



Hi Everyone!

Welcome to the January 2015 edition of the 'Young Ones' newsletter!

Activity Weekend

Firstly, thank you to everyone who attended the activity weekend last August. It was another great success with everyone enjoying taking part in the activities and spending time with old and new friends.

This is what some that attended have said about the weekend:

- 'I enjoyed taking part in the activities and made lots of new friends'
- 'I enjoyed laughing at mummy and daddy doing the activities'
- 'I enjoyed building a raft and falling in the lake'
- 'I got to toast marshmallows, eat cake and sing songs around the camp fire'

Check out the videos of past activity weekends <http://www.Caringmattersnow.co.uk/2015-activity-weekend/> (scroll to the bottom to see all past weekends).

We have now confirmed details of the 2015 activity weekend and would love for you all to join us. Get your parents to check out the website for details <http://www.Caringmattersnow.co.uk/2015-activity-weekend/>.

New Mini-teens and Teens Forums

We have now launched our online forums for our Mini-teens (ages 8-12yrs) and Teens (13-18yrs). So if you are keen to keep in touch with friends you have met at a support day or at the activity weekend, or want to make new friends with others of a similar age to you, then go and register to use the dedicated and private CMN Forum. For the mini teens your parent's permissions will be needed so an email address will need to be provided.

It would be great to see as many of our members as possible join the forum, start chatting with others and sharing your experiences. If you wish to join the Mini-teens or teens forum then visit www.Caringmattersnow.co.uk/forums/cm-n-forums/ or select the 'online community' tab at the top of the CMN webpage and select 'Mini-teens'.

Children in Need and The One Show



In November, we were very lucky to have hosts from 'The One Show' come and film at our Liverpool support day. It was a great day and was enjoyed by all who attended. A big thank you to those of you who went along and took part in the filming. You have all helped raise MASSIVE awareness for CMN. Well done!!



CMN Coffee and Cake Morning 2015



Our annual CMN coffee and cake morning is taking place on 12th & 13th June 2015. We want YOU to get involved. Ask your friends to help and organise your own coffee and cake event at home or at school. Maybe ask your teachers and classmates, they could bring in cakes to sell after school in the playground to raise money for Caring Matters Now. You could also maybe run other activities such as face painting, games and craft stalls. The bigger the event, the better!

All details can be found on the CMN website <http://www.Caringmattersnow.co.uk/Cmn-Charity-coffee-morning-12th-13th-june-2015/> or click the 'news & events' tab at the top of the CMN webpage and select 'fundraising events'.

Are You a CMN Champion?



'CMN Champions' is a chance for you to earn an award by raising money for Caring Matters Now. You and your friends can plan an event, which will raise funds and awareness for CMN and also be fun! There are a number of awards you can achieve including Bronze, Silver and Gold. Become a CMN Champion by signing up at www.Caringmattersnow.co.uk/fundraising/champions/.

BIG congratulations to the many people who have become a CMN champion since the last newsletter. You can read their stories at <http://www.Caringmattersnow.co.uk/get-involved/champions/>.

Get involved and register to be a CMN Champion. Maybe get your school involved, hold a cake stall, sweet shop, face-painting a tattoo stall! The list is endless.

Will you be the next CMN champion?? Plan a fundraising event and send me your story to teenage@Caringmattersnow.co.uk.



Competition Time!!!



It is your chance to show off your artistic skills again and design some special cards for **next** Christmas, that can be sold to raise funds for Caring Matters Now. Make it as whacky, exciting and colourful as you can! Complete the design on a full A4 sheet of paper.

You have got until February 28th 2015 to get your entries emailed to teenage@Caringmattersnow.co.uk or posted to **Caring Matters Now, PO Box 732, Cambridge, CB1 0QF**. The winning design, chosen by a panel of judges, will feature on our 2015 CMN Christmas cards!

I look forward to seeing your designs!!! ☺

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 teens and mini teens forums and start talking! Alternatively you can email me at teenage@Caringmattersnow.co.uk.

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. **Katie Arends** ☺