

INSPIRE

NEWS FROM

CARING MATTERS NOW

Issue 03 - AUTUMN 2020



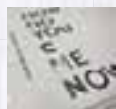
"I stopped comparing myself to others and worrying what other people thought about my skin."

Read Cheryl's
inspiring story

P10



ALSO IN THIS ISSUE:



P7

'How Do You
C Me Now?' Book



P12/13

2021 Annual
Conference



Caring Matters Now

is the only dedicated UK charity supporting those affected by Congenital Melanocytic Naevi

The 3 main aims of the charity are:

- To support those affected by CMN
- To raise awareness about CMN
- To fund CMN research

Caring Matters Now has 3 members of staff, who all have specific areas of responsibility.



Jodi Whitehouse
Chief Executive
Officer



Lucy Hardwidge
Support & Communications
Officer



Lisa Sly
Finance & Office
Administrator

Don't miss...

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- P4 2.6 Challenge / Jessica Ma Award
- P5 Christmas is Coming / Fundraising Partners
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Become a CMN Hero

Become a CMN Hero in 2021 by giving a monthly donation to Caring Matters Now!

To sustain the support we offer, the awareness we raise and the research we fund, Caring Matters Now must raise a minimum of **£100,000 every year**. The CMN trustees are keen to increase our monthly giving to help us reach our annual fundraising target. This form of giving provides the charity with sustainable regular income and enables the trustees to manage how funds are spent in a more strategic way.



- **79p** of every **£1** you raise goes on our charitable objectives - support, awareness and research.
- **21p** is spent on development, governance and work to increase funds



£10 a month donation will pay for a child to attend the CMN confidence building weekend



£8 a month donation will pay for the publication of 200 CMN medical booklets to distribute to doctors across the UK



£40 a month will buy a full investigation of the genetics of a patient with melanoma

Why not consider giving a small donation each month as a new year resolution for 2021

For more information, email info@caringmattersnow.co.uk

Welcome!

Well, what a year we have all experienced so far! I'm sure no one expected 2020 to unfold as it has, with coronavirus having a hugely negative impact on many individuals' lives and still today, our amazing NHS is fighting this invisible war. I do hope you and your loved ones are continuing to stay safe and well. On behalf of the Board of Trustees and charity staff, I send you our warmest thoughts and well wishes.

The pandemic has had a notably significant impact on Caring Matters Now. At the end of March 2020, as the country prepared itself for lockdown, the Board of Trustees spent many hours putting into place an emergency contingency plan to help the charity survive what was increasingly becoming a very uncertain future. We had to become creative and think 'outside the box' in how we could continue offering support and raise funds to help sustain the charity throughout a financially worrying time.

Over the past 6 months, we have introduced new ways to support our members, such as producing online Q&A video sessions with Prof. V Kinsler and hosting online support gatherings for all ages. Furthermore, we decided to hold our annual conference virtually, with 91 families plugging into 12 events. It was a special and unique time together and the Board of Trustees were greatly encouraged by your feedback, with 96.97% stating the online conference had a positive impact and 87.1% said the event reduced their feeling of isolation.

Financially, the charity has managed to stay afloat over the past 6 months, and this is because of the incredible support given by



you all. In April, we launched the 2.6 Challenge to try and recoup lost income from all the cancelled fundraising events planned. The 2.6 Challenge raised over £11,000 which is an incredible achievement! We also received an

unexpected and very generous donation of £50,000 from one donor to help the charity to continue its work throughout this difficult year, for which we are truly grateful! And finally, our CMN heroes have continued to give on

a monthly basis – you are true heroes!

Looking back on the past 6 months and I am utterly amazed and humbled by the financial support Caring Matters Now has received during this difficult time. Our charity is built upon very special individuals and families who have yet again stepped up and helped to sustain its work throughout a very difficult year so, from me to you, I want to thank you for your friendship and support - long may it last!

We have further months ahead with many uncertainties. However, with your partnership we can continue to offer support, raise awareness and fund the CMN research. One simple way you can help us is by giving a small monthly donation. Our CMN heroes who give monthly enable the Board of Trustees to plan more strategically and use our regular donations in the most effective way. More information about monthly giving can be found on page 2. Please email info@caringmattersnow.co.uk to set up your monthly donation.

