



# Muscular Dystrophy Support Centre

*inspiring independence*

**2017 Spring Newsletter**

INSIDE THIS  
OPEN DAY  
SPECIAL...

CHAT ZONE

Catch up with  
our Open Day  
Advice on the  
change to PIP  
Recipes  
and more!

Check out Debra's inspiring  
story in this issue's 'In Focus'



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This is a very special issue of our newsletter as it not only celebrates our recent **inaugural Open Day** in January but also marks the start of the rollout for our new Centre name, **Muscular Dystrophy Support Centre** or in short, **MD Support Centre**, and our new logo which you will see throughout this newsletter.

**Why the change?** We are changing the Centre name to be more 'says what it is on the tin' to address key challenges we have faced thus far, one of which is increasing awareness and support for our therapies and support with institutional funders and the broader community who do not know of us. This is an area that we knew needed more work and feedback from our Nov 2016 service user survey confirmed and emphasized raising awareness as a major area of weakness. Another key, somewhat more difficult, challenge we have faced is the misconception that we are financially supported by other larger, more established MD charities and thus we do not require direct support. We hope the new Centre name and logo will help us to more effectively highlight that we are a

newer and independently funded Centre to increase support as well as convey more precisely what it is we do at the Centre.

Over the next few months, you will see MD Support Centre becoming more prominent in print and online but please know that the underlying charity will still be NMC Midlands to maintain continuity for what we have already established and is in progress. Our purpose, people and passion remain the same as we remain dedicated to the same high standards of clinical excellence with the same aim of inspiring independence.

Thank you to everyone who has provided valuable support and feedback as we work together to keep our Centre open, growing and improving. Your ongoing support and feedback is welcomed and critical to our success - we cannot do it without you and appreciate your involvement!

Special thanks – to Trustee Jagdeep Sehmbi who designed a brilliant new, more inclusive and people-centred logo and to Roxanne Douglas (our ever capable and sunny Reception and Admin Coordinator) for taking on the role of Executive Editor for our newsletter and redesign of its format and to long-running Contributing Editor Shelley Marks who worked with Roxanne on this exciting edition of our newsletter. And of course, to our whole team at the Centre who worked to make our first Open Day a great success and continue to go over and beyond in their tireless and dedicated support of our service users and their families.

*Ruth Hereford, as Chair of Trustees*

on behalf of all of the Trustees of MD Support Centre & NMC Midlands Ltd.

(Registered Charity Number 1148855 and Registered Company limited by guarantee 08132198)





**OPEN  
DAY**

# Open Day Roundup

## *Recapping our first ever Open Day*

Welcome to our Open Day Special Issue of NMC Midlands/ MD Support Centre's quarterly newsletter. On 28<sup>th</sup> January 2017 we were delighted to host our first ever Open Day. This was a day dedicated to connecting service users, and providing useful information via workshops and stalls from Dad in a Shed, MD UK, Complete Reflexology, Max Mobility, Murray's Muscles and Smartbox.

In this issue you will find round-ups of the workshops on pilates (page 4), nutrition (page 5) and breathing exercises (page 3), hosted by our own physiotherapists and osteopaths.

**Watch this space as we are hoping to throw another Open Day in January 2018!**

## In Pictures...



Left: Muscular Dystrophy UK were our guests and joined us to hold their East and West Midlands Muscle Group Meeting with a special afternoon tea

Below: Sessions ran throughout the day. Thank you to our dedicated volunteers who helped to make the day a huge success!

Picture credits: NMC Midlands





# Breathing Techniques

Jane Edwards

OPEN  
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Breathing problems can be a problem for those with MD. These problems occur because of weakness of the muscles of breathing; diaphragm, intercostal muscles, and the accessory muscles of respiration (SCM, scalenes, trapezius, pecs, etc.) Weak inspiratory muscles reduce lung volume and reduce the ability to cough. Once vital lung capacity is less than 60% and respiratory muscle strength falls to less than 30% of normal, hypoventilation becomes probable and regular checks, including sleep studies, should be made.

