

INSPIRE

CARING MATTERS NOW
ANNUAL MAGAZINE
AUTUMN 2022



CELEBRATING 25 YEARS OF CARING MATTERS NOW



**ONE MILLION
POUNDS TO
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RESEARCH**

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Caring Matters Now

is the only charity in the UK and Ireland dedicated to supporting children and adults living with Congenital Melanocytic Naevus

The 3 main aims of the charity are:

- To support those affected by CMN
- To raise awareness about CMN
- To fund research into finding the cure for CMN

Caring Matters Now Staff Team

Jodi Whitehouse is the Chief Executive Officer, responsible for implementing our long-term strategy, with a key focus on special projects, global awareness and staff management.

Hannah Cree is our Support Pathway Practitioner, responsible for implementing the support we provide to all members.

Rachel Swanson is our Fundraising & Communications Coordinator, responsible for external communications with members and supporters, alongside providing assistance to all our wonderful fundraisers.



Pictured left to right: Lisa, Rachel, Jodi, Hannah

Lisa Sly is our Finance & Administration Officer, responsible for implementing all financial processes and administrative tasks.

Caring Matters Board of Trustees

The board consists of 7 trustees who are parents of children and adults affected by CMN. Each trustee has specific focus areas within the charity's operations to ensure it is achieving all of its 3 aims: **Support, Awareness** and **Research**.



Val Unsworth (*Chair*) key areas of focus: strategy, governance, HR, safeguarding, support & wellbeing



Ian Chance (*Treasurer*) key areas of focus: finance, HR, governance & international development



Bronagh Cleland key areas of focus: international development, support & wellbeing



Tracy Traverse-Burley key area of focus: strategy, special projects & governance



Emma Robins key areas of focus: safeguarding, HR, special projects, website & administration



Rob Jackson key areas of focus: governance, finance, payroll



Ruth Gold key areas of focus: communications, fundraising, special projects



Kuhan Valleekanthan key areas of focus: safeguarding, support implementation

Caring Matters Now is a registered charity in England and Wales (1192670) working in partnership with our sister charity Caring Matters Now Ireland (20205990).

Welcome!

I am delighted to welcome you to our special 25th anniversary edition of **INSPIRE**. To mark this wonderful milestone, we have many special events planned and exciting developments happening throughout 2022. Keep reading the following pages to find out more!

In April this year we introduced **Kuhan Valleekanthan** as a new trustee to our Board. Kuhan lives in Southeast London with his wife Sandra and 3 children, Maddie, Reuben and Zara. His oldest daughter Maddie has a bathing trunk CMN. Since 2010 Kuhan's family have regularly attended support events and been involved with charitable fundraising events. Kuhan's wife Sandra is the London regional contact for Caring Matters Now, so as a family they are providing mutual support to members in their local area. Kuhan has been a children and families social work manager for over 15 years with a focus on safeguarding and so, Kuhan brings a wealth of knowledge and experience to the Board which will be of great benefit as we continue to develop our support pathway for all members.



In May we held our 25th birthday party at **Alton Towers** for over 270 members! This was a fantastic celebratory event. Thank you to



everyone who came along to celebrate with us. As 7-year-old Evie put it *"This was the best birthday party ever!"*.

In August we held our much-anticipated **Liverpool to London Trek** to mark the 25-year journey of Caring Matters Now. 68 trekkers took part in the challenge, raising an incredible **£41,427.63**! More details can be found on page 5.



As I reflect on the past 25 years, I am so grateful to all charity members, trustees and supporters for your friendship and partnership in achieving our 3 main aims of support, awareness and research. It is because of YOU that we have been able to provide ongoing support to over 600+ families affected by CMN, raise global awareness of CMN and fund medical research which has found the cause of CMN. It has been an incredible 25-year journey to walk with you – **THANK YOU!**

Now is the time to grab a cuppa and enjoy reading all our exciting news!

Jodi Whitehouse

Jodi Whitehouse

Caring Matters Now Founder & CEO

25TH Birthday Party



To celebrate 25 years of Caring Matters Now, the Board of Trustees hosted a 25th birthday party at Alton Towers for all our members and families. *What a great day was had by all...*

The day began as we greeted our 273 guests at the Alton Towers hospitality suite, which was decorated perfectly for our 25th birthday party.

