



## Put The FUN into FUNdraising

**CWC and NAPA are teaming up again for Care Home Open Week 2024.**

**"This collaboration aims to support Care Workers and Activity Providers during times of hardship while empowering people to defy against ageist and ableist stereotypes and fulfil their dreams and ambitions"**

In celebration of Care Home Open Week, we are inviting every individual care home to challenge themselves to raise money for The Care Workers' Charity (CWC) and The National Activity Providers Association (NAPA) by putting on activities for families and residents, creating a lasting impact for care workers across the UK.

If all the different care homes involved in Care Home Open Week raised at least £100 for CWC and NAPA, we could collectively raise tens of thousands of pounds to support care workers and Activity Providers with financial grants when they need a helping hand, or give them access to free therapy when they need someone to talk to.

We could also support older people to defy ageist stereotypes, through NAPA's Living the Dream fund.

*Bake Sale, Raffle or Tombola  
Dress up Days and Quiz Nights  
Eating Contests or Fitness challenges  
Wheelchair Races or Cream Pie your Manager  
Summer Fete or Fun Day  
Find a Wacky World Record and attempt to beat it  
If you're feeling really brave,  
why not do something daring like a skydive?*

**You can find lots of other fundraising ideas in the Fundraising Pack - Coming Soon!**

**REGISTER FOR  
CARE HOME OPEN WEEK HERE**



**SCAN ME**



## Case Studies



Tom works as a Care Worker with older people and visits them in their own homes. He enjoys his job and has been with the same company for 10 years. When Tom's daughter died and he felt helpless, she had leukaemia and despite treatment she sadly passed away. Tom felt guilty that he was healthy and able to continue living his life.

"I knew I needed some help, but it was hard to tell people, my friends and family were so kind when my daughter died and I just didn't know who to speak to. I'd taken some time off work when it happened and so I mentioned how I felt to my manager. She suggested I contact The Care Workers' Charity and apply for some counselling." Tom applied to The CWC, who approved his application and then put him in touch with a therapist. "My therapist really listened to me and I felt she understood what I was trying to say. It was explained that there are stages of grief and loss and that each person moves through and expresses the stages differently. My therapist asked if I could identify with any of the stages and I said that I thought I was in the Guilt stage." Tom had ten sessions with a qualified therapist, who worked with him to deal with his grief.



"I'm coping much better now and 'getting on with life' instead of dwelling on the guilt I felt, I'm really grateful for this opportunity."

### **Bill Gets Back on his Bike Funded by NAPA's Living the Dream Fund**

An 87-year-old motorcycle enthusiast, Bill Wall, is back in the saddle for the first time in over 20 years after a surprise visit to his home at the state-of-the-art Belong care village in Chester as part of a celebration of intergenerational connections.

The nursery team submitted an application to the National Association of Activity Providers (NAPA) 'Living the Dream Fund', part of its 'Grow Old Disgracefully' campaign, set up to help older individuals to engage in activities that challenge ageist stereotypes, to support the event.

Sue Egersdorff added: "I'd like to thank NAPA and Bill Smith Motors for making the event possible, and everyone who attended, making it so special and memorable for Bill."

*"The last time I rode my bike I was 75, I actually got on it and drove it before I sold it. I didn't do too bad"*  
Bill Wall- Living The Dream Fund Recipient

