



# YOUNG ONES



## Hi Everyone!

Welcome to the July edition of the 'Young Ones' newsletter! Hope you are all looking forward to the Summer break ahead and spending time with your families! Don't forget this newsletter is for you so keep in touch and send in your stories to me [teenage@caringmattersnow.co.uk](mailto:teenage@caringmattersnow.co.uk).

Katie X 😊



## Success of CMN Activity Weekend!

Well, what a fantastic CMN Activity Weekend we had this year! The sun shone, the location by the sea was wonderful and everyone had fun, fun, fun!

All those that attended the activity weekend had the opportunity to take part in abseiling, mountain biking, keel boat sailing, and flying down a zip wire... to name just a few of the activities!

We spent the evenings on the beach, kids having fun in the water and the grown ups chilling with a drink on the water's edge. But don't take our word for it; this is what some of those that attended had to say:



*This was our 4th trip to PGL with Caring Matters Now. It was a beautiful location and it was really nice having the beach and sea on our doorstep. The weather was great and we were able to play lots with all the other children. We especially enjoyed playing games in the evening while the grown-ups were talking.*

*Our favourite activities were zip wire, abseiling, survivor and Jacob's ladder but our mum and dad liked the sailing best. We slept on the top bunks in our room and it was really cosy in our sleeping bags. We loved the food and had a fantastic weekend. We wish we could have stayed there longer instead of going back to school! Thank you so much*

**James (Age 9) and Charlotte (Age 7) Lacy**

*The CMN activity weekends are absolutely amazing - they are fun, active and everyone is so friendly. I have been to 3 weekends and they are one of the best experiences I've ever had! I definitely plan to go again because they are action-packed and some things are hilarious like when we did ham and eggs at the Osmington Bay campfire and the story where Johnny had to go to prison for not being able to spell strawberries. The moral of the story was look before you cross the road!!!*

*When I go to the weekends I enjoy being able to talk to my friends as they all understand about having birthmarks because they all have them too. When I go home I feel more confident about showing my birthmark. I love coming again and again because I can be myself without anyone staring at me and my leg.*




*My favourite activities were Jacob's Ladder because it felt like such an achievement to get to the top and Sailing because I loved steering the boat! These weekends are the absolute best!!!*


**Amelie Cook (Age 10)**




## Be Sun Safe!

The summer holidays are coming up, and hopefully the HOT weather too! Make sure you remember to be safe in the sun by remembering the 5 S's:

-  **1. SLIP** on sun t-shirt to keep shoulders covered as they can easily burn
-  **2. SLOP** on SPF 30+ broad spectrum, 4 star + UVA sunscreen
-  **3. SLAP** on a broad brimmed hat that shades the face, neck and ears

-  **4. SLIDE** on quality wrap-around sunglasses

-  **5. SHADE** from the sun whenever possible, particularly between 11am-3pm



# Teens Big Day Out!

Saturday  
16th  
September



This will be a great opportunity to get together and develop friendships with other teens affected by CMN in a relaxed and social setting.

**HintHunt®** is a new simple and fun live escape game. You get 60 minutes to climb a mountain of puzzles and mysteries in a tiny room. The goal is simple yet challenging: get out in time!



Open to all those affected by CMN aged 11yrs – 17yrs, plus one accompanying parent/career (or accompanying friend if you are aged 17yrs). Places are limited so email [info@caringmattersnow.co.uk](mailto:info@caringmattersnow.co.uk) to book your tickets ASAP! More details on the website: [www.caringmattersnow.co.uk/teens-big-day/](http://www.caringmattersnow.co.uk/teens-big-day/)

## Join in with the 20th Anniversary Fundraising



Caring Matters Now is celebrating its 20th anniversary this year. There is still plenty of time to be a part of the celebrations and lots of fundraising challenges you can still be involved in. Two of the fundraising challenges you could be a part of are the Tandem Sky Dive and the CMN Coffee & Cake Morning.



### CMN Coffee & Cake Morning 2017

Organise a CMN Coffee & Cake morning. Choose a date that suits you!

This is a fun and easy way for everyone, regardless of where in the UK or how old you are, to get involved and help raise funds for Caring Matters Now.

Taking part will be an opportunity to get together with friends and family for a great cause, whether at home, school, or college; there are many possibilities. [www.caringmattersnow.co.uk/coffeecake-morning-weekend-2017/](http://www.caringmattersnow.co.uk/coffeecake-morning-weekend-2017/)



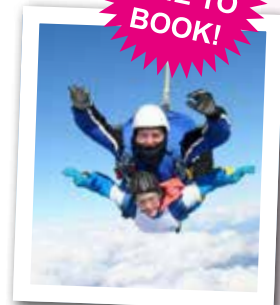
### Tandem Sky Dive

There is still time to book! So if you know anyone aged 16yrs or older wanting a challenge then maybe you could encourage them to take part! Caring Matters Now and Click & Jump have teamed up to offer a tandem day at BPS Langar Airfield, Nottingham, on Saturday 2nd September 2017 to celebrate the charity's 20th anniversary.

Check it out and get maybe mum or dad, brother or sister, aunt or uncle, cousin or family friend to sign up! Then you can all come along and show your support...it's a great day out for all!

[www.caringmattersnow.co.uk/raise-money-cmn-completing-tandemskydive-2017](http://www.caringmattersnow.co.uk/raise-money-cmn-completing-tandemskydive-2017)

STILL  
TIME TO  
BOOK!



## Your Stories!

By Toby White aged 12

*Hello my name is Toby and I have a brother called Luke who is now 17 and was born with CMN on his face and head.*

*I feel sorry for my big brother having CMN because he has had over 35 operations and he is having another one next week and he has been through a lot of pain to get his CMN removed. I don't think Luke is any different to me and I think he is lovely even though he has CMN. He teaches me a lot and helps me with my football, but I know he wants the CMN removed because it makes him sad and as a consequence he has all the surgery.*



*When my Mum told me Caring Matters Now want to find a cure for CMN to stop children from having all them operations like Luke, then I decided I wanted to raise some money to help other children due to Luke not liking all the operations he has. I wanted to do this by doing a sponsored run, so that is what I went on to do the past 2 years. I enjoy running as well as football and it was even better running, knowing the sponsor money went to a good cause to help find a cure for other children like Luke.*

*It would be great for others to get involved and do a sponsored event to raise money to find a cure for CMN to help other children like my brother, because I think he is awesome - most of the time!! So why not help the awesome people you know with CMN and get involved to help find a cure.*

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