

# Charities *checklist* ✓

These organisations provide year-round support for those who need it the most. Whether it's improving the lives of humans or animals, there has never been a more pressing time to give. Please lend your generous support to one or more of these charities

## Make a difference to animals' lives through a legacy

THE SPECIAL BOND BETWEEN a pet and its owner is the source of love, companionship and memories to last a lifetime. You can make a real difference to animals for years to come, by helping vets save and improve the lives of millions of dogs, cats, horses, and many more beloved pets.

RCVS Knowledge is a charity that supports thousands of dedicated, hard-working vets and vet nurses to give the best possible care to animals across the UK and beyond. The team provides free resources, training and research so that veterinary professionals have the most up-to-date, reliable evidence to hand when they make treatment decisions that can save and improve animals' lives.



**RCVS KNOWLEDGE**

Leave RCVS Knowledge a legacy - visit the website at [rcvsknowledge.org/support-us](https://rcvsknowledge.org/support-us) Email [info@rcvsknowledge.org](mailto:info@rcvsknowledge.org) or call the team on 020 7202 0710.

Registered charity number: 598443

## Innovative research into childhood cancer

CANCER IS THE BIGGEST KILLER OF CHILDREN\*. Cancer kills 300 children in the UK alone each year. Alice was one of these statistics. Alice's Arc is a children's cancer charity battling to find a cure and better, kinder treatments for children with rhabdomyosarcoma.

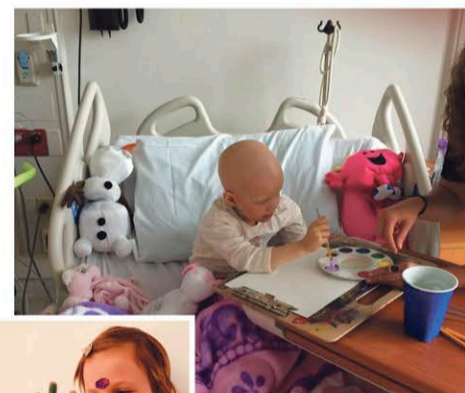
Upon relapse of the cancer, survival rates are dismal and there are few options. Small, incremental improvements on current treatments are unlikely to effect change. So, their focus is on innovative research. They are funding projects which focus on Car T cells, liquid biopsies, protein inhibitors and mRNA. Research is undertaken by the UK's greatest research institutions.

Alice's Arc brings together patient families all over the UK as well as in the EU, Asia and the US. They bring a common purpose and support them on their journey. A cancer diagnosis transforms lives.

Help make changes for children with cancer.

Please find out more and donate today by visiting the website [alicesarc.org](https://alicesarc.org)

\*Source: Children's cancers mortality statistics by Cancer Research UK. Registered charity number: 1164253



## For a bigger impact, think small

ONCE DESCRIBED BY A TOP UK SURGEON as 'the most dynamic little charity', AMEND advocates for a niche, rare disease community affected by hereditary hormone-producing cancer syndromes in the UK.

These 'invisible diseases' affect multiple family members, including children, with considerable impact on both life-long health and life expectancy. Their rarity makes them

Donations to small charities have a bigger impact. Visit [amend.org.uk](https://amend.org.uk)

Registered charity number: 1153890

no less important than more common medical conditions and yet the contrast in equity of access to expert care and treatment, and to clinical research trials is huge. By helping AMEND, you help thousands of families get the support they need to live as long and productive a life as possible with their disease. Support AMEND's work with a donation today.



## Supporting children with trauma through the power of play

CLEAR SKY CHILDREN'S CHARITY have supported the wellbeing and mental health of children and families who are experiencing traumatic life experiences for over 10 years. Now more than ever, they know that families are struggling. They'd like to support as many families as they can and have produced a free Parents Play Kit.

To help them support more children and to download the kit, please visit [clear-sky.org.uk](https://clear-sky.org.uk)

Registered charity number: 1140441



## Just £32 could stop lives being destroyed by leprosy

LEFT UNTREATED, leprosy can cause severe, life-changing disabilities. Sufferers frequently lose their livelihoods and are cast out from their communities. Many have to beg to survive. Leprosy can be cured with a multi-drug therapy that is freely available. The challenge is rooting out the disease wherever it exists, usually in remote and marginalised communities that have little or no access to healthcare.

