working with Muscular Dystrophy
NMC Training offers training opportunities in digital graphic design and basic IT skills. We deliver training in our training suite and provide distance learning opportunities for graphic design students who are not able to travel to the NMC and wish to study from home. We have 35 student places.

We offer the following accredited courses in partnership with West Cheshire College:

- Computer-based graphic design
- NCFE Levels 1 & 2 Certificate in Graphic Design
- Basic IT skills
- CLAIT (Level 1) & CLAIT PLUS (Level 2)

NMC Design+Print is a commercially competitive social enterprise run and staffed by people with neuromuscular conditions, currently employing a team of nine.

Generating nearly a quarter of all the NMC's running costs this award winning enterprise offers a social value much greater than its rivals, working with businesses, individuals and charities both locally and nationally.

The product range is vast including: • Newsletters • Stationery • Display Banners • Brochures • Promotional Items • Logo Creation • Corporate Identity • Creative Graphic Design
Physiotherapy

NMC Physio offers a unique service in the UK providing ongoing treatment for adults with muscle wasting conditions. Our aim is to maintain the individual's muscle strength, flexibility and independence by providing treatment programmes, which target their needs. These include:

- Stretching all major muscle groups maintaining flexibility
- Active exercises to help heart, lungs and strength
- Treatment for muscle and joint pains
- Hydrotherapy

Over 125 adults come regularly for treatment with our specialist physio team. Many travel an hour or more to get to the NMC.

Support

- **Support Worker** - Provides a range of services for service users, families and carers.
- **Advice** - From equipment to benefits, we can point you in the right direction.
- **Support** - Advocacy, drop in, chat and counselling.
- **Information** - Specific for an individual.
- **Mutual Support** - Through the service user newsletter, or meeting at the NMC.
Funding

As a registered charity, the NMC relies on a combination of three funding streams to sustain and develop its services:

• Income generated by the social enterprise – NMC Design+Print

• Payment received for physiotherapy services from NHS sources

• Fundraising Activity

The NMC fundraising team generates funds by:

• Developing relationships with grant makers

• Working in partnership with corporate sponsors/donors

• Organising fundraising events

• Offering a range of ways for individuals to support; e.g. NMC Lottery, payroll and regular giving and volunteering opportunities

• Working with community groups, schools and clubs to raise awareness of the NMC

• Our supporters and charitable funders raise 60% of the income needed to provide all NMC’s services
Weseek to directly challenge this outlook for those over 16 years of age by offering:

• Physiotherapy to help maintain strength, tone, flexibility and comfort.

• Training schemes provides opportunities to learn new vocational skills.

• Employment prospects in our own creative graphic arts based social enterprise, NMC Design + Print.

Our clients who have muscular dystrophy say the NMC:

“provides me with inspiration to achieve more in my life”

“Increases my level of self-confidence”

“keeps me out of hospital”

“helps me get a job and keep doing my job”

This sums up what we are all about!
Contact

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NMC Design+Print 01606 863464
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