

OUR VOICE

The News Briefing of
The NeuroMuscular Centre
July-August 2018

INTRODUCTION

Welcome to the very first edition of *Our Voice*, a new newsletter designed especially for the NeuroMuscular Centre community.

Firstly, I'd like to introduce myself, my name is Sarah Lalieu and I have been a regular attendee at the NMC for over 10 years and I can usually be found in the gym.

Readers will be familiar with *One Voice*, the quarterly newsletter which has, for the past 13 years, provided a wealth of information and helpful insights. Taking over the baton from Jon McVey and his expert editorial team is a slightly daunting proposition and I would like to thank everyone for the support and guidance they have offered me.

Due to the huge amount of activity and opportunities on offer, *Our Voice* is a shorter, more frequent newsletter and the personification of *One Voice's* boisterous younger sibling. It is bristling with enthusiasm to bring you up to date with what's happening at our beloved NeuroMuscular Centre.

So where to start? It has been a remarkable summer; not only did the summer last more than the usual 3 days and the England football team almost made it to the final of the World Cup but also at the NMC, regular attendees will

have witnessed a summer of many firsts.

The first ever Power of Creativity event in June was a huge success (page 2) and was swiftly followed by the first NMD Fest in July (page 3). The atmosphere both events generated is hard to put into words. Listening to the eloquent presentations at NMD fest the overriding messages were ones of resilience, determination and an urge to 'Go for It' from some remarkable young people.

continue to go from strength to strength and long may it continue.

Please do get involved and share your stories, experiences and knowledge. Perhaps you have an area of expertise you'd be willing to promote in the 'Ask me' section, provide an update on a club you attend or suggest a gadget that helps you in everyday life? I do hope you enjoy reading this first issue.



Other firsts for the NMC included: blogging, photography, 3-D printing and pottery workshops and an evening poetry recital. All reinforcing the value and power of creativity as something not to be underestimated in improving the quality of life.

Finally, this summer saw the first ever group exercise sessions. Physio Ruth has developed a version of Pilates (or as it is affectionately known 'Ruthalaties') that can be practiced in a seated position. The diversity of activities and opportunities really does

Your feedback, contributions and suggestions are important and very welcome..



SARAH LALIEU



OUR VOICE

THE POWER OF CREATIVITY

The Power of Creativity should not be underestimated and, as if to prove a point, more than 100 visitors to the NMC on Saturday 23rd June were able to witness the event first hand.

The positive vibes were working overtime with every nook and cranny taken over to showcase some amazing creative work from painting in the lounge to woodworking demos in the Shed Club, and much more in between.

For the first time we brought together our wonderful

community to share stories, experiences and knowledge. The Centre looked resplendent with exhibitions adorning the walls and a range of interactive opportunities on offer in the Design+Print area including a mind-boggling 3D printer which, following a short tutorial, turned out to be much less bamboozling than you might think, but impressive nonetheless!

The event showcased many clubs and activities including NMC Titans, a wheelchair football team,

who have had a great season. The Duke of Edinburgh's Award display piqued the interest of many. Dom, one of the intrepid explorers, provided an insight into his experience stating that his main driver was 'to become more independent and try new things'.

Amongst the many highlights were the heartfelt, genuine and honest talks provided by the motivational speakers. Also receiving a rousing response were the recipients of achievement awards. Congratulations to all the students!

Outside, the aroma from a delicious barbecue wafted through the air and people chatted and marvelled at Pete's (M)Harley Davidson style scooter (some even cadging a ride) before visiting the calmness of the Retreat which featured a display of a beautiful array of handicrafts.

All in all, a great day. The aim of empowering individuals as well as welcoming new people to the centre was achieved and of course the sun shone!



CLUB CULTURE

The NMC benefits from a plethora of clubs to suit every need and interest.

The clubs fulfil a wide range of roles from learning a practical skill, participating in an enjoyable activity, socialising and meeting new people or all the above.

This month's featured club is 'Read and Connect'. Organised in partnership with Cheshire Centre for Independent Living and funded by Brightlife, this is a relatively new club with a growing membership

and as the name suggests an opportunity to read a good book and share your thoughts with others.

Club members have said they have enjoyed discussing a wide variety of books, meeting new people and have found a reinvigorated enjoyment for reading.

As well as monthly get togethers at the NMC there is also an online book club: www.facebook.com/cheshirecil.org/



Please ask at reception if you'd like to borrow a library copy of the monthly book. The chosen book for September is 'On the Black Hill' by Bruce Chatwin. Books are also available in an audio format.