On arrival our guests received a welcome pack for the day and, as the hospitality suite started to fill up, members instantly began chatting to one another over a cup of coffee. It was wonderful to see many recognising each other from our online

communities which were formed during the pandemic.

Our brilliant support contacts volunteered their time to guide age-specific families and groups of members around the park. The young families spent the morning in CBeebies Land, whilst the older children, teens and adult members headed off to the bigger rides!

During the morning park session, the hospitality suite continued to have a steady flow of members stopping by to chat and receive support from charity trustees and staff members. It was



Party at Alton Towers



wonderful to have the opportunity to offer face-to-face support after 2 years of lockdown restrictions.

At midday a very tasty lunch was served to all guests in the hospitality suite whilst our CEO, Jodi Whitehouse addressed the crowded room by thanking everyone for walking the 25-year journey of Caring Matters Now with us. This was followed by great conversations between families, with personal stories and experiences of living with CMN shared with one another. Members wandered around our interactive display stations whilst enjoying a 25th birthday iced cupcake, taking away support literature, chatting to charity staff, purchasing merchandise,

viewing the HOW DO YOU **C**OME NOW? photographic exhibition, and signing up for our fundraising events.

After lunch, we took a big group photo before everyone enjoyed more time in the park together. At 5pm the day drew to a close, with our families receiving a party bag full of bubbles and sweets for the kids and information about future events.

As a team of trustees, staff, and volunteers, we were all so encouraged by how much our families and members enjoyed the day... and as 7-year-old Evie told us, *"This was the best birthday party ever!"*



LIVERPOOL TO LONDON

TREKKING THE 25 YEAR JOURNEY OF CARING MATTERS NOW



Wow, we did it! A **huge congratulations** to our amazing trekkers who walked the 25-year journey of Caring Matters Now. During the 13-day trek, groups of members and supporters joined Steve (our trek guide) each day to walk from Liverpool, the birthplace of Caring Matters Now, to London, where the ground-breaking CMN research takes place. 270 miles were covered, walking along canal paths, farming land, airfields and typical picturesque English villages and towns. On the final day, the team walked through London to reach the finish line where they were greeted by

Professor Veronica Kinsler and the CMN research team. Through the many donations from family and friends of all our trekkers, an astonishing **£41,427.63** has been raised to continue the work of Caring Matters Now.

THANK YOU to all our trekkers and to all those who donated!

A special thank you to our trek guide Steve from Welliving for motivating and encouraging our teams of trekkers each day... AND for walking the full 270 miles, what a legend!



There is still time to give -
text **TREK** to **70580** to donate **£10**





Silver Anniversary Ball

A NIGHT OF CELEBRITY ENTERTAINMENT

SATURDAY 15TH OCTOBER 2022

ABOUT THE EVENT

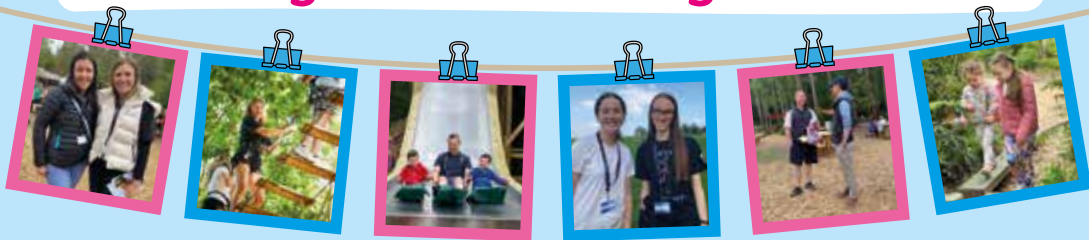
Join us for an evening of celebrity entertainment to celebrate 25 years of Caring Matters Now on Saturday 15th October 2022 at The Brewery, London.

This black-tie event promises to include a star-studded line up with sports & TV personalities, West End performers, and musicians.

We are currently selling corporate tables and individual tickets for this event. To find out more please email fundraise@caringmattersnow.co.uk.



Regional Gatherings 2022



Regional gatherings are hosted by our regional support contacts. Each event offers members an opportunity to meet one another and develop friendships in a relaxed and informal environment. In 2022 we've held 8 Regional Gatherings across the UK & Ireland, catering for 240+ members of all ages. Our events have included trips to the zoo, the beach, adventure playgrounds, forrest walks and park picnics.