## Assessment & Symptoms

On diagnosis, especially in DMD, respiratory muscle function should be evaluated so a baseline status can be established. Lung function should then be assessed 1 to 4 times per year. Steroid therapy In DMD may help to preserve lung function.

*Symptoms of poor lung function and consequently low oxygen levels include:*

- Tiredness
- Morning headaches
- Irritability
- Vivid dreams
- Night time waking
- Sweating at night

**Measures to help prolong stable lung function and avoid breathing problems include:**

1. Healthy weight maintenance.
2. Avoiding extreme temperature changes.
3. Avoiding crowded areas to avoid germs.
4. Avoiding excessive humidity.
5. Influenza and pneumococcal vaccines.
6. Good posture - avoiding scoliosis where possible and proper seating in a wheelchair.
7. Steroid therapy in DMD.
8. Prompt use of antibiotics if phlegm is discoloured or copious.
9. Do not use cough suppressants.
10. Ventilation - a non-invasive system which should be started as soon as nocturnal hypoventilation is symptomatic. Without NIV individuals with nocturnal



*Headaches in the morning may be a sign of respiratory*

*issues* Picture credit Nano Anderson, Flickr/CC hypoventilation are likely to develop daytime respiratory failure during the next 1 to 2 years.

11. Breathing exercises and manual cough assist.

## Example Breathing Exercises

### 1. Breath Stacking

This can be done using an Ambu bag with a one way valve, two connectors and a face mask. It can also be done without the bag. The patient is asked to breathe in and the therapist simultaneously squeezes the bag.

- i. Hold your breath and then try to take another breath in on top of the first breath while therapist squeezes the bag again.
- ii. This can be repeated 3 to 5 times.
- iii. You can then breathe out, or cough, or the therapist can perform an assisted cough via thoracic or abdominal squeeze.

<https://www.youtube.com/watch?v=1TNkfXkkgdE>.

### 2. Pursed Lip Breathing (PLB)

The purpose of PLB is to create back pressure inside the airways to 'Splint' them open. It improves ventilation, releases trapped air in the lungs, keeps the airways open longer and decreases the work of breathing. This is good, not only for patients, but for stressed carers too!

- i. Sit in a chair and relax
- ii. Breathe through your nose, keeping the mouth closed.
- iii. Pucker your lips as if you are going to whistle, and exhale through your mouth slowly. Try to make your exhale longer than your inhale.

<https://www.youtube.com/watch?v=AqIPW474azk>

*For more tips and techniques pick up a leaflet in the centre*





# Seated Pilates

*Shelley Marks*

**OPEN  
DAY**



Photo Credit: NMC Midlands

At our Open Day our physiotherapists Lynn Ward and Ulrike Ute ran sessions on assisted stretching and seated pilates. The sessions were well attended, and enjoyable! Sessions were fun, lively and – and just a little challenging! Just in case you missed our physiotherapists sessions here are some of the main points:

## **What is Pilates?**

- It's suitable for everyone!
- Pilates is a method of exercise developed by German-born Joseph Pilates, who believed that *mental and physical health were closely connected*.



*Lynn and Ulrike share pilates tips on the Open Day*

Photo credit: NMC Midlands

- It emphasises the importance of beginning movement from *a central stable core, namely the pelvis*.
- The pilates method works on a variety of exercises to help rebalance muscle symmetry, giving you *strength, flexibility, balance and improved posture*.

## **How can I get a 'stable core'?**

Sit with your feet supported, imagine your pelvis is a bucket of water. Slowly roll your hips forwards and backwards (keeping your head and shoulders still) thinking of your pelvis as the bucket tipping water first out in front of you and then behind. Repeat this movement a few times and then stop in the middle keeping the water inside the upright bucket. From here gently draw in your tummy muscles.

Practice this exercise when sat anywhere; watching television, on a dining room chair, in the car or in your wheelchair.

