Caring Matters Now

SUPPORT GUIDE

Caring for a young child with Congenital Melanocytic Naevus

0-4 YEARS

Many parents remember the days and months following the moment they discovered their baby had been born with CMN, as being the most difficult stage in their child's life. They found themselves not only having to adjust to a different experience than the one they were expecting, but also being concerned about what the future will now hold for themselves and their baby. At the same time, they had to absorb new and complex information, whilst trying to cope with the many varying and conflicting emotions they felt.

Caring Matters Now hopes this guide will help you begin to process and understand what you are experiencing at this time, as well as providing you with some practical strategies and suggestions to help you and your baby throughout these early years.

CARING MATTERS NOW is here to guide and support you in whatever way is appropriate for you.

Caring Matters Now

FINDING OUT ABOUT YOUR BABY'S CONDITION

Discovering your newborn baby has CMN is a shock for every parent and you need time to process and adjust to what has happened. Being given accurate information about CMN is key to this adjustment.

Some parents are informed about their baby's condition in a clear and considerate manner which is then followed up with offers of support. Other parents' experiences may have been less helpful leaving them feeling confused, due to either a lack of information or overwhelmed by the information provided.

This can cause and increase feelings of anxiety and helplessness, so you may wish to gain accurate information for yourself about CMN, its management and possible treatments.

Unfortunately, there is still incorrect information on the internet about CMN so we recommend you initially use the Caring Matters Now website www.caringmattersnow. co.uk You will be able to download the CMN medical booklet which contains information based on research undertaken at the Institute of Child Health in London by Professor Kinsler and her research team. You could offer a copy of that booklet to your baby's medical consultant as it can also provide them with a broader and more in-depth understanding of CMN. For example, the fact that CMN can affect individuals in a variety of different ways - consultants need to be take this into consideration when providing medical advice.

ANNOUNCING YOUR BABY'S BIRTH

Announcing your baby's birth can cause anxiety if you are unsure what to say about your baby's CMN or whether to say anything at all. Before family and friends meet your baby, it may be helpful to share a little information first so they have some awareness of the situation. As well as helping them, it may also ease your own worries about other people's reactions to your baby being born with CMN.

Some parents send out a birth announcement card which includes a photo of the whole family; their baby's name; date of birth and weight. Keeping it simple, you can also include your baby was born with CMN, what it looks like and how it may affect your baby. It may be appropriate to include one way in which your baby is similar to you.

EXAMPLE

We're delighted to announce the birth of our daughter Annie Rose.
Born 8th May 2026, weighing 6lbs 8oz. Annie has a giant mole on her cheek and masses of jet-black hair just like Mummy.
Once we have settled in at home, we would love to see you.
Love from Josh, Rebecca and baby Annie.

You may prefer to tell people over the phone or in person before they meet your baby. CMN is only one part of who your baby is, it may help to mention things other than just her appearance or condition so your family and friends can get to know her.

EXAMPLE

"I am looking forward to seeing you. I just wanted to let you know Sabine's right arm has a large mole on it. It can be bit of a shock when you first see her, but we are getting used to it now. She's also got cute dimples in her cheeks and I can't wait for you to meet her."

YOUR FEELINGS

Having a baby with CMN triggers difficult, unexpected and powerful emotions.

- Shock
- Devastation
- Confusion
- Grief
- Overwhelmed
- Disbelief
- Responsible
- Repulsed
- Numb
- Proud
- Angry
- Guilty
- Scared
- Isolation
- Hope
- Shame
- Disappointed
- Love
- Pleasure

You may have experienced some of these feelings after the birth of your baby and you may have been surprised by the strength of these feelings. It can help to recognise and accept they are part of the process of adjusting and coming to terms with your baby's appearance and unexpected medical needs. Parents can also feel guilty about having such feelings but be reassured they are shared by many others – they are normal and understandable. It is also not uncommon to swing from one feeling to an opposite feeling, for example from joy to devastation; from grief to hope; from shame to pride.