Thank you.

A handwritten signature in cursive script that reads 'Jodi Whitehouse'.

Jodi Whitehouse

Caring Matters Now Founder & Chief Executive

the 2.6 challenge

Our 2.6 Challenge Fabulous Fundraisers

In response to the cancellation of all major fundraising events across the UK and the loss of billions in fundraising income, the organisers of the biggest mass-participation sports events across the country came together to create a new campaign to raise vital funds to help to save UK charities. The 2.6 Challenge launched on Sunday 26 April – what should have been the date of the 40th London Marathon, the world's biggest one-day annual fundraising event.

Caring Matters Now invited all our members and supporters to dream up a challenge based around the numbers 2.6 or 26 and once completed to donate £6 or £20 to the charity.

So many of you took part in the challenge; from juggling for 26 seconds, flipping a pancake 26 times, doing 26 keepee-ups, holding online workouts with 26 friends, to walking, running, cycling 2.6 miles and 26 miles! The photographs and video footage on



social media were fantastic to see. Incredibly, the 2.6 Challenge raised **£11,000**. Thank you to everyone who got involved!

The 2.6 Challenge 2021!

The 2.6 Challenge is a simple and easily accessible fundraiser for everyone to get involved in, so we plan to hold the 2.6 Challenge next year on Sunday 25th April 2021 – the same day as the 2021 London Marathon. Please do take part and let's raise even more funds to support the work of Caring Matters Now.

2019 JESSICA MA AWARD

Following the sad loss of one of our founding trustees Jessica Ma, back in December 2014, Caring Matters Now established the Jessica Ma Award. This prestigious award is presented to an individual or group who have gone above and beyond in raising funds and awareness for Caring Matters Now

www.caringmattersnow.co.uk/jessica-ma-award/



The 2019 Jessica Ma Award WINNER is **Nick Atter**.



The 2019 Jessica Ma Award Runners Up are **Stephen Gordon and the Infinity Bridge Team**.

Huge congratulations to Nick & Stephen! Thank you for going the extra mile (literally) to support Caring Matters Now in 2019.

To be in with a chance of winning the **2020 Jessica Ma Award** register now www.caringmattersnow.co.uk/get-involved/register-your-fundraising-event/

Christmas is Coming!

Why not consider the following when doing your shopping....



amazon.co.uk ebay Debenhams JUST EAT
Booking.com asos M&S Sainsbury's

Did you know that whenever you buy anything online – from your weekly shop to your annual car or home insurance – you could be raising free donations for Caring Matters Now with Easyfundraising?

There are over 4,000 shops and sites on board ready to make a donation. No catches or hidden charges and you could be helping Caring Matters Now.

Visit www.easyfundraising.org.uk/causes/cmn/

AmazonSmile now available on
Amazon app on iPhones & Android

smile amazon.co.uk

If you are an Amazon shopper, then consider using AmazonSmile (www.smile.amazon.co.uk/ch/1120988-0). This is a website operated by Amazon with the same products, prices, and shopping features as amazon.co.uk. The difference is, when you shop on AmazonSmile, the AmazonSmile Foundation will donate 0.5% of the purchase price of eligible products to Caring Matters Now!

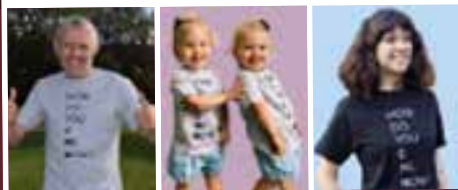
Even more good news! AmazonSmile is now available in the Amazon Shopping app on your iPhones and Android Phones. Simply follow the simple steps on the website www.caringmattersnow.co.uk/amazonsmile-now-available-on-amazon-app-on-iphones-android/

**Caring Matters Now
Merchandise for that special Christmas gift.**



www.caringmattersnow.co.uk/our-shop/

**Or our exclusive
'How Do You C Me Now?' Merchandise!**



www.caringmattersnow.co.uk/our-shop/

Fundraising Partners

There are many ways you can support Caring Matters Now, check out our **NEW** Fundraising Partners page on the website www.caringmattersnow.co.uk/get-involved/fundraising-partners/.