***Watch this space! Seated Pilates sessions may be coming to the centre soon!***



# Nutrition for those with MD

OPEN  
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*France Quirin*

France Quirin is one of NMC Midlands/ MD Support Centre's osteopaths. On our Open Day he ran a session on nutrition for those with MD. France recommends an anti-inflammatory diet for those with MD.

What this means is your body has a natural response to help it fight infection – this is known as 'inflammation' – where it increases blood flow to injured places and to signal a pain response. This is why your finger swells up if you cut it! Avoiding inflammatory foodstuffs can help with pain management, and possibly alleviate some respiratory issues. For this is worth getting checked by your doctor for food sensitivities.

## Eat More:

- .Omega-3 (Cold water fish such as salmon)
- Flax seeds and oils
- Colourful fruits and vegetables: Citrus fruits, peppers, carrots and dark leafy greens such as spinach are high in antioxidants
- Green and black tea
- Onions and garlic
- Ginger, rosemary, turmeric, oregano, cayenne pepper, clove and nutmeg all contain anti-inflammatory compounds.

## Eat Less:

- Red meat
- Dairy
- Long-life foods
- White bread and pasta
- Rice and corn cereals
- Artificial flavours and colours

- 1. Avoid unhealthy fats. Not only do fatty acids cause inflammation, but this can potentially help reduce the replacement of muscle mass with fat cells in MD patients.*
- 2. Eat fruits and veggies. They are both anti-inflammatory, low calorie, and high in nutrition.*
- 3. Eat fiber. This can come from whole grains, fruits, and veggies*

***Check out France's Energy Bar recipes on page 9! Every issue we will bring you a new recipe tailored to the nutritional needs of MD patients and carers.***





# In Focus

*Your stories in focus...*

Debra has been married for 28 years and has three children, one daughter and two sons. One of her sons also has Myotonic Dystrophy (Myt MD); Debra was diagnosed 25 years ago when her son, Steven was born. When he was born he was 'completely blue'. While Steven was in intensive care, Debra discussed with her doctor how she had trouble releasing her grip on teacups sometimes. They realised that Steven had MD, and so did Debra. Debra found out that she got her MD from her dad, who is a carrier: but she also found out that when a mother passes on MD it's worse for the

child, so Debra remarks: "When I was a baby I hit all my milestones like I was supposed to, but Steven didn't, he didn't walk till he was

**“It's given me a new lease on life!”**

5.” Her mother, Pauline, notes that Debra had always had weak wrists growing up, but “we just thought that she was an angelic child.” They also share a laugh over the fact that Debra would always try to avoid PE at school.

Over time, Debra's condition got worse. “I'm at the age where I've started going backwards, when I had the kids I could walk, I could just about run, I could do different things, but as I got older things have been different like struggling to walk, walking round town I'd visit two shops and I've had it.” Debra says her condition began worsening after she had a fall where she broke her ankle about ten years ago after taking her son to a Karate club.

After that her mobility started getting much worse, she began to fall more often at home, and at work. Debra used to work until Steven was born. Debra tried to care for him as best she could, but as he got bigger - along with her own condition worsening - she couldn't lift him, so her husband, Derek, gave up work to help care for them both.



Picture credit NMC Midlands

At first, Debra saw her doctor regarding the pain and difficulty in movement in her shoulder, and pain in her back, which is when she was referred to a traditional course of physiotherapy. “They didn't do anything, they just gave me exercises that didn't make any difference because I've got inflammation in my shoulder... and then for my back, they gave me exercises that I couldn't do. Acupuncture only gave me pain relief at the time,

**“I was in agony, my back was hurting, my neck was hurting, my legs were hurting”**

but not after. I asked them to put me in touch with pain management... I thought 'they might tell me how to manage it or they will give me some physio,' and they did nothing, absolutely nothing. They told me I had to 'self-help'. How can I help myself when I don't know what I am doing? When it hurts to even lift my arms up?” They prescribed Debra a course of treatments, which she cancelled due to not feeling supported.