For the past 125 years, St Francis Leprosy Guild has been working with its partners across Asia, Africa and South America to find and treat new leprosy cases so they can stamp out the disease once and for all. Today, a leprosy-free world is finally within sight.

Will you give £32 towards a health check for a family of four to help identify early symptoms of leprosy? With your help, they can beat this disabling disease once and for all. To donate, please scan the QR code or visit their website at [stfrancisleprosy.org](https://stfrancisleprosy.org)

Registered charity number: 1188749

## Consider helping adults with complex epilepsy and disabilities



THE MEATH EPILEPSY CHARITY is a specialist care home which supports adults who live with complex epilepsy and disabilities to live as independently as possible. The charity, which enables some of the most vulnerable people in society to live a safe and fulfilled life, has been met with unexpected and unbudgeted costs posed by the Covid-19 pandemic. The Meath is committed to enabling the people they support to fulfill their potential through a varied, daily programme of life enhancing activity sessions. But they need your help to sustain these life changing services.

Whether you are considering leaving a gift in your Will, looking for a charity for a fundraising challenge, or simply a one-off donation, your

Registered charity number: 200359



support will make a genuinely positive difference to the lives of the very special people who are supported by The Meath.

Go to [meath.org.uk](https://meath.org.uk) to learn more. Contact Tania Cantoni on [taniac@meath.org.uk](mailto:taniac@meath.org.uk) or call 01483 411071.

Registered charity number: 200359

## Cambodian school children face an uphill battle - can you support them?

AS HOMESCHOOLING ENDS IN THE UK, spare a thought for the Cambodian families who have been trying to teach their children without a computer, tablet or internet access. Many parents cannot read themselves. Schools closed in Cambodia for eight months last year and children stopped learning.

While UK children are likely to bounce back once schools fully reopen, Cambodian children are already facing an uphill battle to reach their potential. Around 90% of teachers were killed by the Khmer Rouge in the 1970s and the education system is still being rebuilt. Only 3% of 15 years olds achieve minimum levels in maths and English\*. SeeBeyondBorders works to improve the quality of teaching in Cambodian primary schools, which means children learn in school.

Please donate to SeeBeyondBorders and give Cambodian children the education they deserve. Visit [seebeyondborders.org/checklist](https://seebeyondborders.org/checklist)

1. Library of Congress, 1990 2. MoEYS, PISA-D Report, 2018. Registered charity number: 1146044



**SeeBeyondBorders**

## Helping raise awareness of testicular cancer



BAGGY TROUSERS UK - founded by Jack Broadley, following his own cancer diagnosis at 21 years old - is a charity that raises awareness of the signs and symptoms of testicular cancer. It also provides vital financial and peer support to those affected by the disease.

Jack Hinton was diagnosed at 24 years old and Baggy Trousers UK was there to support him. Jack said: "To other men, I would say - CHECK YOUR NUTS! Of course, the first couple of times it may be 'scary' as one may not want to have to think about what they may find down there. However, it's so worth it and nowhere near as scary as it being too late!"



You can help Baggy Trousers UK continue to raise awareness and support those directly affected by testicular cancer. Scan the QR code to make a donation. Visit [baggytrousersuk.org](https://baggytrousersuk.org)

Registered charity number: 1167624

## A unique and meaningful gift for Mother's Day



Ideal Mother's Day gift

FOR MORE THAN 50 YEARS, Bransby Horses have been rescuing horses, ponies, donkeys and mules from dreadful situations no animal should ever have to face. By sponsoring one of their beautiful animals for £3 month, you will enable their rescue and welfare teams to continue with their work throughout the pandemic, providing support, advice and education to horse owners without judgement.

The lucky gift recipient will follow the development of your chosen Sponsor Star, hear about their ongoing care and education, daily routine and any mischief they get up to through regular updates. They will also receive an exclusive gift, glossy photo and VIP invitations.

Bransby Horses' Sponsorship Stars offer you the opportunity to give a unique and meaningful gift this Mother's Day whilst contributing to a charity who has been significantly impacted over the last 18 months.