Fundraising Partners are companies who, through the work that they do or services they offer, support Caring Matters Now by giving a percentage of their profits/earnings

to our charity.
So, if you are looking to book a holiday, buy your annual insurances or generally shop online, then consider using the fundraising partners and you know that you are also supporting Caring Matters Now, at no extra cost to you.



2021 The Year to Fundraise & Get Involved

Why not get involved and support Caring Matters Now in 2021.
Take a look at the website for details on all our **2021 Fundraising Events**
www.caringmattersnow.co.uk/get-involved/join-an-event/
or email info@caringmattersnow.co.uk.



the 2.6 challenge

Dream up your
2.6 Challenge - based
around the numbers 2.6
or 26 - to raise funds for
Caring Matters Now!

25th April 2021

More details can be found at
[www.caringmattersnow.co.uk/
get-involved/](http://www.caringmattersnow.co.uk/get-involved/)
or by emailing:
info@caringmattersnow.co.uk

LONDON TO PARIS

CYCLING CHALLENGE 14th-18th July 2021



More details can be found at
www.caringmattersnow.co.uk/get-involved/
or by emailing: info@caringmattersnow.co.uk



**THAMES BRIDGES
TREK**

11th September 2021

More details can be found at
www.caringmattersnow.co.uk/get-involved/
or by emailing:
info@caringmattersnow.co.uk

Join in with us by holding your own

**COFFEE & CAKE
MORNING**

**Friday 17th – Sunday 19th
September 2021**



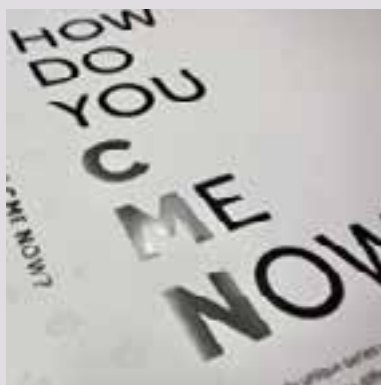
More details can be found at:
www.caringmattersnow.co.uk/get-involved/
or by emailing: info@caringmattersnow.co.uk

HOW DO YOU **CME** NOW? BOOK LAUNCH

In March 2019, we launched our 'how do you C Me Now?' photographic exhibition. This striking series of portraits photographed by Brock Elbank featured 30 inspirational children and adults affected by CMN, representing 13 countries from across 5 continents. Our message to the world was clear; **embrace your visible difference by loving the skin you are in!**

Throughout this year we have been working behind the scenes on phase two of our global awareness campaign; producing our 'HOW DO YOU **CME** NOW?' photographic book! This beautiful keep-sake hardback book will feature all 30 portraits, along with personal stories of those photographed, fascinating facts about CMN

and the global impact of the 'HOW DO YOU **CME** NOW?' photographic project. It will also give coping strategies for anyone living with a visible difference of any kind.



The 'HOW DO YOU **CME** NOW?' book will be a wonderful addition to any living room coffee table, bookcase and library collection. The book can also be used as a psychosocial resource within the home, school or workplace for improving confidence and self-esteem

for anyone living with a visible difference.

The release date for the 'HOW DO YOU **CME** NOW?' book is Friday 25th September, 9am.

We have a limited number printed, so get ready to purchase your own copy!



TREASURER'S FINANCE REPORT

In the Autumn 2019 edition of **Inspire** magazine I reported a mid-year turnover of £164,670 from donations. I am thrilled to say that this grew to a staggering **£281,233** by the end of the 2019/20 financial year. These donations included:

- **£159,000** from our very generous individual and corporate benefactors.
- **£18,200** from a variety of amazing Just Giving events, challenges and monthly standing order donations.
- **£49,000** from generous grants that the charity has been awarded by organisations such as the Wray Foundation and Children in Need.
- **£15,190** from our international charity challenge 'Stok Kangri Summit Trek' in June 2019.
- **£2,300** from the sale of our exciting range of merchandise.
- **£14,200** from the government's tax-efficient Gift Aid scheme.