At this point Debra says “I was in agony, my back was

hurting, my neck was hurting, my legs were hurting, ankles were killing me and swelling up like a balloon... I used to wake up in the morning... and when I used to get up to shower I used to put my neck down," and it used to hurt to get up from a hunch position.

After giving up on previous physiotherapy, which was not suitable for her or her condition, Debra says that "I was coming back from the hospital, and I said my mum: 'well what am I meant to do now? I've got nothing...' I went home, and the letter from NMC was there, telling me to

**It seems as though it's a miracle...**

pick up the phone and book an appointment. So I did. And that's it."

"My muscles have been woken up by Ulrike [physiotherapist] and France

[osteopath], he's helped with the pain and it seems as though it's a miracle. I've still got pain, but I've not got as much pain. And I was taking tablets-galore, and now I've cut my tablets right down." She now goes for 6 hours without pain relief tablets instead of every 4 hours: a significant change.

At the end of March Debra hit an amazing milestone, she "walked from the physiotherapy suite, to the office [about 100 meters] which is a significant walk for me. 12 months ago I couldn't do that. Before I came here I wouldn't even attempt it." When asked how she felt when she had walked all the way back to the office she smiled and said "tired."

"I was surprised at myself, I was only going to walk from the physio room to the end where the door is... but I walked a bit further... having people saying 'keep going your doing fine' pushed me to go a bit further."

"I've started [hydrotherapy]..., I've only been to two and I'm really enjoying it! I haven't been swimming for twenty odd years." Debra remarks that "when Ulrike does the physio with me, it's tiring but it is worth it, because with the hydrotherapy, and the physio, and the osteopathy, it works all-together. It's given me a new lease on life. It's thanks to those therapists that I can get where I can."

Debra soon realised after starting treatment with NMC Midlands that she wasn't hunching over in the mornings, and she could get off the chair a lot easier because her back wasn't hurting, and her posture was better. Her mum noticed that she was taller again, she

**I'd lived with the pain for so many years, and then it just went.**

said: "I was quite surprised, I couldn't believe that she was as tall as she is because, I'd lost her. I'd lost that tall daughter. And now she's taller than me again!"

Since coming to NMCM, Debra says that she's willing to try to push herself to do more to do things. Mostly what hurts now is her shoulder, "but at the moment the pain is manageable, my legs don't hurt any more. They can't do anything about my shoulder because it is inflamed, but they have loosened it."

"It's been absolutely brilliant, and I don't want to stop coming because if I stop coming I'll be back at square one again. I asked my physiotherapist today if she was ever going to discharge me and she said 'no, they don't discharge' and that put my mind at rest." NMC Midlands is unique in that we do not discharge service users, but offer a continuous course of physiotherapies, osteopathy, and complementary treatments to maintain movement, and alleviate as much pain as possible.

At first Debra thought "there's nothing out there, so I have to just get on with it. I'd lived with the pain and the back pain for so many years, and then it just went. I thought 'Hang on a minute, where's it gone?' I still have some pain, but it used to be that I couldn't even move, and now I can move around. I can walk better, I have more strength to push up from things." Debra knows that she will never be cured of her MD, but the management of pain means a lot.

"Ulrike is strong, she has miracle hands! I never thought a physio would do something like that... I would say to anyone with a neuromuscular condition: come. Give it a chance, I thought it would never work on me, but it has worked."

**Stories like these can only happen with your ongoing support of NMCM/ MD Support Centre**



Picture credit NMC Midlands





# PIP

## *What does it mean for you?*

Many of our service users are currently having their Disability Living Allowance (DLA) replaced by Personal Independence Payment, known as 'PIP'. The process can be daunting, so we've asked the national charity for MD advice and research, Muscular Dystrophy UK (MDUK), for some tips and advice and here is what they have had to say.

PIP is a tax-free cash payment which is not affected by your income status. How much you get is based on a points-based system. You will have to have a review when your award period finishes.

PIP has two separate components: Daily living (DLC), and mobility (MC). These can be paid to you together or separately.