Some parents describe being stuck in the negative emotions of anger or guilt and unable to move forward. Other parents speak with us about how they find it hard to look at or hold their baby. Others say they feel embarrassed or ashamed of their baby. If you are struggling with these very difficult feelings don't be hard on yourself. Try to think about your baby in terms of something other than their appearance or CMN. For example, when you look at your baby you can think, "What a miracle." or "S/he seems so peaceful." or "S/he is so lively." Remember, it's OK to have mixed feelings about your baby. It doesn't mean you don't love him/her.

It is important to try to talk to someone about how you are feeling. If you think your partner, your family or your friends can listen to you and accept your feelings at this time, talk to them. However, many parents tell us they find it hard to talk with other family members or friends because they think their feelings are shameful or wrong or makes them sound like a bad parent. Again, it's important to remember the way you are feeling is common amongst other parents in a similar situation.

It can be very helpful and reassuring to talk to someone who has been in this situation and understands. It can be liberating to be able to express your feelings openly about having a baby who has CMN.

Caring Matters Now has a network of Regional Contacts across the UK who can listen with empathy to how you are feeling. Details of your local contact can be found on the Caring Matters Now website.

Being able to talk through your experience and how you are feeling is key to beginning to adjust to what has happened, which in turn will enable you to start moving forward and settle into life with your new baby.

If these feelings persist over a considerable period of time you could seek the help and advice of your GP, which may include signposting you to specialist mental health and wellbeing support.

CARING FOR YOURSELF

Often parents can be so thrown by their unexpected experience and the whirlwind of emotions that accompanies it, they forget to take care of themselves. Remind yourself that the more you take care of yourself, the more you will have the energy needed to look after and care for your baby. Take the time to have a soak in a hot bath, go for a coffee with a friend or get a hug from a loved one. Ask others to help out by making meals for your family or doing the washing for example, and if you have other children inviting them round to play or for a sleepover etc. People will want to help you so whenever this is offered take it up, as this will give you some rest and help ease some of the pressure and stress you may be feeling.

CARING FOR YOUR BABY AT HOME

It is normal for new parents to feel uncertain about how to look after a newborn baby when they first bring them home - your midwife or health visitor can offer general advice and support.

However, not only do you have a tiny baby, you are in a potentially stressful situation which brings its own unique challenges. If you feel anxious about caring for your baby in relation to their CMN, you can always contact Caring Matters Now for more specific advice and support.

GETTING SUPPORT FROM FAMILY AND FRIENDS

Family members and friends who are caring, helpful and accepting will give invaluable support to you and your baby. Others might not know how to respond, so they may not acknowledge the CMN is there or even dismiss it, perhaps because they feel awkward not knowing what to say.

It can be difficult when some family members and friends act as if nothing has happened or don't call and visit as often as you expected. If you sense that someone is avoiding you or doesn't know what to say, it can help to make the first move as you will feel more in control of the situation. Try calling or sending an email saying something like, "I hope you're well. We've all been really busy with the arrival of Amy and it would be great to catch up soon so I can tell you about her and find out what's happening with you."

If making the first move doesn't open up the lines of communication, you may feel a whole range of painful emotions. Try giving the person a bit more time and put your energies into family and friends who are supportive.

It is important to note that sometimes you might just not feel like talking about your baby's condition - it's okay to let your family and friends know this. For example you could say, "I am looking forward to seeing you but would rather not talk about things today. What I really want is a good chat and to enjoy your company." Being gentle and firm about what you want will help your friends and at the same time the support given will be appropriate for you.

INTRODUCING YOUR BABY TO THEIR CMN

As your baby gets older it may seem unnecessary to talk to them about their CMN but s/he is learning and soaking up all that is going on around them, even though they cannot communicate through language. Your baby will respond to how you say things and can discern emotions even from very young. Being able to talk confidently and openly about your baby's CMN will show them you are happy to talk about the way they look and are comfortable with it.