My daughter has recently become conscious of her birthmark and skin graft. She has been covering up constantly even in our home. She wore socks to school the next day (after attending the Regional Gathering) and has worn shorts several times since. She has spoken very positively about the day since. She just seems more confident and is eager to go to the 2023 Big Weekend event.

We had hoped our son would be okay wearing shorts with his CMN visible at the Regional Gathering. He exceeded our expectations, as he went off with one of the other CMN boys down to the sea wearing his shorts! This had a huge impact on us - we were very emotional. The boys didn't really talk about CMN, they just played. It was a lovely event. We've booked on the Big weekend event in 2023 knowing that the Regional event helped our son.

I arranged for us to attend the event because my daughter said she felt lonely and wanted to meet someone else with CMN. Just knowing she was going to the event I think helped.

Scan the QR code for more information and to book your place at our support events.



Adults with CMN Gathering

London Shuffle Club,
Saturday 29th October
7.30pm



Online Community Groups

By popular demand we are gearing up to restart our online community groups throughout the autumn and winter months. The aim of our monthly groups is to cultivate organic communities of members in which friendships develop, and mutual support is provided. Alongside our two established monthly groups (Baby & Toddler Group and Online Gaming Group), we are hoping to start up a NEW monthly Stay & Play group for infant aged children (4-7 years) consisting of stories, songs, crafts and playtime.



Do you have a child aged 0-3?

Join us once a month for our
Baby & Toddler Event



Do you love online gaming?

Join us once a month for our
Online Gaming Event



Do you have a child aged 4-7?

Join us once a month for our
Stay & Play Event

Schools Support Guide

In June we released our new **School Support Guide** for parents to give to their child's nursery or school. The School Support Guide provides nursery staff, primary and secondary school staff with:

- information about Congenital Melanocytic Naevus (CMN)
- how to support a child living with CMN in the educational setting
- how to manage curiosity in the educational setting
- access to teaching resources focused on accepting appearance diversity

The School Support Guide is **FREE OF CHARGE** to order and available to download from our website.



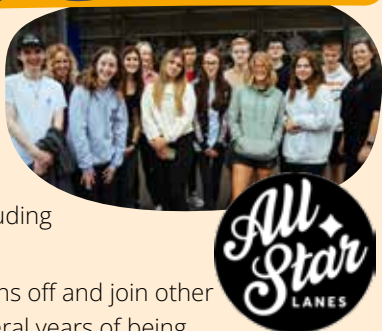
Do you know we now have a dedicated **support helpline?**

0300 3035690



CMN YOUTH

Our annual teen's event will take place on Saturday 12th November, 2pm-5pm at All Star Lanes, London. Join Katy Jackson (Teens Support Contact) for a few games of bowling, followed by food and refreshments in our very own exclusive area. This event is funded by Caring Matters Now and open to all our members (including siblings) aged 12 to 17 years.



We encourage parents and guardians to drop their teens off and join other parents nearby for the duration of the event. After several years of being unable to meet, this is a great opportunity to connect face to face again.

Young Ambassadors Programme



YOUNG AMBASSADOR



We are delighted to announce our Young Ambassador **Jasmin** has completed level one of the Young Ambassadors Programme and will soon pursue level two by completing the Dale

Carnegie accredited course.

Well done, Jasmin!



We are also thrilled to announce our Young Ambassador **Elspeth** has now completed level one and level two of the Young Ambassador Programme following the completion of the

Dale Carnegie accredited course in April 2022. Elspeth is our first Young Ambassador to complete the full programme. **Huge congratulations from all of us at Caring Matters Now!**

Become a Caring Matters Now Young Ambassador



We are delighted to welcome **Sophie** as our new **Teen Contact**

My name is Sophie and I live in Scotland. I was born with a CMN covering one side of my face and half my scalp. My family and I have appreciated the support from Caring Matters Now since I was young and now I am so happy to be given the opportunity to support others. I am here to help so please don't hesitate to get in touch.

Online Teens Resource



Throughout 2021 psychologists from the Centre for Appearance Research (CAR) worked in partnership with Caring Matters Now to produce an online support resource for our teenage members.

The resource provides a toolbox of exercises which have been developed by psychologists with an understanding of age-appropriate therapeutic methods, to improve self-confidence and self-esteem when living with a visible difference, such as CMN.



Testimonial

"Ourselves and daughter Becky are new members of Caring Matters Now. I can honestly say that talking to both Katy (Young Adults Contact) and Hannah (Support Pathway Practitioner), has not only been beneficial for Becky, but for us as a family too.