To qualify for PIP you must have had your condition for 3 months before your application, and that you will have the condition for 9 months after. You must also have been in Great Britain for the last two years, be aged between 16-64 and normally live in the UK or Republic of Ireland.

You will be assessed on:

- Preparing food
- Taking nutrition
- Managing therapy or monitoring a health condition
  - Washing and bathing
  - Managing toilet needs
  - Dressing or undressing
  - Communicating verbally
- Reading and understanding signs, symbols, and words
  - Engaging with people face-to-face
  - Making budgeting decisions
  - Planning and following journeys
    - Moving around

Each activity has a set of suggested answers, which award a different amount of points. You need at

least 8 points to receive the Standard Rate for the DLC and MC; or 12 points for the Enhanced Rate.

MDUK suggests that you fill out the questionnaire based on your **worst days**. They also advise when describing your condition you should state whether you can do these activities *safely, repeatedly, and in a timely manner* – your assessor must take this into account.

In addition to the above, MD UK's Advocacy Ambassadors' recommend the following:

1. **Get someone to help you fill in the forms** - they can be confusing, so Advocacy Ambassadors are on hand from 8.30am to 6pm Monday to Friday.
2. **Do the application in sections** – they can be overwhelming, fatiguing, and sometimes upsetting to think about your worst days. Take regular breaks and take care of yourself.
3. **Submit as much supporting evidence as possible** – This can be from your GP, consultant, physiotherapist, or from the MD UK Advocacy Team. You can also provide a diary of your routine, showing what you need or find difficult.
4. **There is a space for comments and your own words** – be as specific and clear as you can.
5. **Think about what help you require, or what you could do with the right support** – this helps your assessor to understand how your condition affects you.

For further advice and help on PIP, MDUK Advocacy Advisors can be reached at:  
0800 652 6352 (freephone)  
[ambassadors@musculardystrophyuk.org](mailto:ambassadors@musculardystrophyuk.org)

For a detailed information pack ask for a copy in the centre, or download one at  
<https://www.disabilityrightsuk.org/personal-independence-payment-pip>

# This Issue's recipe... Energy Bars

Picture Credit NMC Midlands

The focus of these recipes is to increase protein intake and energy by providing you with ideas for on the go healthy snacking, which prevents unhealthy snacking, especially in situations where muscle loss is a problem. These bars are not complete meal replacements but good on-the-go fillers. Please also take care to avoid nuts if you have an allergy.

You can customise these recipes, by keeping the method: the key is creating a ball or mass which binds well, stores well and can be made into balls or bars.

## RECIPE 1

Naturally gluten-free, dairy-free, vegan, with no added refined sugars or artificial flavours, these energy bars are deliciously more than the sum of their parts! With two main ingredients, plus your customisable flavouring, they are easy to make and will keep in the fridge – if they last that long!

To store them you can keep them in the fridge (this just makes them firmer!), though they will keep outside all day, and you can wrap them in cling film, foil, or greaseproof paper.

### Ingredients

Pitted Dates (plus dried fruit such as raisins or cranberries, if you like)

Nuts of your choice (cashews work best as they are



Nuts and dates are rich in nutrients and energy and make for a healthy treat. Photo credit Left: Explorer Bob via Flickr (CC); Right: Daniel R Blume via Flickr (CC)

softer, and almonds add crunch without an overpowering flavour or texture)

Additional flavours, such as cocoa powder (not hot chocolate powder as this contains refined sugar, and sometimes milk products), citrus zest, cinnamon, shredded coconut, or dried apricot.



### Step 1

Place all ingredients in a bowl or food processor. Here I use about 1:2 ratio of nuts to dates, here I add three teaspoons of cocoa powder and some lemon or orange zest.





### Step 2

Blend until the dates are smooth and the nuts broken up. This is easier in a food processor, but can be done with an immersion blender as shown.



