

CHIEF EXECUTIVE'S OVERVIEW OF THE YEAR

I am delighted to report that our year has been an immensely positive one full of great achievements and progress. We had the excitement of our building scheme reaching its very visible final phase. After some months of disruption, we were all starting to see just how amazing the finished project would be and what it would enable. David Briggs, Lord Lieutenant of Cheshire, and NMC's Patron, formally opened the new building on July 5th 2017 amidst great celebration.

Our year also started with the exciting news that NMC had won the Queen's Award for Voluntary Service. To receive such a huge accolade was the cause of much celebration. I attended a Buckingham Palace Garden party on behalf of NMC as recognition of all that our army of volunteers enable. In October 2017 we had a Royal visit by HRH The Duchess of Gloucester who formally presented us with the Queen's Award. It was a wonderfully memorable day attended by well over 100 of our fabulous volunteers. Her Royal Highness spoke to virtually everyone who attended, and she made us all feel very proud of what we do.

These two key and, for NMC historically important, events at the beginning of our year largely set the tone for, and defined the events and the achievements of the year that followed.

So much of what we achieved in the year was directly because of our spacious and much improved building. It enabled growth but much more. It enabled renewed confidence that encouraged us to try out new things. It provided us with the new Events Space which specifically gave us a venue to hold group events.

Matthew Lanham

NMC IS A **LIFELINE** FOR ADVICE, HELP AND SUPPORT. THE STAFF ARE ALL VERY CARING AND **POSITIVE** AND MAKE YOU FEEL NORMAL.

SURVEY FEEDBACK

IT'S MUCH EASIER TO KICK THE BALL FOR THE DOG

I CAN DO MORE AROUND MY HOME

HIGHLIGHT OF MY YEAR

IT'S GIVEN ME THAT BOOST THAT I NEEDED

I FEEL MORE CONFIDENT MOVING AROUND

IT HAS GIVEN ME THE DRIVE TO BE MORE PHYSICALLY ACTIVE

I FEEL MORE IN CONTROL OF MY BODY

I AM MORE STABLE ON MY FEET

I TRIPPED BUT WAS ABLE TO STOP MYSELF FALLING OVER

I HAVE NOTICED I CAN CLIMB MY FRONT STEP EASIER

25% increase in the number of Design+Print customers last year!

22% income increase for Design+Print over the last year!

A Social Enterprise at the heart of NMC

NMC Design+Print has three Social Aims:

1. Provide employment for people with neuromuscular conditions
2. Make profit to part-fund the charity
3. Provide inspiration for all in our community through providing role models and mentors

NMC Income 2017-18

Charitable Foundations and Grants	21%
Community Donations	9%
Events Income	14%
Statutory Income	46%
Design+Print Income	10%

NeuroMuscular Centre

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Registered Charity No. 1023606

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WHAT IS THE IMPACT OF THE NEUROMUSCULAR CENTRE?

WELCOME TO OUR SOCIAL ACCOUNTS SUMMARY 2017-18

WHAT ARE NEUROMUSCULAR CONDITIONS?

Neuromuscular conditions (which include the muscular dystrophies) are a group of disorders characterised by progressive muscle weakness and loss of muscle tissue.

Relentless conditions with progressive and ongoing deterioration of the muscles.

Usually genetic origin (hereditary).

Onset varies: birth, childhood or adulthood. At NMC we see a lot of people for whom the condition has only become disabling in adulthood. There are more than 150 forms of neuromuscular condition. We work with the definition and range of conditions used by Muscular Dystrophy Association of Canada because leading clinicians with whom we work feel that it is appropriate.

Some of those most commonly seen at NMC are;

- Spinal muscular atrophy
- Charcot Marie Tooth (peripheral neuropathy)
- Facioscapulohumeral dystrophy
- Myotonic dystrophy
- Limb girdle Muscular Dystrophy
- Duchenne Muscular Dystrophy
- Becker Muscular Dystrophy

SIZE AND SCOPE OF NMC COMMUNITY

A community of over 3,000 people. There are 1,389 registered Physiotherapy patients. We see 354 on a regular weekly or fortnightly basis.

How long have you been coming to NMC?