Through daily activities such as playing, looking in the mirror, bath time and bedtime stories, you can talk to your baby in a natural way about their CMN. For example, let your baby see their own reflection in a mirror and point out their features such as their nose, eyes, CMN and ears. If their CMN is left out of the conversation, over time s/he will pick this up and wonder why you don't mention it. To help them grow up feeling confident about their appearance, introduce a positive name for their CMN like 'your special mark'.

TALKING TO YOUR TODDLER ABOUT THEIR CMN

As your child gets older the key to talking about their CMN is to be open and honest, keeping it simple and using language s/he understands.

- Use words which describe what their CMN looks like – its shape, size, texture and colour.
- Gradually introduce the medical name in conjunction with these simple explanations. For example, 'You were born with a large mole.' or 'This is your birthmark'.
- At an appropriate age speak about how it affects them. For example, 'Sometimes your birthmark gets very itchy.'

Speaking like this will help your child learn it is okay to talk about their condition and will help them to chat naturally about it to others.

EXPLAINING TO SIBLINGS

When a baby is born with CMN, there are additional unexpected adjustments for siblings to make. They may be understandably jealous of the particular attention the new baby is getting and at the same time perhaps be upset at the way the baby looks.

They are likely to be both curious and concerned so it is wise to help them understand and adjust to their brother or sister's appearance. You can do this by talking to them, giving them simple information about the condition, reassuring them etc. When appropriate provide them with ways to explain their brother or sister's CMN to others, for example, 'My baby sister has a special mark – it's called a birthmark.'

Set aside time regularly for them to share their feelings and any concerns they may have, especially at times such as when their sibling has hospital appointments or if you both have to stay in hospital etc.

If you take these steps most siblings will adjust well to having a brother or sister with a visible difference.

REFERRAL TO A SPECIALIST

In some cases, medical treatment may be recommended soon after birth. It can be distressing to see your baby having medical treatment and understandably, you may feel quite powerless and scared. It's essential to keep reminding yourself that by consenting to the treatment your baby requires you are actually loving, nurturing and protecting him/her.

If possible, prior to any medical treatment, Caring Matters Now would advise parents to contact the CMN clinic at Great Ormond Street Hospital. This can be done through a referral from your GP or hospital consultant. Further information can be found on the Caring Matters Now website **https://www.caringmattersnow.co.uk/support/referral-to-specialist/**

GOING OUT IN PUBLIC

Everyday activities such as going to the shops, the park or taking your baby to playgroup may cause some level of anxiety when anticipating the reactions of other people. It is important to remember you will not have a negative experience every time you go out. Mostly, going out will be uneventful, indeed you may experience kindness from other people. On the rare occasion when comments or difficult exchanges do happen, they may hurt but you can prepare for them and move beyond them. The **Explain-Reassure-Distract** technique is a useful tool when handling other people's reactions.

THE EXPLAIN-REASSURE-DISTRACT TECHNIQUE

This technique can help you to handle other people's reactions with confidence, allowing you to feel more in control and boosting your self-esteem. It will also help them to move beyond their initial reactions and put them at ease, which in turn makes it easier for you to get on with your normal routine.

EXPLAIN

It is helpful to come up with at least one explanation that everyone caring for your child can use about their CMN. Hearing this consistent explanation helps your child to become familiar and confident about their condition. For example, "That is Danny's special mole. It's called a CMN and he was born with it."

REASSURE

You may also want to give reassurance about how this affects your child. For example, "That is Danny's special mole he was born with. It's called a CMN and doesn't hurt him. He loves to play just like you."

DISTRACT

You don't have to continue talking about your child's CMN. Move the conversation on in a natural and appropriate way. For example, at playgroup it is easy to focus on things you may have in common or to engage in small talk.

Using this technique when you notice someone staring at your child or if they ask a question, will diffuse an awkward situation and make everyday encounters more enjoyable for you and your child.