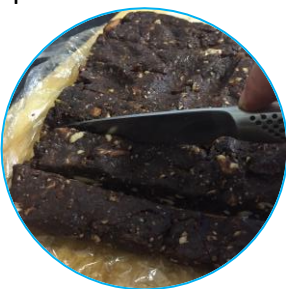
### Step 3

Knead the 'dough' to pick up any leftover nut fragments or powder. A wooden spoon can be used for those unable to push with their hands.



### Step 4

Line a tray with cling wrap to guide the shape, press the 'dough' out. If you like you can wrap the lot up and edit the shape.



### Step 5

Cut your slab into bars – I prefer mine at about  $\frac{3}{4}$ " wide.



### Step 6

Wrap and store in the fridge to firm up, if you can wait that long!

## RECIPE 2

While there is no cure for muscular dystrophy, it is understood that consuming protein may help retain and improve muscle strength. Everyone needs protein to grow, repair and regenerate muscle; but if you have MD you should aim to eat fewer fatty meats, and more lean meats, fish and beans as protein sources. These protein bars can help you do that on the go, but should not be considered a replacement for a balanced meal.

### Ingredients

Protein powder

A flour that can be eaten without cooking such as almond meal, coconut flour, or oat flour, for example.

Milk – this can also be coconut milk, or almond milk

Optional nut butter

Chocolate

### Step 1

Combine your protein powder and flour

### Step 2

Add your milk and nut butter to the consistency of a dough that you can make into bars with your hands.

### Step 3

Shape into bars (see Recipe 1 for guidance)

### Step 4

Melt some chocolate in a bain-marie and dunk the bars into the chocolate, or pour it over

### Step 5

Place your bars in the freezer for at least 30 minutes, then they are ready to enjoy.

Picture Credit NMC Midlands



# Upcoming Events

*We would really appreciate your support with our upcoming events – only with your support we can continue our work here at the Centre.*

We now have two new Fundraising and Awareness Teams and if you would like to join one of our teams, you would be most welcome. If you wish to set up your own fundraising and awareness team, please do let Kay know as this is something she can help you with.



**Starting 12<sup>th</sup>  
April**

## **GREAT RUBBER DUCK RACE**

Please join our fun in-house centre Duck Race.

It's simple: Please put your name, contact details and the name you have chosen for your rubber duck on the sheet provided in the centre or contact [kay@nmc-midlands.co.uk](mailto:kay@nmc-midlands.co.uk).

Place your £1 entry fee in the collecting can next to the sheet.

When we have collected 60 duck names we will be ready to race the ducks.

You do not attend the race, just your duck.....

All duck names will go into a drawer and the first duck's name drawn will win £15, the second £10 and the third wins £5.

If you want to hold your own duck race at work, at your gym, club or pub, please email Kay for a fundraising pack.

**Monday 22<sup>nd</sup>  
May 7.30pm**

## **Hinckley & Nuneaton Fundraising and Awareness Team meeting.**

Join our new Walsall Fundraising & Awareness team at The Coton Sports and Social Club, CV11 5SQ

**Thursday 1<sup>st</sup>  
June 12.00pm**

## **Walsall & Wolverhampton Fundraising & Awareness Team Meeting**

Our new meeting date is Thursday 1<sup>st</sup> June at 12 noon to 2pm at The Chuckery Club, 44 Beacon Street, Walsall WS8 7JJ

**Saturday 3<sup>rd</sup>  
June. 7pm**

## **Summer Quiz Night TICKETS NOW ON SALE**

The Nuneaton and Hinckley fundraising team are hosting a summer quiz night at the Coton Sports and Social Club Nuneaton on 3<sup>rd</sup> June. (just 10 mins from junc 3 M6) Tickets are £7 each and we are looking for individuals to form teams of 4 to 6 people. We are hoping you will join us so this event is a success and raises funds for NMC. If you wish, you can reserve your tickets by giving a £2 non-returnable deposit for each ticket followed by your £5 on the door on the night.