The Charity spends its money very carefully and fully in accordance with all relevant charity legislation and rules to support its 3 clear charitable aims; to support those affected by CMN, to fund research into CMN, and to raise awareness of CMN. I have set out some of the costs to the Charity in the last financial year below:

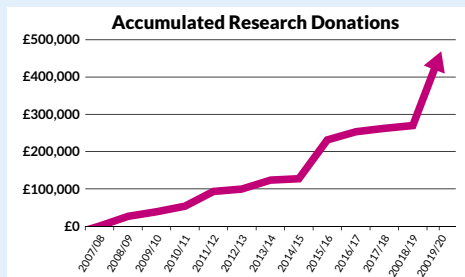
Support

The Charity financed a number of family support projects, including **£5,000** for general family support expenses and **£1,600** for our regional gathering events.

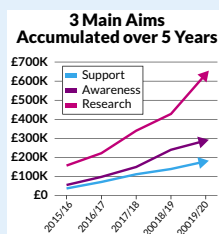


Research

The Charity awarded an incredible **£160,000** to Professor Kinsler and her team at GOSH/UCL for continued research into CMN.



Awareness



The Charity has spent **£2,000** developing its social media presence and **£1,300** to produce this awesome magazine.

The Charity clearly

wouldn't be able to achieve any of its aims or support any of its amazing family events or projects without the very generous donations and grants it receives. The Charity is resourced by a mix of voluntary trustees as well as three salaried staff who are employed for the three vital charity roles of; CEO (*Jodi*), Support and Communications Officer (*Lucy*), and Financial and Office Administrator (*Lisa*). The Charity is very fortunate to receive a generous grant from the Wray Foundation towards our CEO's salary.

On behalf of the CMN extended family, consisting of our CEO Jodi, the Board of Trustees, our wonderful staff and volunteers, I would like to say a massive **THANK YOU !**

Ian Chance

IAN CHANCE
TREASURER

RESEARCH UPDATE *by Professor Veronica Kinsler*



We really hope you are all managing somehow during this pandemic. We would like to thank all the patients and families who have contributed to CMN research this year. We literally could not do it without you joining in.

In December 2019 we moved the research lab to the **Francis Crick Institute**, which is about 15 minutes' walk from Great Ormond Street where we still do our clinical work. The Crick is a fantastic place to work and we are very lucky to have moved there for six years.

Thanks to an amazing grant from Caring Matters Now we were able to employ a senior post-doctoral research scientist, **Dr Dale Bryant** from 2019. Dale is working full-time on treatments for CMN, looking at lots of different approaches including how to deliver

treatments into skin in general. **Dr Sara Barberan**, a talented post-doctoral research scientist also joined in 2019, thanks to a grant from the Livingstone Skin Research

Centre. She has continued to work on new aspects of the genetics of CMN. Their work is now forming the basis of new grant applications.

This year we have been able to recruit **Ms Noreen Muwanga-Nanyonjo** as a clinical research assistant, using a grant from the Livingstone Skin

Research Centre. Noreen is a very valuable addition to our team, recruiting and consenting patients, collecting and delivering samples, and overhauling the research database.

Thank you all for continuing to help us with our research!

Ask the Expert

Watch Professor Kinsler answer your FAQs:

www.caringmattersnow.co.uk/support/ask-the-expert/

My Story – Cheryl

Hello, my name is Cheryl and I was born with CMN all over my body. I did not have CMN on my face when I was born; they started to develop a few weeks after birth. Up until around 11 years old I was a happy child and people staring or asking me questions about my condition did not bother me.

Life with my condition started to change when I began secondary school at the age of 11. People often teased and bullied me about my skin calling me names like Dalmatian, Cookie and Chocolate Chip.

This lowered my confidence and I battled with mental health and low self-esteem. I never wore skirts unless I wore thick tights, which meant I had to wear three pairs to make sure my whole legs were covered. I could not enjoy summer because I wasn't comfortable wearing shorts or summer dresses, so I covered up my skin all the time.