COPING WITH UNEXPECTED SOCIAL ENCOUNTERS

You are standing in the queue to pay at the supermarket when you suddenly notice someone is staring intently at your baby or nudging their companion.

You are walking down the supermarket aisle when someone just comes right up and asks about your baby's appearance.

Such casual encounters are often particularly difficult for parents because they are so unexpected. Many parents feel completely unprepared to deal with this sort of curiosity and it can leave them feeling angry, sad or anxious about going out again.

However, such curiosity or concern is a natural human response when we encounter something different or unusual for the first time so be prepared and ready to use the **Explain-Reassure-Distract** technique when this happens:

EXPLAIN AND REASSURE

There is no need to provide adults or children you meet in public with in-depth medical explanations. A brief and straightforward response will satisfy most people, such as "I see you have noticed my daughter's birthmark. She was born with it and we like to call it her princess skin".

When responding in this way, you are also 'modelling' to your child how they could respond in the future as they grow up, as they will hear the simple explanations you are giving about their condition.

Sometimes it is enough to just smile and simply say 'Hello' to the person as this can break a stare, reassures them and lets people know you are okay.

DISTRACT

You don't have to continue talking about your child's visible difference once you have given the simple explanation. You can simply move the conservation onto another topic or politely end the encounter by saying "It's been good talking to you to explain my son's CMN, but we do have to go now".

MANAGING RUDENESS

Some people can be rude, as they don't know how to respond appropriately to your child's CMN, or they have made assumptions about it. Being assertive in how you respond, such as giving the facts without getting angry, can be a very empowering way of dealing with these situations.

For example, you could say "My son's face has a CMN on it, which is a rare type of birthmark. It was present when he was born."

It is important to teach your child to be confident in managing other people's reactions, but if someone is rude or upsetting, your child needs to know that it is okay to walk away and talk to you or another supportive adult about how they are feeling.

GOING TO A PLAYGROUP

Going along to a playgroup is an excellent opportunity for you to meet other parents and children who live locally on a regular basis. Socialising is particularly important for your baby as they pick up new skills; acquire a better understanding of their environment; learn about themselves and other people. It is through play children learn social rules such as how to make friends, join in and take turns. Through play they also learn and practice new physical skills such as climbing, throwing, drawing etc.

Interacting with others, especially other parents, is also of benefit to you. Although you may have specific struggles related to CMN, it can make a real difference to feel supported by other parents who are also struggling with sleepless nights, relentless nappy changing and their constant attention being focused on someone else. You will also be able to recharge your batteries while your child is busy playing!

In this type of situation where you may want to make friends with other parents or encourage your child to play alongside other children, it gives opportunities to expand your explanations of CMN in response to any initial curiosity from them.

Prepare yourself

Preparation is one of the best ways to help you overcome your anxieties and enable you to face situations that may arise. At first, it could be helpful to go with someone you know - such as your Mum or a friend - who can help you out and give you support when it feels difficult.

- You could chat to the playgroup leader in advance, explaining your concerns and ask to be introduced to others.
- You could prepare some small talk to rely on in these situations, such as “Do you live around here? Do you have any other children? How long have you been coming to the group?”
- Consider what you hope to gain from this experience and what you could do to achieve it. For example, if you want to help your child to join in, play with him/her alongside other children.
- If you really feel uncomfortable, what could you do to look after yourself and your child?

HELPING YOUR CHILD TO JOIN IN

Young children often need encouragement to join in and play with other children. By modeling for your child the following skills for meeting people, joining in and making friends, your child will feel more confident about trying them out for themselves.

- Greeting people by name with eye contact
- Introducing your child to others
- Smiling more and making eye contact
- Suggesting a game or activity
- Asking to join in a game that others are already playing
- Asking someone else if they would like to join in with what you are doing
- Starting a new conversation or changing the subject with a question

These skills will also be helpful for siblings who may find social situations tricky as a result of reactions to their brother or sister's appearance.

