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YEARS

NeuroMuscular Centre  
Community News

# Staying in Touch

Issue No 2 • June 2020



Welcome to the second edition of our new newsletter designed especially for the NeuroMuscular Centre community to enable us to stay connected and share our news whilst we're apart.

*We are all looking forward to seeing you by video, or physically at the Centre, at some point over the summer or autumn. It'll be a bit different, but we hope you'll enjoy your first visits back to NMC as and when that happens. We promise to do everything possible to keep you (and us) safe and give you as much*

*confidence as we can to make, what for many we know, will be a hugely daunting trip out after lockdown."*

Our plans for the next few months are developing - there are still elements to firm up but here are the main bits:

## Message from Matthew Lanham:

*"I am missing seeing you all! These weeks have been tough for so many of you. The wonderful NMC team want to help as much as we can by providing hope, advice, and companionship, along with opportunities to influence what we do next.*

*Over the last couple of weeks, along with colleagues, I have been talking with many of you and through hearing your thoughts and needs, refining our plans to restart. The thing I'm hearing most from you is your overwhelming enthusiasm to get back to NMC for physio, gym use and the social aspects of NMC life.*

**1. In July there will be booked online video/phone physio appointments for most people. These are important as we seek to reassess everyone's needs and concerns. Please expect contact from the Physios to fix up your video/ phone appointment**

**2. Social events for up to 5 people during August mainly in the NMC meadow/gardens. A chance for some people to visit NMC too for some sort of very socially distanced and safe activity**

**3. We've not worked up a plan to enable gym access yet. It's complicated! Using pedals maybe easier to facilitate first but we're still working on this**

**4. Limited physio starts in September - perhaps around 20% of normal numbers. We're working on ways to use the NMC building differently to enable a number of physio slots at any one time**

**5. For those coming for physio, it's all going to be a bit less free and easy. Sorry. We'll be asking people to leave straight after treatment so we can clean down and get ready for the next person. We will continue with 20-30% level of treatment in October**

**6. In November we aim to get up to 60% of previous normal levels of treatments**

**7. It's important to stress things won't be like they used to be! Not only will there be the inevitable checks, PPE and changed ways of working, we will also be organising things in different ways to make sure we make the most of the treatment time we are able to schedule and keep everyone safe.**

**8. Training and Design+Print will be largely home based for most people until 2021**

Many of us have been staying at home for several months now and are tentatively considering leaving our homes again. As well as squishing our slipper shaped feet into actual shoes there are other practical suggestions to ensure that when we do go out again we remain safe. The advice from NMC therapies is to start slowly and build up to longer walks outside. Consider the effects of different weather and terrain as they will all have an impact on this.



## Driving Mobility

If you're planning on using your car for the first time in a while there is a helpful guide from The Disability Resource Centre. Please get in touch if you'd like a copy. It covers handy tips and advice on what you should check and consider from any changes in your own health, eyesight, medication etc to checks for your car (water, oil, coolant, wipers etc) and other mobility equipment, how to check if your MOT is still valid and suggestions for planning journeys.

You can download a copy from the website:  
[www.nmcentre.com](http://www.nmcentre.com)



## Would you like a *Face Mask?*

You might consider purchasing a **face mask** and will need one for attending medical appointments, when using public transport and for your return to the NMC. The talented **NMC Craft Club** been busy have made some beautiful masks with a wide variety of designs available. To place your order, please phone the NMC on 01606 860911 and make a debit card payment over the phone.

Masks are available in 3 sizes to fit most faces and all proceeds are going the NMC. They cost £3-4 depending on size. Have a look at the designs on the website:

[www.nmcentre.com/  
community-buy-and-sell](http://www.nmcentre.com/community-buy-and-sell)

**We will need to know the following information:**

1. **Would you like a flat or moulded mask?**
2. **Which material would you like?**
3. **What size do you need?**
  - Small (child)
  - Medium (teenager/woman)
  - Large (man)

***Do you have a piece of equipment you are looking to sell or perhaps purchase to assist with daily living needs?***

*There is a new NMC community buy and sell marketplace on the website*

All purchases will be directly between the buyer and seller. NMC will simply put you in touch with each other. We will not put anyone's personal contact details on this page. Please contact [katherine.avery@nmcentre.com](mailto:katherine.avery@nmcentre.com) for more details:

[www.nmcentre.com/  
community-buy-and-sell](http://www.nmcentre.com/community-buy-and-sell)

# What's Still On!

During June we celebrated both **Volunteers Week and Carers week** in appreciation of the fabulous people who support us and the NMC. Activities included a fun virtual prize bingo evening and guided mindful meditation with Kay Briggs.

**The NMC Poetry Group** has proved popular and is always open to new members. After producing some great Easter poems, amusing limericks, and acrostic poems the group are now working on a rainbow and carers theme. E-mail [Lynne.ormandy@nmcentre.com](mailto:Lynne.ormandy@nmcentre.com) if you would like to join in and submit a poem.

Constantly concocting a treat,  
The Fun, Fantastical Pete.  
Because of his fudge,  
We now hold a grudge,  
With huge bellies obscuring our feet!

