



Hi Everyone!

Welcome to the July edition of the 'Young ones' newsletter!

## CMN Teens Day Out

Caring Matters Now would like to organise a day out for all our CMN teenagers in 2016. We have had some thoughts such as Harry Potter Studio Tour, Alton Towers and Go Ape, but we would like your thoughts! Get in touch and let me know where you would like to go for the day! The idea of the day out is for all our 12-16 year olds getting together, having some fun without parents! This day is about YOU... so send your ideas to [teenage@Caringmattersnow.co.uk](mailto:teenage@Caringmattersnow.co.uk).



This year it has been great to see so many events happening all over the country to raise money and awareness for CMN. Some of our 'Young Ones' members have written about what they have been up to:

### Fay's Story - Helping the CMN research

On the 2nd of June me and my mum travelled to London, Great Ormond Street hospital to see doctor Kinsler. But today I was more excited than normal because I wasn't just having a normal appointment I was helping with the CMN research. Today I was giving a little bit of my CMN skin.

I had my appointment as usual then we went into the main hospital. When we got inside we had to go to penguin ward. We meet some nice nurses who let me choose where to take the skin from and then they put on some numbing cream on a small patch of my skin. It took an hour to work, so while we were waiting we went for some lunch. Afterwards we went back to the ward where the nurses explained how it was all going to work. One of the nurses did the injection, which was the only part that stung and this was for only a short time. After it had numbed the whole area they took the skin and then put on some strip plasters and a small dressing. I had to keep it dry for a few days but that was it. They showed me the small bits of skin they had taken and they were tiny. I am really glad that I could help with the research.

### Eva's Story -

Eva has attended the recent Devon CMN gathering on 6<sup>th</sup> June and has written about all the activities she was able to take part in. Here is her story:

There were thirteen of us who met at Woodlands Park on a Saturday morning in June. That's 3 families. We all got on straight away and I couldn't wait to go on the water slide, Viking ship and toboggan run with everyone. I could see that everybody was having a good time. We all want to go to Woodlands or somewhere like it again and I'd love more families to come along. It's a great way to have fun and meet friends.

## Ways to keep in touch!

Remember there are many ways that you can keep in touch throughout the year by accessing the Caring Matters Now website. Sign up to the teenage forum and start talking!

Last note ... Any ideas you may have about improving our support days or any activities you would like us to organise then please get in touch. Also have your say on what goes into the next 'Young Ones' newsletter, email me your stories, your suggestions and fundraising activities [teenage@Caringmattersnow.co.uk](mailto:teenage@Caringmattersnow.co.uk). **Katie Arends** ©





## Calling all budding artists...

Caring Matters Now would like to invite all our children aged between 4yrs – 17yrs to design a Christmas Card, which could become one of the official CMN Christmas Cards for 2015! Four designs will be chosen by the CMN trustees and produced into this year's charity Christmas cards. The Christmas cards will be sold on the Caring Matters Now website from October 2015, with all proceeds going towards the Charity.

To find out how to enter the competition, please look on our website - <http://www.caringmattersnow.co.uk/Category/latest-news/>

## Be sun safe!! ☺

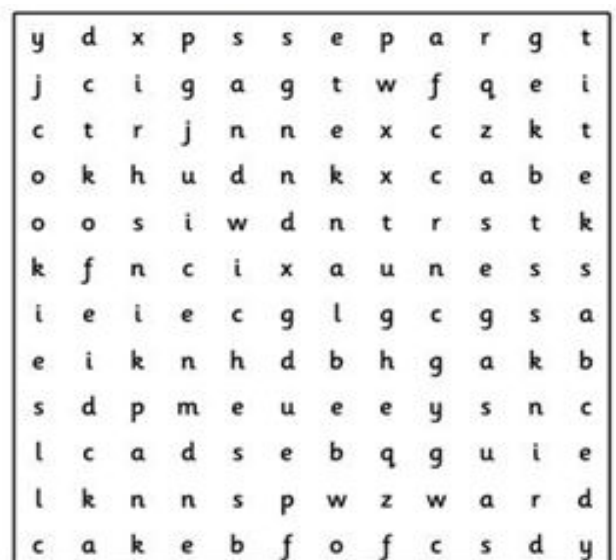
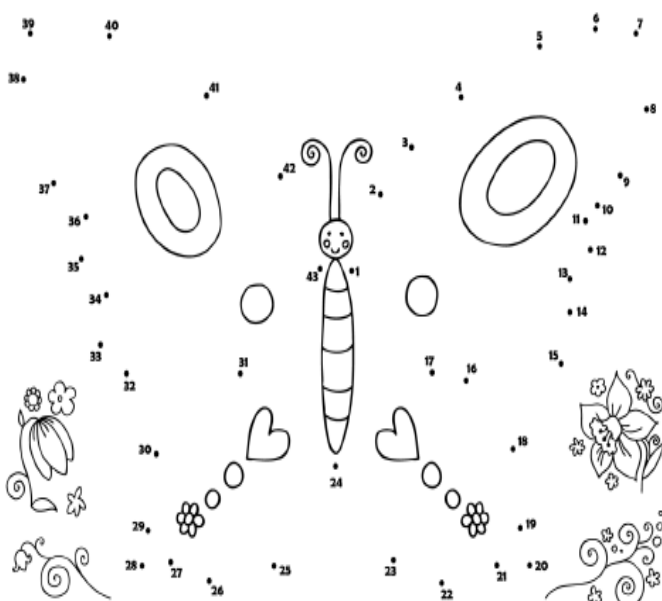
The summer holidays are coming up, and hopefully the HOT weather too! Make sure you remember to be safe in the sun by remembering the 5 S's:



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 the shades the face, neck and ears
4. **SLIDE** on quality wrap-around sunglasses
5. **SHADE** from the sun whenever possible, particularly between 11am-3pm



## Game time!!!



- |         |         |            |          |
|---------|---------|------------|----------|
| basket  | blanket | cake       | cheese   |
| cookies | drinks  | eggs       | grapes   |
| juice   | napkins | sandwiches | sausages |