More than 20 years	8%
More than 10 years	26%
More than 2 years	43%
6 months - 2 years	13%
Less than 6 months	9%

What do you attend NMC for?

Physiotherapy	138
Work/Training/Volunteering/Personal Development	32
Exercise/Gym/Recreation	99
Advisal/Emotional Support	123

What is the age range at NMC?

18-33	26%
34-49	30%
50-65	32%
Over 65	12%

THE OVERALL IMPACT OF NMC IN 2017-18

If one graph can show the impact, power and influence of NMC then this is it. We've never previously had quite such crisp data on the reported effect of coming to NMC.

The graph shows the shift in how people rated their view of themselves. The questions asked people to think about the time before they came to NMC and to rate themselves on a 1 to 5 scale (where 5 is highest). The survey then asked people to consider themselves now and rate themselves again on the 1 to 5 scale.;

The average scores of all those surveyed who had a neuromuscular condition is represented on the vertical axis.

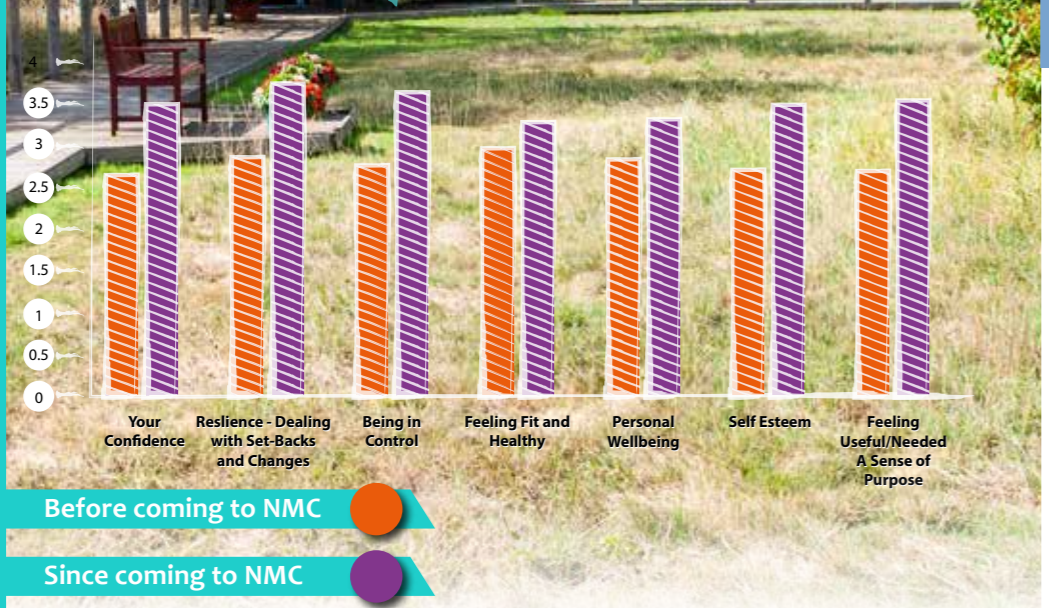
WELLBEING IS UP 26%

CONTROL IS UP 27%

RESILIENCE IS UP 30%

SELF-ESTEEM IS UP 28%

“THE CENTRE IS VERY GOOD AT **LIFTING ME UP WHEN I'M DOWN. IT HELPS TO GET ME OUT IN THE WINTER MONTHS AND ESPECIALLY TO **COMMUNICATE WITH OTHER PEOPLE****”



OBJECTIVE 1: Physical, Mental and Emotional Well-Being

Physiotherapy, hydrotherapy, counselling, mindfulness, complimentary therapies and much more!