Becky was born with a medium-sized CMN, which runs all down her left leg. As a family we have tried not to make a big deal of it as this is her beautiful self, but equally acknowledged that others may stare and say hurtful things. The older Becky has become the more conscious she is. We have always encouraged Becky to talk to us, however she has kept her feelings bottled up for some time.

We first reached out to Caring Matters Now in November 2021. We were looking for help and advice from people who have CMN or had a better understanding of CMN, so to help Becky learn in time to hopefully accept and embrace her birthmark.

We were sent the charity's welcome pack,

which gave us more information than we ever had before! The charity has been amazing, especially Katy and Hannah, who have both talked and listened to Becky, whilst sharing their stories too. The teen resource pack Becky was sent has really helped. It gives Becky the tools to think about how she feels and how she can turn some of those negative feelings into positives!

We started to work through the online teens resource with Hannah and Katy, and just after our first call, Becky was able to talk about her birthmark for the first time to a new group of peers at college! I can safely say this wouldn't have happened without the support and encouragement from the charity.

I wonder if we should have reached out earlier, but then I believe in timing and it was the right time for us all. I'm just glad we did!"

- Kelly, speaking about her daughter Becky who has CMN



Child to Adult Support Pathway



0-3

We provide specialised early years support and information for parents caring for babies born with CMN. Parents of a new-born with CMN are offered an hour-long initial support consultation with our Support Pathway Practitioner. We host a monthly online baby and toddler group over the autumn and winter months. We are committed to educating medical professionals to aid early diagnosis, with particular focus on partnering with midwives and dermatologists across the UK & Ireland.



4-11

We support families throughout the primary years by providing age-specific support literature, school resource packs, connection with our parent support contacts, and access to family-friendly regional events.



12-16

When a child member turns 12 years old, they will start to receive direct support from our Teens Contact Team. Teenage members are invited to participate in our Young Ambassadors Programme and teen support events. We provide support guides for those caring for teenagers living with CMN. We host an all-age monthly online gaming community over the autumn and winter months, which has proven to organically develop friendships particularly amongst our teenage members. We provide our teenage members with an online self-help resource for improving self-esteem and confidence throughout the teenage years.



17-24

When a teenage member turns 17 years old, they will start to receive direct support from our Young Adults Contact who supports members aged 17-24 and helps them transition from a child member to an adult member. Our young adult members will be invited to participate in the level two Young Ambassadors Programme and to attend our young adult support events.



18+

When a teenage member turns 18 years old, they will start to receive support from the Adult Contact Team. 18+ members will be invited to register as an adult member, rather than their membership continuing under their parent's registration. 18+ members will be invited to attend our adult support events and participate in adult-focused research studies.

A sibling's perspective - Abbie White

Hi, my name is Abbie. I am 25 years old and live in London. Unlike a lot of the stories featured in the **INSPIRE** magazine,

this isn't my story... instead it is a story about my younger brother Luke and my experience of growing up with him!

I was 3 years old when Luke was born. My mum tells me that I loved him as a baby and never acknowledged the CMN on his ear, scalp, and left side of his face.

When I was 5 years old Luke started tissue expansion treatment to remove his CMN. During this time, I spent a lot of time with my Grandad as my parents needed to take Luke to Liverpool and London for all his hospital appointments. I remember finding it quite tough that Luke had so much attention from mum and dad, but now as an adult I understand that they needed to care for him during the months of treatment. I also found it extremely difficult to see Luke go through the countless laser treatments. It was distressing to see my brother in pain and although it was helping Luke to remove his birthmark, it always looked terribly sore.

As a child I remember finding it really upsetting when going out with my mum and Luke and watching people stare at Luke's CMN. I could sense my mum feeling

extremely uncomfortable having to explain to strangers what the mark was on Luke's face. I also remember in school having to explain why Luke looked different. I

