



# NEWSLETTER

## 'Caring for Carers'

14<sup>th</sup> July 2010

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*Help with one of our  
Regional Boards and  
make a real difference.*

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*Donate £1, take a  
guess at when the  
baby will be born and  
be in with a chance of  
winning £30 M&S  
Vouchers*

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## Welcome

The CPBF is happy to be able to add to the UK's recent heat wave with the 3<sup>rd</sup> edition of its bi-weekly newsletter hot off the press! No story of hosepipe bans to be found around here, just info about how the charity is progressing and the people it supports.

We hope the stories will inspire you to help us make a difference to current and former carers in need and to assist us in our goals of making a real difference to people when they need it most.

## Regional Boards - update

Competition between the regional boards is really hotting up!

The London & South East board had its second meeting yesterday and was very pleased to see some new faces who have brought with them their own experience and expertise from the care sector. Many ideas were thrashed out around the table with everyone agreeing that 'Payroll Giving', the 'Mad Hatters Tea Party' and 'Firewalk' events were key to the board reaching its £25k fundraising target.

The South West Board, chaired by Robin Cheesman (Milkwood Care), lead the way in terms of events organised, an achievement in itself considering it is made up of only 4 members at present! Only time will tell if they have what it takes to finish ahead of the pack.

Perhaps the dark horse of this competition is the North & Midlands board who, meeting for the first time tomorrow, already have a sponsored walk set up for the 11<sup>th</sup> September.

We are aiming to set up Regional Boards in all areas and should you wish to get involved please contact Guy Bosanko on 07827 302321.

## Baby Competition

Clare Telford of Shaw Healthcare has set up her own unique and wonderful fundraising event in aid of the CPBF.

Currently around 6 months pregnant, Clare is due to give birth at some point between midnight 8<sup>th</sup> October and midnight 5<sup>th</sup> November but that's all the help you'll get. The aim of the competition being that participants pay a minimum of £1 to guess the date and time that the baby will be born. The winner will receive a £30 gift voucher for M&S.

If you wish to support Clare and the CPBF by taking part then please contact Nick.





Keith Chegwin  
pictured at Great  
British Care Awards

## Great British Home Care Awards

In May the Great British Care Awards raised a fantastic £2,500 on behalf of the CPBF by auctioning one bottle of wine at their Home Care Award finals held at the prestigious Guildhall in London.

The awards themselves were hosted by none other than Keith Chegwin who very kindly agreed to put his auctioneering skills to the test towards the end of the evening in aid of the CPBF. The auction was a massive success with 'Cheggers' drumming up much interest in the Jeroboam of French rose wine.

The lucky recipient of the wine was Jayesh Patel of Westminster Healthcare who very modestly stated that it was a donation to the CPBF on behalf of all the staff at his company.

## The National Care Homes Congress

The 23<sup>rd</sup> and 24<sup>th</sup> of June saw the 3<sup>rd</sup> annual National Care Homes Congress held at the Claredon Suits in Birmingham, organised by Caring Times.

The idea of the event was to examine pressing issues for care homes, including law and regulation, older people's mental health, challenging behaviour, staff development and cost effective management. There were also breakfast workshops and plenty of space for exhibiting and networking.

The CPBF was lucky enough to be invited along to this important event and was given its very own exhibition stand. Using this as a platform the charity was able to convey its message to many influential people within the care sector.



## The Mad Hatters Tea Party

This event will be held on the 29<sup>th</sup> September and will be looking for care homes throughout the UK to get involved and to help raise lots of money for the CPBF.

The aim is for care homes to get residents and staff to pay a pound or two for the privilege of wearing a silly hat and to enjoy a day of drinking tea and eating biscuits. It is also a perfect opportunity to put on some fun and games and other smaller fundraising events all in aid of a good cause.

If you have a care home that would like to get involved then please contact Nick Kershaw.



## CPBF Help Cassandra

The Charity recently received an application for support from a 57 year old former care professional, Cassandra, from East Croydon.

Cassandra is the proud mother of six grown up children and was diagnosed with severe depression after her husband walked out on her which subsequently made her bankrupt as she was unable to work.

Unable to make ends meet from that point on Cassandra's debts began spiraling out of control, particularly her utility bills. So after coming to the CPBF for help and with the aid of a specialist debt advisor Cassandra has been able to get her debts under control and her life back on track.

We were, of course, only too pleased to assist and were even happier when she informed us that she now has the means to catch the bus to her local church where she is able to meet people having previously been housebound.



Cassandra pictured  
with Nick Kershaw

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*'We are the safety net  
for the vulnerable who,  
through no fault of their  
own, find themselves in  
a crisis'*

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## CPBF Help H.M.

The CPBF has also recently been very happy to help H.M., aged 64 and a former chef in the army.

A series of mini strokes in 2008 left H.M. unable to work leaving his wife, a carer for 11 years, sole provider for the both of them. After a recent knee operation H.M. was advised that he would have to purchase an entry level shower to prevent his health from deteriorating any faster.

This left the couple with the task of finding £1,396 towards the cost of the new shower but with no means of saving the money themselves.

Fortunately they found the CPBF who, with the support of three other charities, were able to assist and conjure up the necessary funds.

## Upcoming Events for 2010

- Christmas Draw - National Care Home Raffle
- September - Charity Golf Day at Goodwood Golf Club (2 spaces still available!)
- September - National "Mad Hatters Tea Party"
- September - CareTech 'Small Steps, Big Future' - sponsored walk and evening BBQ
- November - FIREWALK - Sponsored 15ft long fire-walk over burning hot coals
- November - Charity Dinner with a naval twist!
- December - Founding Members Dinner

If you would like more information or would like to volunteer your time and get involved in one of these events then please contact us:

[info@cpbenevolentfund.org.uk](mailto:info@cpbenevolentfund.org.uk)

Tel: 01625 872811

## There are lots of ways you can help the Care Professionals Benevolent Fund:

### Individual Giving

- Pennies From Heaven
- Fundraising
- Payroll Giving
- Donations

### Be A Volunteer

Become part of our team and help with organising fundraising events and supporting activities for people in need

YOU CAN MAKE A REAL DIFFERENCE AND WE ARE SURE WE CAN FIND A REWARDING ROLE FOR YOU.

### Regional Boards

Help us to shape the future of the Charity and to both raise awareness of the fund and raise essential funds.