PREPARING FOR NURSERY

Looking is natural when someone new arrives. Getting to know one another and making friends begins with being looked at and looking. We look more and for longer when someone looks different so the other children at your child's new nursery are likely to look carefully, perhaps with surprise and interest.

Some may reach out to touch your child's CMN. Others may ask a question. If these expressions of interest and visual contact are discouraged, your child is at risk of finding it harder in the long run to join in and make friends.

Equipping your child with a simple explanation for the way they look as well as social skills for joining in and making new friends, will stand your child in good stead for starting at nursery.

It is also essential that all staff members are equipped to handle curiosity from other children, parents and visitors to the nursery etc. so that your child can engage in normal social activities without their visible difference becoming the main focus of attention.

PREPARING FOR NURSERY

Set up a meeting with your child's nursery

Before your child starts at the nursery, contact the manager and request a meeting with him/her and the member of staff who will be your child's key worker or teacher.

Before your child starts at the nursery, contact the manager and request a meeting with him/her and the member of staff who will be your child's key worker or teacher.

Share the following information:

- The name of your child's condition and how it affects them
- Any medical needs your child has
- Any special requirements your child has
- Examples of how you explain your child's condition if people are curious or make a comment

Give the nursery a copy of the Caring Matters Now Schools Support Guide & Resources. You can download or order a copy from www.caringmattersnow.co.uk

Helpful questions to ask:

- How do the staff plan to deal with any curiosity about your child's appearance?
- How would they deal with unwanted attention?
- Do they have experience of supporting a child who has a visible difference? How has that child settled in?
- How will the nursery keep you informed about your child's progress?
- Would the nursery consider staff training to support a child who has a CMN?

It is vital for all staff members, including administrative and catering staff, to have an understanding about your child's condition and be aware of the social and psychological challenges connected to having a visible difference. They also need to know what to say or do when somebody stares, makes a comment or asks a question about your child's appearance.
Before the term begins, request the nursery shares information with all staff members about your child's CMN and the support your child requires.

This should be done in collaboration with you so that information is shared with your consent. Educational settings can also contact Caring Matters Now directly for any further information and specific support.

Teach staff the Explain-Reassure-Distract technique

It is important for all staff members to learn the Explain-Reassure-Distract technique so they can respond to any curiosity from other children in a natural and straightforward way. It is helpful to inform the staff in your child's educational setting what you say by way of explanation so that everyone is using the same simple form of words, both in and out of the nursery or school.

THINKING ABOUT YOUR CHILD'S FUTURE

You may already be thinking about whether your child will fit in at school; will they be teased; will their condition affect their physical and mental abilities; will they be loved by others. These anxieties may be influenced by your own personal experience - you may have been teased at school - or by your beliefs - only certain people fit in and get good jobs - or the feelings you are currently experiencing e.g. overwhelmed.
Whatever their origin, these are normal anxieties shared by many parents. If you find yourself overwhelmed by concerns for the future, it can help to focus on the present and what support you and your baby requires right now.
Give yourself time - be gentle on yourself; let others help you practically; seek advice and emotional support from friends and people with experience; recognise and acknowledge your abilities and achievements.
As time goes on, feelings of sadness/helplessness will lessen and give way to new hopes for your baby. You will be able to move away from focusing constantly on your concerns and start to focus on what is happening for your baby now. You will start to acknowledge and enjoy your child's latest achievement e.g. starting to eat solids; sitting up; crawling; walking etc. and look forward to the future with new hopes and expectations.

YOU DON'T HAVE TO EXPLAIN ALL THE TIME

The suggestions above may feel hard to put into practice, but parents often remark that the more they use the strategies, the more confident they feel. Sometimes just thinking through your options with someone close to you and coming up with some ways to handle situations, can help you feel more in control and able to enjoy going out with your child.