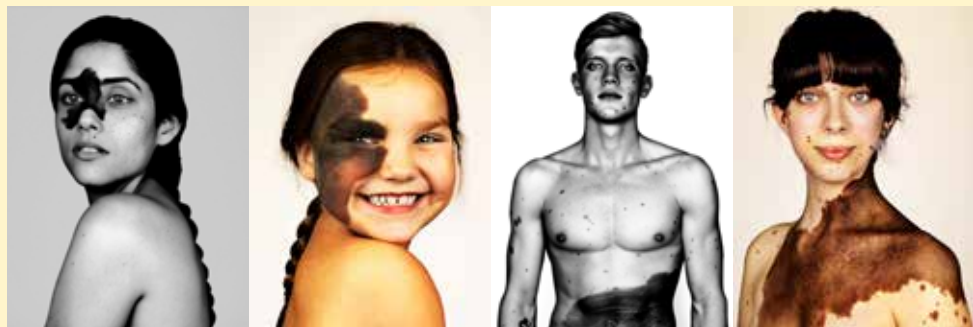
was protective over him, always ready in case somebody made a nasty remark. Although I didn't have the birthmark, I also took on some of the burden of living with it. I think it is important for siblings to have support because it is just as much their journey as it is for their brother or sister living with CMN.

I always found the support days Caring Matters Now hosted extremely helpful! It was brilliant to see other children like Luke and meet other siblings too.

As an adult, both Caring Matters Now and Luke have inspired me. Luke's confidence, resilience and determination throughout his life has always been inspirational. Caring Matters Now has also shaped me as an adult and made me more accepting of people with a visible difference. Caring Matters Now has been a huge part of my family's life. As I grew up I regularly attended support events, as an adult I donate monthly to the charity and most recently I have signed up for the Liverpool-London trek. The support and knowledge they have given us over the years is incredible!



HOW DO YOU



Exhibition Update

As lockdown restrictions have eased throughout 2022, we have been working towards exhibiting the **HOW DO YOU C ME NOW?** photographic series in hospitals and exhibition centres across the UK and internationally too.

In May 2022 we worked in collaboration with Nevus Outreach, another CMN support organisation based in America, to produce a promo film for the **HOW DO YOU C ME NOW?** exhibition. Film director Chris McKenna travelled from LA to the world-renowned Shoreditch Studios in London to interview Jodi Whitehouse, photographer Brock Elbank, and Callum White who featured in the exhibition. In this inspiring promotional film, Jodi shares the vision and thought process behind producing the **HOW DO YOU C ME NOW?** photographic exhibition,

Brock gives an insight into how and why he wanted to create such a unique series of images and, Callum shares why he believes the exhibition series is a life-changing experience for all who see it. The

promo film can be viewed on our social media platforms and charity website.

In July we exhibited the **HOW DO YOU C ME NOW?** portrait images at the British Association of Dermatologists Annual Conference in Glasgow.

With over 1250 dermatologists from across the UK attending the 3-day conference, the portrait images became the main talking point among delegates. Dermatologists were awestruck by the portraits, which instigated lots of

conversation and questions about Congenital Melanocytic Naevus with charity representatives.

Only a few days later we were exhibiting once more, but this time



YOU C ME NOW?

across the pond in Denver USA. In collaboration with Nevus Outreach the series of images were exhibited at the Nevus Outreach International Conference,

13th – 15th July. This event welcomed 250 delegates from across the USA and further afield affected by CMN.



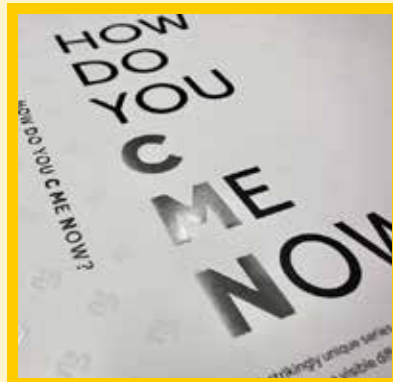
Personal Story Documentaries

This year we released our second HOW DO YOU **C ME NOW?** short documentary, featuring parents Rachelle and Greg whose daughter was born with CMN in 2020. Greg and Rachelle share their experiences from the moment their daughter Ada was born with CMN, throughout those anxiety-filled early months of waiting to find out how CMN would impact their daughter's life, to the point of reaching out to Caring

Matters Now for support and understanding.

Please share our HOW DO YOU **C ME NOW?** short documentaries on your social media platforms to help raise global awareness about CMN.

You can view Gregg, Rachelle and Ada's story on our YouTube Channel, by scanning this QR code.



HOW DO YOU C ME NOW? Photographic Book

To mark our 25th birthday, you can purchase our HOW DO YOU C ME NOW? photographic book at the special price of **£25 (RRP £30)**. Why not make the most of this special saving by purchasing multiple copies as Christmas presents or to distribute within your local community? Gift a book to your child's nursery, school, local library and doctors' surgery. This is a wonderful resource to educate the local community about CMN in a positive way.