**Tickets are on sale from the Nuneaton & Hinckley team or Roxanne at the NMC centre now.**





Thursday 6<sup>th</sup> July

**David Salt's Golf Day. Wolverhampton**

**Contact David for more information on 07753 928 600**

July 2017

### **INDOOR SKYDIVING**

If you've ever wanted to feel the rush of freefall without having to jump from a plane, then you'll love this exhilarating wind tunnel experience. You can also [fly with a friend](#) - Experience indoor skydiving with a family member or friend. You'll both fly at the same time, with two instructors on-hand close by. This package gets you one solo flight, followed by two flights together.

**You are ready to experience indoor skydiving if:**

- You have always dreamt of flying and are ready to have fun!
- You are active, or participate in sports, from time to time, and feel physically fit.
- You aren't under medical supervision and your ability to move isn't restricted.

If this isn't for you, please ask your family, friends, colleagues if they would like to join us!

September

### **STROLL, WALK AND ROLL – POSTPONED to our 5 year anniversary**

This is a sponsored event is for all of the family. You can stroll, walk or use your wheelchairs to roll and/or to ride. We will be gathering for this event to have some fun, meet each other and raise vital and important funds for NMCM. We ask that each of you try to raise **a sponsorship target of £20 per adult and £5 a child**. Please put your name on the list provided in the centre or email [kay@nmc-midlands.co.uk](mailto:kay@nmc-midlands.co.uk) and Kay will give you all the details and a sponsorship form. Thank you!

4<sup>th</sup> and 5<sup>th</sup>  
November

### **WINTER WOLF RUN – Stanford Hall Leicester**

We are hoping to get a team of wolf's to take part in this famous exhilarating event. Please ask your family, friends and colleagues if this is something they would like to do. Kay has more details.

### **WANTED**

**RAFFLE PRIZES** We are now collecting raffle prizes for our events – please do bring your donation to the centre for Kay. Thank you

**VOLUNTEERS** Collection-can co-ordinators, event helpers, bucket collection, speakers, or members for our fundraising groups. Please email Kay for more information about these important volunteering roles and more.



# News



## BABPA Charity Dinner 2017

We were honored to be selected as the nominated charity for the 26th BABPA Dinner which was held on Saturday 11th March at The Town Hall, Royal Leamington Spa

This is the second time NMC Midlands have been selected as the BABPA charity and our thanks go to Parminder Birdi for his continued support and for nominating NMC Midlands to benefit from this event.

The Charity Dinner was a wonderful evening with a reception drink and delicious 4-course meal, followed by great entertainment and fun. The Bhangra dance group was really lively and fantastic to watch!

It was exciting to see such a large turnout and the number of dignitaries who attended, both of which clearly reflect BABPA's standing and work in the



Midlands area. All of us from NMC Midlands had a thoroughly enjoyable evening and we would like to say a big thank you everyone at BABPA; we are grateful for your continuing wonderful support for our Centre and look forward to future events!

## About BABPA

BABPA is the British Asian Business and Professionals Association.

BABPA has a committee made up of several individuals aged between 20 and 40. They are a fairly young group, trying to encourage others to get involved and raise charity awareness. Their past events have included the annual switch on of the Diwali lights in Leamington Spa, Casino nights, social nights and health seminars. Every penny raised goes straight to the charity selected.



## Galaxy Hot Chocolate Outstanding Volunteer Award goes to Judy Wellby

We are delighted to announce that Galaxy Hot Chocolate have awarded Judy Wellby with a hamper in recognition of her volunteering efforts – especially her Sky Dive back in 2016!

Judy has very kindly donated the hamper to NMCM/MD Support Centre for service users to enjoy and to help raise funds.

Judy currently volunteers for NMCM/MDSC as part of the newly formed Nuneaton and Hinckley fundraising team – if you would like to join this group or start a local fundraising group in your area please email [kay@nmc-midlands.co.uk](mailto:kay@nmc-midlands.co.uk) for more information. Well done, Judy!