Help them by sponsoring a horse, pony or donkey today at [bransbyhorses.co.uk/sponsor](https://bransbyhorses.co.uk/sponsor)

Registered charity number: 1075601

## Helping those with neurological conditions live better for longer

BRAIN RESEARCH UK is the leading dedicated funder of neurological research in the UK. They fund the best science to achieve the greatest impact for people affected by neurological conditions.

They have identified three priority areas where research investment is most urgently needed: brain tumours, brain and spinal cord injury and headaches and facial pain. In each of these three areas, there is a large unmet patient need that is not reflected in current levels of research funding. They receive no government funding and it is only thanks to the generosity of their much-valued supporters that life changing, life-saving research can be funded.

Visit their website at [brainresearch.org.uk](https://brainresearch.org.uk) to find more about their work. Alternatively, please contact them at [info@brainresearchuk.org.uk](mailto:info@brainresearchuk.org.uk) quoting CHECKLIST2021.

Registered charity number: 1137560



No matter how big or small, your legacy gift will be most appreciated and will help ensure essential research can be funded in the future.



## Support the children of serving or veteran Naval personnel

DID YOU SERVE or you are serving in the Royal Navy, Royal Marines, QARNNS, WRNS, Reserves or Royal Fleet Auxiliary? The Naval Children's Charity is here to help your children. They give support and help for children, up to the age of 25, of those serving or former serving in all branches of the Royal Navy including the Reserves and Royal Fleet Auxiliary. Help is offered as both grants for those in financial need and guidance and support for those struggling, particularly where there is disability or illness of parent or child.

## Please donate to help vulnerable children now



**END CHILDHOOD CRISIS**

12 MONTHS since the first lockdown began. 12 months with families struggling to cope. 12 months of childhood gone. Vulnerable UK children are at breaking point. They need your support right now. 4.2 million children in the UK were living in poverty before coronavirus hit. Now things are even worse. Family finances have collapsed. Children are going without proper meals, without warm clothes. They're scared and finding it almost impossible to cope. With unemployment rising and many relying

You can stop the pandemic from scarring a generation. You can help End Childhood Crisis. Just £10 could pay for a day's food so a child doesn't go hungry. Donate now at [actionforchildren/checklist2](https://actionforchildren/checklist2)

Registered charity nos. 1097940/SC038092. Company no. 4764232

## Ensuring children start their day off right

BY 2025, THE GREGGS FOUNDATION will support 1,000 school Breakfast Clubs providing some 70,000 meals each school day.

Giving children a good start to their day gives them a good start in life so, in 1999, the Greggs Foundation launched their Breakfast Club programme to provide a free breakfast to children who need it.

Today there are more than 600 Breakfast Clubs across the UK, serving wholesome, free breakfasts to 40,000 children every school day - but, more needs to be done. By 2025, the Greggs Foundation intend to double their impact and provide 70,000 meals every school day.

The Greggs Foundation recognise that food insecurity is a real issue across Britain and schools that participate in their scheme can apply for a grant to ensure that the children that



To find out more about becoming a partner and helping them give as many children as possible a good start to their day, and a good start in life, please visit [greggsfoundation.org.uk/breakfast-clubs](https://greggsfoundation.org.uk/breakfast-clubs) or email them at [breakfastclubs@greggsfoundation.org.uk](mailto:breakfastclubs@greggsfoundation.org.uk)

Registered charity number: 296590



attend have the same access to food during school holiday times. These schools are also able to apply to the Greggs Foundation hardship programme on behalf of individual children and their families to help make ends meet by providing supermarket vouchers, clothes, beds and bedding, and even white goods.

The average Breakfast Club costs from just £2,000 to run for a year. They directly fund half of these clubs through the Greggs Foundation, and have welcomed onboard more than 100 partners who provide grants to support the clubs that they sponsor.



Naval Children's Charity is here to help your loved ones. If you are in need, hardship or distress visit the website [navalchildrenscharity.org.uk](https://navalchildrenscharity.org.uk) to find out more. To have a chat with one of the caseworkers contact 023 9263 9534 or [caseworkers@navalchildrenscharity.org.uk](mailto:caseworkers@navalchildrenscharity.org.uk)

Registered charity number: 1160182