- 76%** of those with neuromuscular conditions reported that NMC enabled them to keep out of hospital
- 77%** of those with neuromuscular conditions reported that NMC prevented them from needing to visit their GP
- 91%** of those with neuromuscular conditions reported that NMC enabled them to manage pain effectively
- 20%** increase in how fit and healthy people feel since attending physiotherapy at NMC
- 90%** of those with neuromuscular conditions reported that NMC enabled them to play a fuller role with family and friends

“NMC HAS INCREASED MY CONFIDENCE DRAMATICALLY, GETS ME OUT OF THE HOUSE, IMPROVES MY JOINT MOVEMENT THROUGH ME USING THE ACCESSIBLE GYM”

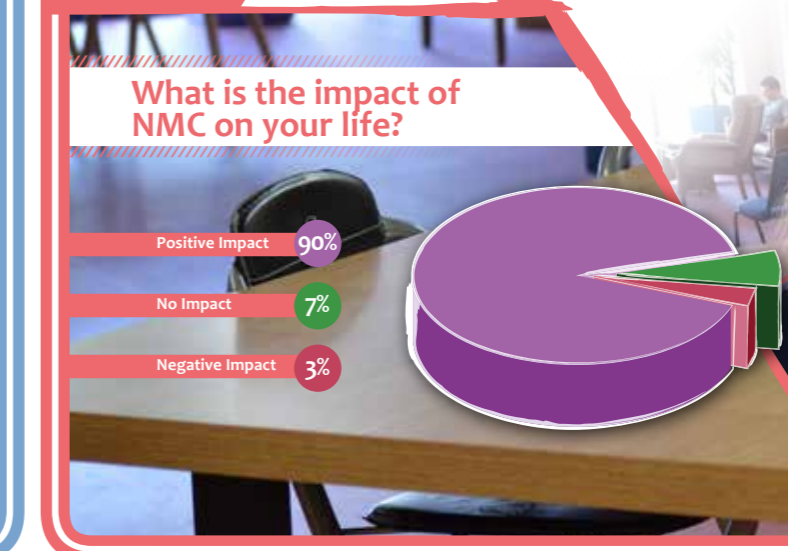


OBJECTIVE 2: Enabling, Fulfilling & Productive Lives

Providing job opportunities at NMC and through supporting people to find work and stay in work. We employ 27 people with neuromuscular conditions at NMC. The job roles range from senior managers to administrators, graphic designers and fundraisers, receptionists and transition lead.

31% average increase in a sense of purpose/how useful and needed people feel since starting at NMC

17% say NMC has enabled work experience or volunteering to add to their CV



MISSION AND VALUES

NMC MISSION, STRATEGIC PRIORITIES, OBJECTIVES AND VALUES

MISSION NMC works together to support people affected by neuromuscular conditions, creating an environment where full potential and optimal wellbeing can be achieved through employment, training and Physiotherapy.

VALUES

- We are a caring organisation with an open management style, which values and respects the individual.
- We enjoy what we do, creating a warm, welcoming and positive environment.
- We are an inclusive community which is informed, influenced and guided by people with neuromuscular conditions, for people with neuromuscular conditions.
- We create and maintain an environment where disability is no barrier to achievement.
- We are innovative, creative and ambitious.
- We celebrate our successes and achievements.
- We believe it is important to create a high level of understanding of what we do in the wider community.
- We have the highest ethical and professional values and standards.

OBJECTIVES

- To enable adults with neuromuscular conditions to maintain or improve their physical, mental and emotional wellbeing.
- To provide a range of services, opportunities and support to improve the quality of lives for individuals affected both directly and indirectly
 - by neuromuscular conditions.
- To provide adults with neuromuscular conditions with opportunities to lead fulfilling and economically productive lives
- To enable people with neuromuscular conditions to expand and fulfill their potential

OBJECTIVE 3: Quality of Life

Support, advice, advocacy, friendship, fun and taking care of the whole family.

How has NMC affected people's confidence?

- 40%** of everyone feel more confident since coming to NMC
- 28%** with a neuromuscular condition feel more confident coming to NMC
- 59%** who work for NMC with a neuromuscular condition feel more confident since coming to NMC

96% of everybody in the NMC community who was surveyed said NMC had a positive impact on their Quality of Life

100% of those with neuromuscular conditions reported that NMC had a positive impact on their Quality of Life



OBJECTIVE 4: Developing Potential

Training and Development, Duke of Edinburgh Award Scheme, Events and workshops, sport and team building, transition, NMC Titans Powerchair football team.

This year 47 people have accessed training at NMC. Currently 22 people are actively studying in Graphic Design, Music or Animation.

55% say NMC has given them confidence and self-belief.

20% say NMC enabled them to learn new skills this year