Through my teenage years and adult life, I lost relationships with my friends and family due to how I felt about myself. I was so angry at the world and hated how I looked. I was not happy living with my condition, and I wanted to get them removed but my dermatologist at the time did not recommend surgery. The stares and negative opinions about my skin continued. A few nice things were said about my skin but due to the fact I was not in love with myself those nice comments did not uplift me. I could not cope dealing with the fact that I must live with this condition for the rest of my life.

I had no knowledge about my condition and so many unanswered questions; Why was born I with it? Is it hereditary? Will the CMN

stop growing? Will I have children born with it too? Living with this condition and not knowing anything about it apart from looking out for any changes to the mole, I just got on with life, living unhappy and depressed.

I went on to have two children and was engaged but I still could not find happiness

within myself which had an impact on the quality of life with my family. I did not take my kids swimming or do spa dates with my fiancé because I was not comfortable showing my legs in public.

My life changed when one day I

had an emotional breakdown whilst shopping for clothes; I thought about my children and did not want them to go through what I had to go through. I started to embrace and accept my condition, which enabled me to gain confidence. I also distanced myself from people who did not make me feel good about myself. I stopped comparing myself to others and worrying what other people thought about my skin. These changes enabled me to start loving myself.

I have since been doing fashion shows, catwalks, sharing my story in magazines and working for brands to promote body positivity and diversity. I have also set up an organisation to help change the mindset of those who think negatively about themselves and inspire others to embrace their difference.

Having a better relationship with myself has enabled me to have better relationships with others around me.

I love my skin; I am unique and beautiful.



Support Contacts

The CMN volunteer support contacts are key to fulfilling our first and most important aim of supporting those affected by CMN. Each support contact is carefully selected to be able to provide you with personalised support. All our support contacts are either parents of a child affected by CMN or have CMN themselves, and therefore having personal experience and knowledge to best support you.



We have a wonderful team of support contacts placed in many regions across the UK. This enables all our members to receive

face-to-face support from an individual who lives locally to you.

We also have a support contact for our International members – **Simone Araujo:**
simone@caringmattersnow.co.uk

A support contact for our teen members – **Katie Arends:**
teenage@caringmattersnow.co.uk


And a support contact specifically for our adult members – **Gemma Whyatt:**
gemma@caringmattersnow.co.uk

Don't feel alone – get in touch with your local support contact.

Our team of support contacts also arrange regional gatherings and details can be found on the website

www.caringmattersnow.co.uk/support/.

This is a wonderful opportunity to meet other families affected by CMN in your area.



- 1 Scottish Highlands**
Jenny Deschenes
jenny@caringmattersnow.co.uk
- 2 Scotland**
Anne McIntyre
anne@caringmattersnow.co.uk
- 3 North East**
Nick Gallop
nick@caringmattersnow.co.uk
- 4 North West**
Francine Melia
francine@caringmattersnow.co.uk
- 5 North Wales & Cheshire**
Jodi Whitehouse
jodi@caringmattersnow.co.uk
- 6 East Midlands**
Amy Helliwell
amy@caringmattersnow.co.uk
- 7 Central**
Lucy Hardwidge
lucy@caringmattersnow.co.uk
- 8 East Anglia**
Lucy Hardwidge
lucy@caringmattersnow.co.uk
- 9 Wales, Hereford & Gloucester**
Fiona White
fiona@caringmattersnow.co.uk
- 10 London**
Sandra Crann & Michelle Chance
sandra@caringmattersnow.co.uk
michelle@caringmattersnow.co.uk
- 11 South & London surrounds**
Louise Lacy
louise@caringmattersnow.co.uk
- 12 South West**
Colin Mackenzie
colin@caringmattersnow.co.uk
- 13 South East**
Catherine Brown
catherine@caringmattersnow.co.uk
- 14 Northern Ireland**
Hannah Cree
hannah@caringmattersnow.co.uk



With special thanks to Children in Need

Children in Need currently fund all our 2020-21 support events. We are so grateful for their continued support.

Caring Matters Now Conference 2021

We are very excited to invite **ALL** our members to the **2021 Caring Matters Now Conference**, taking place **25th – 27th June 2021** at the Liddington PGL Conference Centre.

