



YOUNG ONES



Hi Everyone!

Welcome to the January edition of the 'Young Ones' newsletter! Hope you all had a wonderful festive break and enjoyed spending time with your families!

Katie x



Teens Big Day Out – September 2016

In September 2016, 11 teenagers attended the Harry Potter studios in Watford to get a glimpse behind the scenes of how Harry Potter was made. Although the weather wasn't kind to us on the day, everyone enjoyed walking around the



different sets from the famous films and finding out how some of the magic on screen was created in the studios. Some of the highlights included boarding the Hogwarts Express, walking through the Great Hall and flying a broomstick. It was a great day building friendships in a relaxed, social environment. We are excited to tell you that we are heading

to **HintHunt** - a new, simple and fun live escape game for our **Teens Big Day Out 2017!** Take a look at the website for more details www.caringmattersnow.co.uk/support/support-events/.



Activity Weekend 2017

The activity weekend is back for 2017 from the 7th-9th July. This year we are going to a new location called Osmington Bay, close to the beach, where we have access to the Olympic Watersports Centre with activities such as kayaking, canoeing and raft building!

This weekend will give you all a chance to cement friendships

you have already made with each other and hopefully make some new ones! We would like to make the weekend as enjoyable as possible for you all, so any ideas about what activities we should include, please do let me know. Have a look at the CMN website for more details about the PGL site and email your activity suggestions to me at

teenage@carimgattersnow.co.uk.

CMN Coffee and Cake Morning 2017

Our annual CMN Coffee and Cake Morning is taking place from 23rd – 25th June 2017. It would be great to see as many of you as possible hosting your own event this year either at home or in school. The coffee and cake morning is a great opportunity for you to show off your creativity by organising an event which can be enjoyed by all the family, while also raising money for Caring Matters Now. The BIGGER the event the BETTER!



Congratulations to Isabelle

Isabelle was selected as runner up of the Jessica Ma Award 2016. This award is for an individual or group who have gone above and beyond in raising funds for Caring Matters Now.

The CMN trustees were overwhelmed by the number of members and supporters raising funds and awareness for Caring Matters Now in 2016. Jessica's husband Peter and their children Pascale and Jasper selected Isabelle and said: "The bravery and effort of someone only 7 years old is an inspiration to all of us. Keep up the good work and thanks to

your mom for all the support!"

Register your fundraising in 2017 for a chance of winning the Jessica Ma Award 2017!

www.caringmattersnow.co.uk/get-involved/register-fundraising-event/



Your stories!

Libby's story about her experiences with CMN:

Hello my name is Libby and I am 7 years old - that's me on the right stood next to my twin sister Georgia. I live in Bristol with my Mum & Dad and older brother Mason. I was born with CMN which covered the back of my scalp. From birth I had lots of visits to Bristol Children's Hospital and then got referred to Great Ormond Street where we met Dr Kinsler. As Dr Kinsler knows all about this condition it was nice to listen to all the information she had and what could be done for me in the future.



back to see Dr. Kinsler, I had a biopsy from my scalp and leg to find out what type of CMN I have. When the results of the biopsy came back we had another appointment, this time with Mr Bulstrode, a Plastic Surgeon who specialises in the removal of CMN. He decided it was best for it to be removed, so in April 2015 we set off to London knowing I was going to be in hospital for a week after my operation. My operation went well and the CMN was removed. I had skin grafts taken from my thigh and positioned on my scalp. Nearly 2 years down the line I feel great, I have great confidence, I'm happy and have no more discomfort.

At first, my condition was monitored to see how I lived day to day with CMN. The hardest part for me is that the CMN is really itchy, especially when I go to sleep. After being invited

My visits to Great Ormond Street Hospital were always made special because of the great doctors, nurses and staff who work there.

Do you know anyone who likes a challenge?

2017 brings the 20th anniversary of Caring Matters Now where there are plenty of opportunities to get involved in a fundraising event. Two of these events are a tandem sky dive and the 3 peaks challenge. If you know anyone who is up for a challenge then encourage them to sign up - Mums, Dads, brothers, sisters, uncles, aunties – we want everyone to take part!



Ways to keep in touch!

Remember there are many ways that you can keep in touch throughout the year by accessing the Caring Matters Now website. Sign up to the teenage forum and start talking and sharing fundraising ideas!

Last note ... have your say on what goes into the next 'Young Ones' newsletter by emailing your stories, suggestions and fundraising activities to teenage@caringmattersnow.co.uk.

I hope to see you at a CMN event sometime this year.

Katie Arends 😊

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