gripping sport, and the guys love having spectators at their matches.



If you would like to find out more about watching fixtures, please contact James, club Chairman:

james.taubman@nmcentre.com

NMC Game Changers

Game Changers is a youth panel, run by and for young people at NMC. Our amazing Centre is nearly 30 years old, and our vision is that Game Changers can take us to new heights for the next 30 years and beyond. Our youth panel is our future, and the vision and passion they have for NMC is just as important as it was 30 years ago when our first generation of young people came through the doors.

We held our first meeting in June, when our panel came up with some fantastic event ideas to support young people, from going to Glastonbury to speed dating to taking on a zip wire challenge! Our young people intend to support fundraising at NMC by creating their own tuckshop here at the Centre.

NMC Game Changers is all about empowering our young people to help themselves and to keep our vision, hopes and dreams alive for our brilliant future. If there are any young people out there who would like to join us please apply by sending an email to lorraine.woolley@nmcentre.com with a paragraph about yourself and what strengths you could bring to NMC Game Changers.



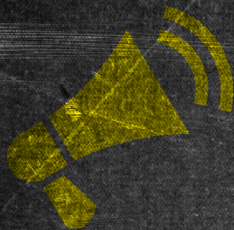
Creative Expression

This year we introduced 'Creative Expressions', a series of workshops presented by Ian Linton from The Theatre Box with the aim of confidence building, developing presenting and communication skills. These are open to all that attend NMC.

Each week begins with descriptive work, gearing up to reading a small script on the final week. Ian delivers each workshop at a relaxing pace, creating a positive atmosphere with lots of laughter amongst everyone taking part.

It is a fantastic way to get to know people, have fun, and to gain new skills at the same time. We have had eight workshops in total and we hope to have many more in the future.





Coming Up



Family Fun Run at Winsford Town Park - Sat 26th October

Brand new for this year, we are holding a fun run on Saturday 26th October. This is a 3km run, consisting of laps of Winsford Town Park. Completely self-contained, the route is ideal for little ones to take part, and under 5s go free! There will be a medal upon completion, and refreshments at the neighbouring St Andrew's church, as well as water provided throughout.

Registration is £3 for adults and £2 for under 16s (under 5s free). Family of 4 registration (2 adults, 2 children) is £8. Arrive any time between 11am and 3pm to take part and do as little or as much as you feel like! To complete 3km, this involves 6 laps of the park. The route is completely accessible and suitable for wheelchairs, scooters and pushchairs. Should the weather be poor, the event will not be cancelled.



Ladies Festive Lunch Wed 13th November

You are invited to join us at the gorgeous Abbey Suite of the Doubletree by Hilton for a delicious two course lunch with tea or coffee. Guests will be treated to sumptuous cheese tasters and a talk by Guest Speaker Dan Williams of Godfrey Williams and Son, the award-winning cheese makers in Sandbach. Tickets are £25. Arrive at midday to browse a selection of luxury stalls, for lunch at 1pm.



Spirit of Christmas Chester Cathedral Friday 29th November

Our annual star-studded carol concert, hosted by NMC's President Matthew Kelly. Matthew brings his friends of stage and screen to perform festive readings, interspersed with music from Roberts Bakery Brass Band and Abbey Gate College Chapel Choir, followed by a decadent Champagne Reception and the opportunity to mingle with the performers. Tickets from £10.

Can You Knit?

We are asking once again for knitted Christmas puddings, which we will then fill with chocolates to sell at our Christmas Market stalls.

These are popular festive stocking fillers, and have helped raise hundreds for NMC.

If you'd like to receive the knitting pattern, please contact Claire:
claire.james@nmcentre.com
or 01606 861733

Christmas Fundraising

We have an action-packed calendar of fun festivities coming up!

We're looking for volunteers to help with our Christmas Market stalls, so if you're able to lend a hand then please get in touch with the Fundraising Team.

Diary dates are on the following pages.

Nantwich Food Festival

We were invited once again to hold a stall at the fabulous 3-day festival in Nantwich. We held a cake and craft stall, with cakes baked by our talented volunteer bakers and crafts by Pat McWilliams, a hugely talented Carer and volunteer at NMC.

Pat made a range of beautiful items including garden totes, engraved cheeseboards and hand-painted placemats and coasters. These proved hugely popular, and we raised a fabulous £325.05 over the weekend! A huge thanks to Pat, our star bakers, and to all the wonderful volunteers for manning the stall.



Diary Dates



Connect Up drop in Friday 25th October

Join us for our monthly drop in at NMC, including refreshments. Everyone is welcome.

Family Fun Run in Winsford Saturday 26th October

New for this year! 3km around Winsford Town Park. Entry is £3 for adults, £2 for Under 16s (under 5s go free).



Connect Up Afternoon Tea Thursday 17th October

Connect with us over delicious cakes and sandwiches at Abbey Wood Estate, Delamere at 1.30pm.

Festive Ladies Lunch at the Doubletree by Hilton, Chester Wednesday 13th November

£25 per person, to include a 2-course lunch, tea/coffee and cheese samples. Guest Speaker is Dan Williams from the award winning Godfrey Williams Cheese in Sandbach.

Craft Week Monday 18th to Friday 22nd November

Our wonderful Craft Club will be displaying a range of stunning creations, the perfect Christmas shopping opportunity! All week at NMC.



**Spirit of
Christmas
at Chester
Cathedral
Friday 29th
November**

Begin Christmas with Matthew Kelly and his friends from stage and screen. Tickets start from £10.



**Winsford
Christmas
Street Festival
Friday 29th
November**

NMC has a bottle tombola! Come along and say hi.

**Tarvin
Christmas
Market
Saturday 30th
November**

NMC has a stall selling crafts. If you can spare a few hours to help out, please let us know.



**Collection
at Trafford
Centre with
choir! Tuesday
3rd December**

If you can spare a couple of hours to collect, please let us know.



**Gin Tasting
at Hoole
Community
Centre.**

**Friday 21st
February**
Tickets £20 to include all tastings and nibbles. 7pm start.



**Quiz Night
at The Grange
Jnr. School
Friday 6th
March**

Our annual evening of fiercely competitive fun.



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

GRAPHIC DESIGN +PRINT MANAGEMENT

Part of the NeuroMuscular Centre
providing creative opportunities for
people with muscular dystrophy...

01606 863464

🐦 @NMCDesignPrint

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alison.evans@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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www.facebook.com/NMCentre



Going digital!

Would you like to receive this
newsletter by email instead?

If so, please send
your email address to:
claire.james@nmcentre.com
to be added to our
e-mailing list.

Bottles Wanted!

Bottles needed for Winsford
Christmas Street Festival
Bottle Tombola on Friday
29th November.

We welcome anything and
everything that comes in a
bottle – ketchup,
shampoo, booze,
olive oil...
you get the idea!

Last year's
tombola raised
a whopping
£581 and we're
hoping for a
similar success
this year.