Read and Connect meets on the last Friday of each month in the events space at the NMC. The meeting starts at 11.30 with a buffet lunch provided. All are welcome!

ASK ME!

To quote the wise words of the very wise Kofi Annan - 'Knowledge is power. Information is liberating. Education is the premise of progress, in every society, in every family.'

Within the NMC family we are blessed with some very knowledgeable people and a huge repository of useful information from how to access benefits, employment, education, guidance

on accessible vehicles, holidays.... the list is endless.

In the spirit of sharing knowledge and experience DMD Pathfinders and the NMC hosted NMD Fest, a two-day event to link up adults with DMD and other neuromuscular conditions to learn from each other and have some fun.

A literally glittering carnival atmosphere with BBQ, games and cocktails on the 18th July was followed by a symposium on the

19th. This included fascinating speeches by no less than 14 different people with DMD and other neuromuscular conditions, sharing experiences of university, employment, housing and assistive technology. An incredibly powerful demonstration of what can be achieved when user-led organisations come together. The workshops were filmed and are available to view on facebook:

www.facebook.com/DMDPathfinders/videos/2060979390783462/

GROOVY GADGETS.

Do you have a piece of equipment (big or small) that makes your life just that little bit easier?

This month Pete Marley recommends the 'Sock Slider' for an easy way to put on your socks comfortably. A simple contraption that works by placing your sock on the cradle, lower the cradle to the floor and slide your foot in. A handle is attached to assist with raising and lowering the cradle

and works as a shoe horn. Pete purchased his sock slider from eBay for £5.99 with free delivery.



OUR VOICE

WHATS ON!

The following events and activities are taking place at the NMC and beyond over the next few months.

FRIDAY 28TH SEPTEMBER
Connect Up - Coffee and Chat
10.30 - 12.30am – NMC

FRIDAY 28TH SEPTEMBER
Read and Connect
11.30am – event space NMC

THURSDAY 4TH OCTOBER
Animation Course
Contact Kay in Training

THURSDAY 11TH OCTOBER
Card and Book Folding Workshop
Contact Kay in Training

THURSDAY 11TH OCTOBER
Pamper and Prosecco Evening
6pm - Molton Brown, Chester
Tickets £20 from fundraising or website

THURSDAY 18TH OCTOBER
Animation Course
Contact Kay in Training

FRIDAY 26TH OCTOBER
Calling all budding
Palaeontologists!
10.30am – Connect Up at NMC
Professor Steve Donovan has been studying the fossil record of Britain and elsewhere for over 40 years and intends to show us how easy it is to 'collect' fossils with your camera without leaving town.

FRIDAY 26TH OCTOBER
Bonkers Bingo Monster Mash
7.30pm – Nantwich Cricket Club
Bingo but Halloween style!
Tickets £10 from Fundraising or website

FRIDAY 23TH NOVEMBER
Spirit of Christmas
7.30pm at Chester Cathedral
Matthew Kelly hosts the annual concert of festive readings and music. Tickets (varied prices) from fundraising or website

TEAM NEWS!

The excellent work and positivity within the NMC has been tempered in recent times by some exceedingly sad times as we have lost key characters in the NMC community.

Matt Cundall, NMC's Business Manager for 21 years, died peacefully at home on 27th June aged 48 and Lee Donnelly, NMC Graphic Designer for 14 years died peacefully at home on 24th June aged 34. Our thoughts are with Matt and Lee's family and friends.

Jonny Smith, Clinical Lead Physio left the NMC in August after 8 years. Jonny joined us as his first job after University and has developed into a much-respected clinician by his patients, peers and others. Jonny has taken up a post as a Physio Lecturer at Liverpool University.

In happier news, Sandie Wilson has joined NMC as our new Head of Therapies to replace Gill Storey who has retired after 7 transformational years of great

leadership. Sandie brings superb expertise and experience. She has been an Occupational Therapist for over 30 years (working for both Council and NHS).

Claire James has returned from Maternity leave to begin a new role as NMC's Marketing Manager. One of the consequences of Claire's return on this new role is the confirmation that Teresa Tansey will be staying with us as our permanent Events Manager.

The Birchall family annual garden party was another resounding success despite the inclement weather. Rod, Audrey and Simon Birchall welcomed 90-100 guests to their garden and raised a marvellous £1800 with guests enjoying live music, a DJ and great food.



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@live.co.uk
Thank you to everyone who has helped and contributed to this edition!



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www.facebook.com/NMCentre

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