## Thank You!

*Many thanks for your continued, valued and important support. It makes a big difference to us. We are grateful to everyone who donates funds and gifts – here are just a few thank yous.....*

- Thank you to BABPA for choosing us as their charity of the year. We attended the annual charity dinner in Leamington Spa on 11<sup>th</sup> March. The evening was amazing – thank you!
- Thank you to everyone who brought and purchased lovely new items in our recent Spring Bring and Buy sale in the Centre. We raised approx. £100 and everyone seemed to enjoy it.
- Thank you to The Whitestone Pub Nuneaton, who keep an NMC collecting can on their counter and raised £25 this quarter.
- Thanks also goes to Andy Collins, who places several collecting cans in the Nuneaton area and regularly sends in donations from cans.
- Thanks goes to the Coventry Central Ladies darts Team who recently donated £200. Thanks also goes to Terry McDonagh for nominating us.
- Thank you Armson Electrical Ltd for their £100 donation
- Thank you to Tracy Pratt and family for Q-Bar collecting can donation of £26 and Web Ivory donation of £52.75.
- Thank you to Linda Thompson who made a beautiful keyring/bag charm and displayed in the centre for Easter. 'Guess how many beads in the Bunny'
- Thanks goes to Nick Randle who nominated his aunt who runs the Hare and hound Pub – through holding Easter activities they raised an amazing £175 – Thank you!



# MD Support Centre Clinic Dates

## May

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Physiotherapy Reflexology 2	Physiotherapy Osteopathy Hydrotherapy 3	4	5	6	7
8	Physiotherapy 9	10	Osteopathy (Driotwich) 11	Physiotherapy 12	13	14
15	Physiotherapy Reflexology 16	Physiotherapy Hydrotherapy 17	18	19	Osteopathy 20	21
Hinckley & Nuneaton Team meeting. 22	Physiotherapy 23	Physiotherapy Hydrotherapy Reflexology 24	25	Physiotherapy 26	27	28
29	Physiotherapy 30	Physiotherapy 31				

## June

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			Walsall & Wolverhampton Fundraising Team Meeting 1	2	Summer Quiz Night 3	4
5	Physiotherapy 6	Physiotherapy Hydrotherapy Osteopathy 7	Osteopathy (Driotwich) 8	Physiotherapy 9	10	11
12	Physiotherapy Reflexology 13	14	15	16	Osteopathy 17	18
19	Physiotherapy 20	21	22	Physiotherapy 23	24	25
26	Physiotherapy Reflexology 27	Physiotherapy Hydrotherapy 28	29	30		

# July

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3	Physiotherapy 4	Physiotherapy Osteopathy 5	David Salt's Golf Day 6	Physiotherapy 7	8	9
10	Physiotherapy Reflexology 11	Physiotherapy 12	Osteopathy (Droitwich) 13	14	15	16
17	Physiotherapy 18	Physiotherapy 19	20	Physiotherapy 21	Osteopathy 22	23
24	Physiotherapy Reflexology 25	Physiotherapy 26	27	28	29	30 Monday 31

## RESULTS OF OUR SERVICE USER SURVEY

Results are now available in the centre, and next issue we will review them – watch this space!

## REFLEXOLOGY ANNOUNCEMENT

Going forward reflexology will only take place on alternate Tuesdays. To book your appointment ask reception or call 02476 100 770

## HAVE YOUR DETAILS CHANGED?

If so, please email [reception@nmc-midlands.co.uk](mailto:reception@nmc-midlands.co.uk); call 02476 100770; or let reception know in the centre.

## Did Not Attend and Cancellations

Compared to last quarter DNAs, cancellations, and late cancellations are down by 5%! Thank you everyone! While this is great news, the **DNAs and cancellations still cost the centre £1,350** for January, February, and March. That is around **23 appointments which could go to service users who need them**. The wait time for appointments is currently 6-8 weeks. You can help by avoiding cancelling your appointments, or give us at least 48 hours (2 working days) advanced cancellation of your appointment so that we can offer it to another service user.

DNAs & Cancellations  
down 5%!

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