



Hi Everyone!

Welcome to the July edition of the 'Young Ones' newsletter.

## Activity Weekend

The CMN Activity Weekend is taking place on the 1<sup>st</sup>-3<sup>rd</sup> August 2014. There is still time to book for this action-packed, fun-filled weekend and enjoy time with old and new friends. The activity weekend in July 2013 was a great success and the kids that attended had the following to say about it:

'I really enjoyed 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'

Come and join in the fun!



## 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 have fun planning an event, which will raise funds and awareness for CMN. There are a number of awards you can achieve including Bronze, Silver and Gold. Become a CMN Champion by signing up on the Caring Matters Now website.



BIG congratulations to the many people who have become a CMN champion since the last newsletter. You can read their stories on the Caring Matters Now website.

- Walton on the Hill Primary School: Bronze Award
- Lily-Mai: Bronze Award
- Charlotte: Bronze Award
- Ad Place Marketing and Media Limited: Bronze Award
- Fay Hardwidge: Bronze Award
- Paul Mein: Bronze Award
- Stokenchurch Junior School: Bronze Award
- Croft Prep School: Silver Award
- Jasmin Chance and Blackheath High School (Juniors): Silver Award
- St. Mary's P.S. Draperstown, County Derry, Northern Ireland: Silver Award



Will you be the next CMN champion?? Plan a fundraising event and send me your story to [teenage@caringsmattersnow.co.uk](mailto:teenage@caringsmattersnow.co.uk).

One very special CMN champion is Phoebe Simcott who has achieved a Silver Champion award for her talk in school about having CMN. Phoebe told all her class mates and teachers how proud she was to have CMN and why she would never want to get rid of her CMN even if she could. A video of Phoebe's talk can be seen on the CMN website.

### Special visitor coming soon!



On 6<sup>th</sup> July a very special little boy called Didier is coming to visit London for a week with his mum. Didier featured in a documentary on Channel 4 about living with his very large CMN. Didier and his mum have never left their home country of South America before so this is a once in a life time experience for them both to meet other children with CMN. If you have any ideas how we could raise funds to help support Didier then please send your ideas to:

### Be sun safe!



With the summer now here, and hopefully the HOT weather too, it is important that you all know how to be safe in the sun. You need to remember the 5 S's:

1. SLIP on a 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

KEEP SAFE IN THE SUN



who wants  
to win...

### Competition Time!

It is your chance to show off your artistic skills and design a special logo to represent our support days. You need to include the usual CMN logo along with a design of your choice. Make it as whacky, exciting and colourful as you can. Once a design has been chosen by our panel of judges then this will feature at all future support days and on the website.

You have got until August 31<sup>st</sup> to get your entries emailed to [teenage@caringmattersnow.co.uk](mailto:teenage@caringmattersnow.co.uk) or posted to [Caring Matters Now, PO Box 732, Cambridge, CB1 0QF](#). Don't forget to include your name, age and contact details

### 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 family 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 ☺