Our annual conference helps to develop confidence and self-esteem in those affected by CMN and equips parents with the necessary tools to most effectively support the emotional and social wellbeing of a child affected by CMN throughout their childhood years.

During the weekend you will have time and space for social interaction with other CMN families and individuals to share experiences, learn from one another, and develop friendships in a relaxed and fun environment! Furthermore, you will hear from the CMN research team about the most up-to-date research findings, have the opportunity to attend various workshops and seminars, as well as enjoying lots of fun outdoor pursuit activities for all ages.

Over the years we have seen first-hand the huge benefits in attending the Caring Matters Now Annual Conference. But rather than just taking our word for it, here are some comments from those who attended the 2019 conference:

Parent of a child with CMN

"We are always learning as we go. Meeting other parents, kids and people who have grown up with Nevus helped us in many ways. Just to know there is support out

there and to feel so welcomed

by everyone felt good. If I have to be specific, I would say being able to swap stories and hear many other perspectives was the biggest help."

Parent of a child with CMN

"It was an amazing mix of fun, informative medical sessions and supportive discussion with families facing the same challenges. It also gives



us, as a family, a quality couple of days together away from our normal environment."

Parent of a child with CMN

"This event is so important for children before they hit teens.

Attending the conference has made my child more confident to show their CMN in public."

Adult with CMN

"It's hard to put into words but I feel as if there has been emotional healing taking place. It began at the How do you C Me Now exhibition and continued at the conference."

Adult with CMN

"I am so glad I attended the 2019 CMN conference. I would say it has changed my

life in a very positive way. I have a group of new friends who I am now in regular contact with and hope to meet with new people in future."

Adult with CMN

"The Conference was a great experience and was loved by all that attended. So many people were helped by attending the conference in different ways - confidence, support, reducing isolation, building connections. It would be amazing for this to happen again for all attendees to continue to build the bonds they formed. I am also now up to date with the latest research and information. Thank you so much Caring Matters Now for putting this together."



Book Today!

We want to do all we can to enable all our members to attend our 2021 conference, so we are offering an early bird offer* by covering the cost of each person affected by CMN. Book by 1st January 2021 to receive your free place*.

Costs

- £150 per person (age 4+)
- £125 per person for families of 4 or more (age 4+)
- 5% discount for 2019 attendees

Book your place today via the Caring Matters Now website:

www.caringmattersnow.co.uk/caring-matters-now-conference/

***Early Bird Offer**

Book before 1st January 2021 to receive your FREE place for the individual affected by CMN (1 free place per family).

Accommodation

The accommodation consists of family rooms of multi-bedded bunk beds.

Booking & Deposits

Please complete the booking form available on our website.

We require a £35 deposit for each individual when you book. Full balance must be paid 8 weeks prior to the weekend conference.

CMN YOUTH

teenage@caringmattersnow.co.uk

Hi everyone, I hope you are all keeping safe and well!

It was great to see so many of you online for the CMN virtual conference in June.

This year we are excited to be launching the **Young Ambassadors Programme** for all our teenage members (13-19 yrs). The programme is specifically designed to help you develop key life skills such as leadership, communication and public speaking. These life skills will set you apart from all your peers and help you reach your full potential!

We have had a great response from our teenage members so far, which is great. If you haven't signed up yet, don't worry, as there is still time to register... just head over to our website – www.caringmattersnow.co.uk/young-ambassadors-programme/

Also, on 2nd May 2021, we would love you to join us for the Teens Challenge – climbing the O2 arena in London. This is your opportunity to meet other teens with CMN and at the same time raise vital funds for Caring Matters Now. You can seek sponsorship from friends and family or arrange a small fundraising event at home or school, such as the coffee and cake morning to help you reach your fundraising target.

In this section of the CMN magazine **INSPIRE**, you will find all the interesting stuff for our youth! We want these pages to be used in bringing together our youth community. This section is for you guys, so keep in touch and share your stories, experiences and news!

You can contact our **Youth Support Contact**, Katie by emailing teenage@caringmattersnow.co.uk

If you participate in the Teens Challenge and hold a small fundraising event to help reach your fundraising target, you will have already ticked off two tasks towards the Young Ambassadors Level One Award - it really is that easy!