However, it is not realistic to think you should be able to manage, explain and cope with every situation. Take it one day at a time as some days will be better than other days. On good days you may feel like going to the park or shops and be confident in responding to other people. If you have a day when you have found other people's reactions difficult, be gentle with yourself and do something to help you relax and become calm, such as going for a cup of coffee, inviting a close friend around or just having a cry on someone's shoulder.

CMN AWARENESS CARD

The idea behind this card came from one of our Online Baby and Toddler Events.
They are especially useful when you don't feel able to offer an explanation and can be used to educate members of the public in how to engage with visible differences.

caring matters now

COFFEE & CAKE MORNING

Eat tasty cakes, have a lovely cuppa, chat with friends and help raise money for **Caring Matters Now**

Charity Reg. 1192670 | fundraise@caringmattersnow.co.uk | www.caringmattersnow.co.uk

POSITIVE SELF-TALK

Sometimes you will have to go out, even if it is not a good day. On such days try saying something to yourself that will reassure you and boost your confidence.

This might seem strange, but evidence shows the more we think and act positively, the more we are likely to feel positive.

One of the ways to challenge negative thoughts is through positive self-talk, and the more we do it the more our brains will start to do this on their own. So, the perfectly natural thought of "I can't cope anymore!" is challenged by acknowledging the ways you have coped before and planning how you will cope this time. Below are some examples of positive self-talk:

- "I will be okay."
- "We have done this before and we can do it again today."
- "These are my children and I'm proud of them."
- "I will ignore those who stare. I will smile and show them that I am okay."

DIDI, THE WOLF, & THE STARRY TATTOOS

This beautifully written and illustrated children's book invites readers young and old to see the beauty in visible differences and to celebrate the uniqueness of every individual.
This book is more than a story; it's a message of hope, love, and connection. At the heart of this powerful narrative is little Didi, a young girl born with a rare skin condition called Congenital Melanocytic Naevus (CMN) – large dark brown hairy birthmarks covering her skin. Like many children growing up with a visible difference, Didi experiences isolation, uncertainty, fear, and a lack of confidence. But this does not need to be! As the pages turn, we discover Didi is not alone, she belongs to a community, and Didi can love the skin she is in.

BABY & TODDLER ONLINE COMMUNITY

This event is open to our parent members who care for a child with CMN aged 0-4 years and their siblings of pre-school age.

This Online Community gives our members the opportunity to build invaluable friendships with other members at the same 'age and stage' as you and your little one.

Through this community, we aim to create an organic community of young children and their families living with CMN whereby you 'do life together', and so from a young age friendships are built, and therefore, a natural support network is developed for the years that follow.

We meet monthly between October and March for 40 minutes of conversation, song, activities and fun, with each attendee receiving a craft pack through the post! Each session also has a designated time for any support related queries, recognising that these early years are when you're learning the most about living with CMN!

BE SEEN QUALITY MARK

Through this award programme, Caring Matters Now empowers schools to take meaningful action, drive positive societal change, and set a new standard for inclusive education.

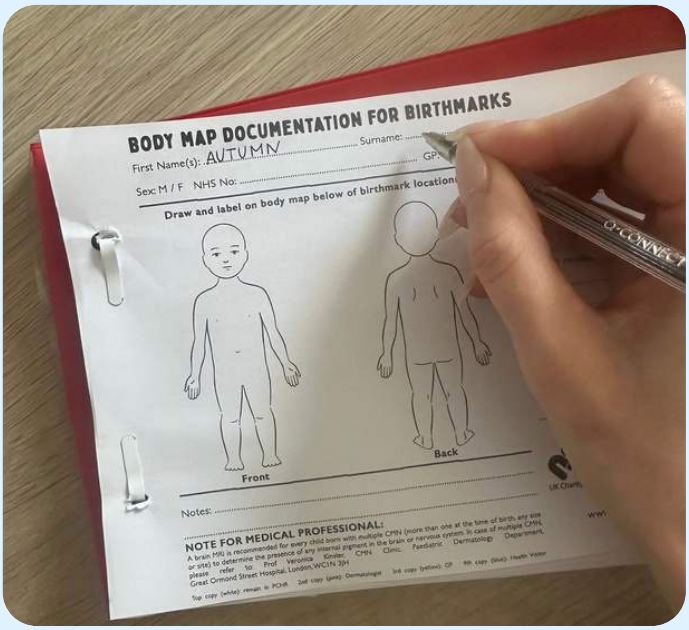
Through engaging activities, aligned with PSHE curriculum objectives, pupils will gain a deeper understanding of visible differences, developing empathy, kindness, and inclusivity in their school community to ensure that every child feels seen, valued, and empowered.