By Tracey Anne Pilato

There was a young girl who found Zoom  
While sitting alone in her room  
She could chat with her friends  
On whom she depends  
For bringing her out of her gloom

By Hannah Williams

**Mindfulness** is an increasingly popular and proven way to reduce anxiety and depression. It teaches us how to respond to stress with awareness of what is happening in the present moment, rather than simply acting instinctively, unaware of what emotions or motives may be driving that decision.

The NMC mindfulness sessions led by Kay Briggs have generated lots of positive feedback and comments on how the techniques, breathing exercises and relaxation ideas have helped them.

We all need help to unwind and relax from time to time and if you'd like to give it a whirl there are a range of meditations to have a go at from a quick introduction, to a body scan, 10 minute daily meditation, or breathing meditation for stress & anxiety.

All you need to do is follow the link (or request a CD from NMC), find a comfy spot and listen to Kay's soothing voice:

[www.soundcloud.com/user-184074715](https://www.soundcloud.com/user-184074715)

New meditations and updates are posted every fortnight. If you have any questions, feedback or suggestions please email [kay.briggs@nmcentre.com](mailto:kay.briggs@nmcentre.com)

The following clubs are up and running and new members are always welcome:

- **Read & Connect Book Club** is meeting via zoom on the first Friday of each month. The next meeting is 11.30 on 3rd July. Current books are 'This is going to hurt' by Adam Kay and 'Vera' by Elizabeth Von Arnim.
- **Poetry Club** - send your 'rainbow' poem Lynne. [ormandy@nmcentre.com](mailto:ormandy@nmcentre.com)
- **Art & Crafts Club** meets on a Monday every 2 weeks via zoom. Contact [alison-evans@nmcentre.com](mailto:alison-evans@nmcentre.com) for more info
- **NMC Therapies Live** exercise class 11.30am every Wednesday via Facebook
- **Coffee & Crossword Group** via zoom 11am every Thursday: [Connectup.nmcentre.com](mailto:Connectup.nmcentre.com) for more info
- **3D Printing Group** – contact [Kay.briggs@nmcentre.com](mailto:Kay.briggs@nmcentre.com) for details.

For more detail on any of the above please contact Sarah and Elly at [connectup@nmcentre.com](mailto:connectup@nmcentre.com) or join our Facebook group: [www.facebook.com/groups/NMCOOnline/](https://www.facebook.com/groups/NMCOOnline/)





# Get in touch:

NMC is committed to meeting the needs of everyone in our community and is operating an Advice Line between 9am and 4pm, Monday - Friday.

Please call **01606 860911** or **01606 861799**

Matthew or Denise and one of the physio team will be on hand to take your calls and chat through whatever issues and challenges you're facing and work through solutions with you.

Please don't hesitate to call just to have a chat and a bit of a catch up – we'd love to know how you're doing and pick up any tips on isolation survival. These chats can be really important in times like this.

## Hair today, gone tomorrow!

Our community has been doing amazing things during lockdown; finding innovative, challenging and often daring ways to raise money for us.



The wonderful **Alison Morgan** has taken this to the next level by braving the shave to raise an amazing **£260** (so far) for NMC. Alison's son Dominic has been coming to the NMC for physiotherapy and training for several years and is also one of the stars of NMC Titans - our powerchair football team. Alison describes NMC as "*amazingly supportive*" and goes on to say that "*if it's wasn't for the NMC when Dominic left school, he wouldn't have anything in his life to do or anywhere to go as they offer all kinds of opportunities such as graphic design, music, bushcraft skills and his bronze Duke of Edinburgh's award*".

If you would like to donate and help her reach Alison target, then please visit her Just Giving page: [www.justgiving.com/fundraising/alison-morgan21](http://www.justgiving.com/fundraising/alison-morgan21). You can watch the video at: [www.facebook.com/NMCcentre](http://www.facebook.com/NMCcentre)

**James Taubman**, Finance Officer at NMC and Titans Chairman, is also braving the shave for us on 8th July! You can support James and read more about his story here: [www.justgiving.com/fundraising/james-taubman](http://www.justgiving.com/fundraising/james-taubman)

Thank you!

We continue to be overwhelmed by the generosity and creativity of our supporters during this challenging time. Some highlights from the last few weeks include:

- **Fi Anderson** has raised **£30** from a virtual Disney Singalong event, and over **£100** from a 'name the teddy bear' competition.
- **Jake Hudson** has raised over **£450** from his challenge to watch all 26 James Bond films in 26 days.
- **Gemma Ainscough** and her parents have raised **£100** in lieu of anniversary gifts
- **Carole Winstanley** is celebrating her birthday this month, and instead of gifts has requested donations to NMC. She has already raised **£120**.
- **Macclesfield Town Ladies U10s** are walking/running/hiking/cycling the distance to Wembley! They're raised over **£330** so far.

If you've got a virtual fundraising idea, we'd love to hear from you!

Contact Claire:

[claire.james@nmcentre.com](mailto:claire.james@nmcentre.com)