Finally, remember this section of the **INSPIRE** magazine is for you so if you want to share your story or any fundraising ideas you have then make sure you get in touch by emailing teenage@caringmattersnow.co.uk

Hope to see you all soon 😊

Katie

TEENS SUPPORT CONTACT

O₂ TEENS CHALLENGE

2nd May 2021

Climb the rooftop of the O₂ Arena and at the same time raise vital funds for **Caring Matters Now!**

www.caringmattersnow.co.uk/teens-fundraising-challenge/





*The **Young Ambassadors Programme** is a fantastic opportunity for all our teen members.*

We are excited to launch the **Young Ambassadors Programme** for all Caring Matters Now registered teens affected by CMN (13 to 19 years). The programme provides a platform for our teen members to develop the following key skills::

- leadership
- innovation
- communication
- teamwork
- building relationships
- public speaking
- media engagement

Why become a Caring Matters Now Young Ambassador?

- You will receive an accreditation from Caring Matters Now
- You will receive a letter of recommendation from Caring Matters Now
- You will gain confidence in new skills, knowledge and experience
- You will increase your skill set, enabling you to stand out from the crowd during interviews, higher education and in your workplace
- You will receive valuable volunteering experience
- You will receive the Dale Carnegie certification for completing the course

How to become a Caring Matters Now Young Ambassador?

The Young Ambassadors Programme consists of two phases:

Level One Award: Young people affected by CMN are to register and complete level one in school years 9, 10 and 11. You will work towards completing six tasks, which complement the charity's three main aims;

Support, Awareness and Research

Level Two Award: Once you have completed level one, you will have the unique opportunity to register for level two; completing the prestigious **Dale Carnegie Flagship Course**.



The Dale Carnegie Flagship Course places will be free of charge for any teenager who

has completed level one of the Young Ambassadors Programme (**worth £2,250 + VAT**). *To undertake Level Two, you must be 16 – 19 years.*

We would like to thank Bill Burton and Dale Carnegie for the wonderful gift to our charity.

Visit the website to find out more, including how to enrol on the programme:

www.caringmattersnow.co.uk/young-ambassadors-programme/



'Having completed the Dale Carnegie course myself, I can say that this course for me has been life changing! Strong words I know, but I cannot express the importance of this course to me in any other way.

Even at my age there is room for improvement and doing the Dale Carnegie course has definitely given me new skills and techniques that can be used at work and in my personal life, as well as a whole lot of confidence and belief in my own abilities.

I cannot praise this course enough in what it has given me and continues to give me each day. The principles and techniques I have learnt will continue to help me improve and help me be a better version of myself. This course is a wonderful opportunity for our Young Ambassadors, and I hope they will grab it with both hands!'

Lucy Hardwidge

SUPPORT & COMMUNICATIONS OFFICER

CARING MATTERS NOW BOARD OF TRUSTEES

The board consists of 7 trustees who are either parents of children affected by CMN or have CMN themselves. Each trustee therefore has a great desire and passion to ensure the charity is achieving all of its 3 aims:

Support, Awareness and Research.

- | | |
|---------------------------------|-----------------------------------|
| ■ Val Unsworth (<i>Chair</i>) | ■ Ian Chance (<i>Treasurer</i>) |
| ■ Rob Jackson | ■ Bronagh Cleland |
| ■ Anne McIntyre | ■ Jodi Whitehouse |
| ■ Ruth Gold | |

We have found the cause... now it's time to find the cure!



caring matters now

We couldn't do what we do without your continued support.

Caring Matters Now relies entirely on the generous support and fundraising of our members, friends and families to allow us to inform and support those affected. The funds so kindly donated make a huge difference to the lives of those affected by CMN syndrome.

If you know someone who you think may like to support the work that we do, then why not give them your copy of this magazine so they can see what we do and why.

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If you would like further information about how you can support the work of **Caring Matters Now** or have questions, feel free to contact us:

✉ **Caring Matters Now** | PO Box 184 | St Ives | PE27 9DU
@ info@caringmattersnow.co.uk 🌐 www.caringmattersnow.co.uk

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