To achieve the Be Seen Quality Mark, schools must demonstrate proactive leadership in diversity, inclusion, and anti-discrimination efforts. By embedding the Be Seen principles, schools create a more empathetic, understanding, and inclusive culture for all pupils.

BE SEEN

Empowering Schools to Celebrate Visible Differences

RED BOOK INSERT



Parents of children with CMN are encouraged by paediatric dermatologists to map the CMN present on the skin at birth, and to monitor and record any changes over time.

In collaboration with the Childhood Tumour Trust, we have created a CMN-specific Body Map Insert to help parents:

- Record the size and placement of their child's CMN
- Track changes in the number of CMN at 3 and 6 months

The Red Book Insert includes a note for medical professionals to refer patients with multiple CMN to the CMN Clinic at GOSH for an MRI.
We are proud to feature this resource on our website and to provide copies within our Welcome Packs for members to share with the medical professionals involved in their child's care.

WORKING TOGETHER AS A TEAM

There is a specialised CMN clinic in the UK for children, run by Professor Kinsler and her team in Great Ormond Street Hospital. For children under the age of 17, we recommend you seek a referral to Professor Kinsler and her team. Details of the clinic are as follows:

If your GP or dermatologist has any questions regarding CMN, you can signpost him/her to our website, which has all the up-to-date medical information about the condition and the latest research findings. Your dermatologist can also register with the charity to receive CMN updates and news.

Professor Veronica Kinsler
CMN Clinic
Paediatric Dermatology Department
Great Ormond Street Hospital
London
WC1N 3JH

WHERE TO GO FOR SUPPORT AND GUIDANCE

Caring Matters Now is a registered charity, supporting those affected by Congenital Melanocytic Naevus (CMN) and their families.

Caring Matters Now focuses its work in 3 areas:

- To support those affected by CMN
- To fund pioneering research to find an effective treatment for CMN
- To raise national and international awareness of CMN

Caring Matters Now offers support by:

- Hosting support events across the UK for you to meet other families
- Providing a network of UK Regional Contacts for you to meet with locally
- Offering a wide range of support literature
- Providing age specific support for children, teens, adults and parents

Please contact Caring Matters Now for further information, advice and support.

Email: info@caringmattersnow.co.uk

Web: www.caringmattersnow.co.uk

Caring Matters Now provides support in many different ways.

Helpline

Support Consultations with our Head of Support

Support Literature

Age Specific Support Guides
Red Book Insert
School Support Guide
Self Advocacy Pack
Adult Support Toolkit

Support Network

Peer Support Team
Regional Gatherings
Online Communities
Online Workshops
Online forums to share experiences and seek advice

Age Specific Events

Teen Support Initiatives
Young Ambassador Programme
Online Teens Resource
Adult Support

Tailored Support

For members experiencing medical complexities
For members exploring treatment

Special Events

BIG Weekend
Annual Research Presentations

Website: www.caringmattersnow.co.uk
Facebook: @CaringMattersNow
Instagram: @caringmattersnow
LinkedIn: Caring Matters Now

Caring Matters Now

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

A Charitable Incorporated Organisation registered with the Charity Commission in England and Wales | Registered Charity No: 1192670

Working in partnership with Caring Matters Now Ireland I Registered Charity No: 20205990

caring matters now IRELAND