

Cough Assist Machines

Some people with muscle disease do not have the strength to cough. This machine assists in that process.

The use of a piece of equipment like the Cough Assist machine can prevent muscle disease patients from needing emergency respiratory care in hospitals and thus prevent many thousands of pounds being wasted by the NHS.

Murray's Muscles has raised enough money for one machine, but we would like to do more and we now ask for your help and support to achieve this.

Figures released in the NHS Neuro-muscular Strategy Report (2010) showed that up to a quarter of the £6.6 Million spent by the West Midlands NHS on unplanned emergency hospital admissions during 2009 for muscle disease patients alone could have been saved by early intervention.

The Cost of this equipment - £5,200 approx.

Powered Wheelchairs

Powered wheelchairs are legs for these patients. Some are specially adapted for different types of sports. Sit-to-Stand powerchairs allow users to stand in a supported manner. The benefits are:

- Improved posture
- Reduced sitting sores.
- Reduction of leg contractures
- Improved blood circulation
- Improved digestion
- Improved bowel movement
- Improved sense of well being
- Improved independence
- No need to transfer to other pieces of bulky equipment.

The Cost of this equipment - £4,500 upto £18,000 approx



The NMC West Mids appeal was launched by MDC in 2010. This exciting new venture will provide ongoing specialist therapies, including; physiotherapy, osteopathy, soft tissue massage, acupuncture and hydrotherapy.

We will be able to offer information, help and support, and create (like NMC Cheshire) a small IT business enterprise run by muscle disease patients themselves. We are also building a relationship with a local college to enable training courses to be provided.



Artist's Impression of the New NeuroMuscular Centre West Midlands Birmingham.



Your help is crucial to our success, please

Contact us now

We've made donating easy

Cash, Cheque,
Direct Bank Payment (BACS)
Sortcode: 30-99-90 Account: 04090816



(Type in Murraysmuscles)



Registered Charity No. 1137212

Your local charity
for people affected by
Muscular Dystrophy
in the West Midlands



"Make a difference to someone
near you and change their life for
the better"

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About Murray's Muscles

We are a local, registered charity serving local people, committed to improving the quality of life for over 5,500 people affected by muscle disease in the West Midlands. We aim to do this by; campaigning for better services, the provision of appropriate equipment and offering advice and support.

Why a "Local Charity"?

We believe that it is important for donors to charities to see the benefits and results of their donations making an impact on the lives of people around them. No one can deny the good feeling you get inside when you see the wheelchair you helped to fund giving a child their independence at the local supermarket.

"Seeing the results of your donation is a strong incentive"

What is Muscle Disease?

Muscle disease is the most appropriate generic term given to embrace the 60 or so forms of muscular dystrophy which affect over 60,000 people across the UK today. These conditions are characterised by the **loss of muscle strength**, as progressive muscle wasting occurs. They are mainly inherited, **can cause shortened life expectancy** and **there are currently no treatments or cures**. These diseases are categorised as rare conditions.

What is our connection?

It is difficult for anyone to imagine the emotional turmoil we faced in 2005 when we were landed with the devastating news that our son Murray was diagnosed with Duchenne muscular dystrophy (DMD), in short, a death sentence.

DMD is the most common and aggressive of the 60 different neuromuscular conditions. It is **a muscle wasting, life limiting disease for which there is currently no treatment or cure**.

As time goes on, our bright, funny, and outgoing son will be trapped inside an ever more useless body, until he reaches an early and untimely death which is most likely to be in his late 20's.

The news of Murray's diagnosis was devastating. We embarked on a journey to improve Murray's situation. By campaigning, raising funds and awareness, giving talks and presentations and carrying out advocacy work we have become empowered. **This journey has led us into the lives of many thousands of people in similar situations to ours and opened our eyes to the vast gaps in the NHS services offered to our patient group.**



On a national level, we work very closely with The Muscular Dystrophy Campaign (MDC) and are Ambassadors for the same. We sit on numerous committees and steering groups like the Muscular Dystrophy Campaign's Lay Research Committee, and Joseph Patrick Trust.



We chair the West Midlands Muscle Group. Set up with the support of the MDC, we are a group of people from all over the West Midlands affected by muscle disease. We campaign for better services and provide an open forum for discussion and support.

What is our Charity doing to help?

Living with any disability is hard work, physically draining and hard on the household finances.

Disability with rare diseases is even harder due to their complex nature. On average, bringing up a disabled child costs 50% more than raising an able bodied child.

You have to fight for everything; services, equipment, house adaptations and appropriate specialist help. As ever in these situations, it is left in the hands of the charities and volunteers to act.

This is where Murray's Muscles can help with your help.

Specialist Equipment Funding

Specialist equipment is necessary to retain quality of life for people affected by muscle disease. Most of this equipment is expensive to the average family and, as yet, is not available on the NHS. As we grow as a charity, we are able to provide funding for more of this sort of equipment which is so desperately needed.

The items listed below are by no means exhaustive, but you can see how much a family will need to spend on essential equipment.

"You can help us – Any donation, no matter how big or small will make a big difference to someone's life".

Portable Hoists

Portable hoists are an essential piece of equipment allowing carers to move patients around without putting their backs at risk. Patients benefit from additional comfort and a better feeling of security. Portable hoists play an important role in patient care.

Both manual and powered versions are available.

The Cost of this equipment - upto £2,100 approx.



Neater Arm Supports (NAS)

The Neater Arm Supports offer a 'helping arm' to some people with muscular weaknesses such as muscular dystrophy.

The device, which can be attached to the back of most wheelchairs, supports the weight of the user's arm in a sling, significantly extending independence, aiding normal activity; eating, drinking, personal care, office work, etc.

The Cost of this equipment - £3,600 approx.