Caring Matters Now Tree of Remembrance

In our 25th anniversary year, we want to celebrate the lives of Caring Matters Now members both past and present. In consultation with our bereaved families, we have thoughtfully and sensitively developed a space on the Caring Matters Now website to remember the legacy of loved ones who have passed away due to CMN complications.

This newly developed 'Legacy' webpage provides four ways for bereaved families to remember their loved ones and for our wider Caring Matters Now family to show their love and support to members who have lost a loved one due to CMN complications.

On Sunday 17th July, Val Unsworth (chair of trustees) and Jodi Whitehouse (CEO) were joined by one of our bereaved families at Mersey

Forrest to plant a Caring Matters Now Tree of Remembrance. During our time together Val shared a few words of reflection and remembrance and, whilst the oak tree was planted, Jodi read aloud the names of loved ones who have passed away during the 25 years of Caring Matters Now.

The Tree of Remembrance provides a physical location for bereaved families and the wider Caring Matters Now community to visit and remember our loved ones.

Anyone is welcome to visit the Tree of Remembrance.

Location details of the venue, including the address and access point can be found here:

www.lifeforallife.org.uk/forest-locations/griffin-wood/



One Million Pounds to CMN Research!



We are very excited to announce in our 25th anniversary year, Caring Matters Now has reached a phenomenal total of **ONE MILLION POUNDS** donated to the CMN research undertaken by Professor Veronica Kinsler and the research team at GOSH Institute of Child Health & The Francis Crick Institute, London.

Annual Research Summary

Written by Professor Veronica Kinsler

Team and laboratory update

Caring Matters Now continues to be an absolutely vital source of funding for the Kinsler lab team. Caring Matters funding is currently being used in the following ways: Firstly we have hired a new team member **Ms Aimie Sauvadet**, who is a laboratory research scientist, and who is able to support all our CMN projects by looking after all the patient samples, growing all the cells, organising the lab in general, and even looking after our ecological footprint.

She has been a really fantastic addition to the team and has been funded by you for three years. Thank you very much for this. A new hospital member currently being part-funded by Caring Matters Now for one year is **Dr Pablo Balboa**, who some of you may have met in clinic. He has been in clinic to recruit patients to research, and to organise and perform their biopsies. This has been really important to get many more people a genetic diagnosis. All other funds are being directed towards the project for treatments for CMN. The treatment experiments have been underway since 2015 and are expected to continue as good progress is being made. This does not mean treatments will definitely be delivered into clinical practice, as there are still many stages to go, but so far things are progressing as we hoped. In addition, the NIHR Research Professorship grant to the lab for 2021-2026 is funding the salaries of post-doctoral researchers **Dr Dale Bryant** (previously

supported by Caring Matters Now awards) and **Dr Sara Barberan-Martin** to work on therapies for CMN. **Dr Davide Zecchin** another postdoctoral researcher continues to study new treatments for melanoma in CMN, under a Children in Cancer grant. A new vital team member has joined us in the last year in the field of bioinformatics, **Dr Alicia Bruzos**, essential in supporting all our projects and has been working on many analyses of CMN data. Caring Matters

Now funding has been very important in allowing us to obtain preliminary data for all these other grant awards.

Patient group liaison

This year we held a free information day for the leads of patient support groups for rare skin diseases, including Caring Matters Now. This was held at the Francis Crick Institute in person and online, and it was great to reconnect with everyone. We are also lucky enough to have Jodi Whitehouse on the steering committee for our NIHR grant, so she is able to contribute to discussions on the research progress. This year we also organised a Naevus International online webinar in collaboration with Caring Matters Now, and were very pleased to see many of you there.

Covid-19

Covid-19 continues to have an impact on our work. From summer 2021 we were able to work at full capacity again, but continue to be affected by Covid staff illness intermittently. ***As scientists we would strongly encourage everyone to get vaccinated!***



CMN Research Team

Jessica Ma Awards 2021

In December 2014, one of our founding trustees, Jessica Ma, sadly lost her battle with cancer. In memory of Jessica's dedication and contribution to Caring Matters Now, the Board of Trustees introduced the **Jessica Ma Award**. The Jessica Ma Award recognises individuals who have gone above and beyond in their efforts to raise funds for Caring Matters Now.

Jessica's husband Peter and their two children, Pascale & Jasper chose a winner and a runner up to receive the **2021 Jessica Ma Award**.

Winner - Cargill Family

When Hannah & Dan's little girl Arizona was born with CMN, the whole family stepped up and got involved in supporting Caring Matters Now. Nine of Arizona's family members, including mum & dad, aunts & uncles and even grandparents, were all sponsored to get a CMN tattoo. Together, they raised an amazing **£8,317**. Peter said, ***"What we liked most about this fundraiser is that multi-generations of the same family came together in support of Arizona"***.



*Pictured Left: Hannah & Dan with their award.
Pictured Right: Arizona with the Jessica Ma Award*



Runner Up - Maria Ritchie

Maria encouraged 10 colleagues to take part in a 4-week fundraiser consisting of walking, cycling and running 1260km for Caring Matters Now. The team of fundraisers smashed their target by completing 1380km and raising a fantastic **£1,885**. Peter said, ***"We loved the fact that Maria motivated 10 colleagues and friends to take on this fundraiser for the granddaughter of a friend. That's selfless and inspiring"***.



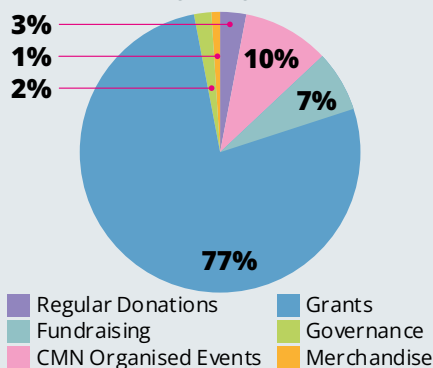
2021-22 Financial Review

With lockdown restrictions now lifted it has enabled in person fundraising events to take place. Our fantastic supporters have taken on challenges, completed events, and made donations, raising £127,106.28 during the 2021-22 financial year. Without all this support, much of the work we do would not be possible.

Your support has helped us raise:

- £15,144.87 from monthly donations
- £38,688.92 donations and fundraising
- £59,230.19 CMN organised events
- £4,438.61 merchandise sales
- £9,266 gift aid

Total Income Source
2021-2022



The charity has also received an income of £445,500 in grants with £293,100 of this being restricted to research.

Caring Matters Now spends its funds very carefully and always in accordance with relevant charity rules and legislation to support its 3 aims.

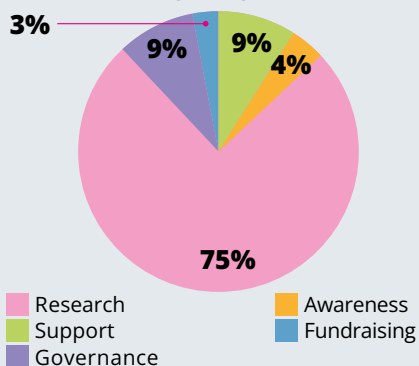
Support – We have provided finances for supporting those affected by CMN totalling £46,218.27 this year. This includes funding in-person and online support events along

with printed support material.

Awareness - We continue to fund awareness campaigns to raise the profile of CMN on a global scale. This included funding the production of 2 awareness films. Various medical conferences were held online, and charity information was available to educate doctors, nurses, and midwives about CMN. The charity has spent £21,922.61 this year raising awareness.

Research - Through grants received and research donations, we have been able to continue funding pioneering research undertaken by Professor Kinsler and her team. The charity granted a total of £403,942.83 this financial year to research.

Expenditure
2021-2022



To sustain the support provided, awareness raised, and the research funded, Caring Matters Now must raise a minimum of £250,000 every year.

On behalf of the Board of Trustees, staff, and volunteers, we would like to say a big **THANK YOU.**



STEPPING UP FOR CMN



How could you step up and raise funds for CMN?



Get in touch by emailing fundraise@caringmattersnow.co.uk



Monthly Giving



£2.50
provides a family
with a support pack



£25
raises awareness to 15
medical professionals



£250
funds a regional
support event

Sign up to give monthly as we celebrate 25 years of Caring Matters Now
by visiting our website: www.caringmattersnow.co.uk/give-monthly



caring matters now

✉ **Caring Matters Now** | PO Box 184 | St Ives | PE27 9DU

@ info@caringmattersnow.co.uk |  www.caringmattersnow.co.uk

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