

# Better Lives

Issue 2 | Summer 2017  
**Latest News from the  
 Masonic Charitable Foundation**



**6 | Supporting our  
 Masonic family –  
 can we help you?**



Financial



Family



Health



Care



Grants to charities

## > In this issue

**3 | Accessing the support you need: Our new application process**



**8 | Carry on caring – What type of respite care is best for you?**

**10 | “You pulled me out of a dark place.” Could our Counselling Careline help you?**

**12 | Charity Grants: Our support beyond the Masonic community**

**Just for fun! Can you spot Eddie the Teddy hiding somewhere inside?**



**14 | Ask the Almoner: Your questions, answered**



**16 | Vote now! We’re giving £3M to 300 charities to celebrate the Tercentenary year**



## Contents

### 3 | Accessing the support you need

From initial enquiry to receiving a grant, our application process has been designed with you in mind.

### 6 | Supporting our Masonic family

You know we can help Freemasons, but are you aware of the other members of the Masonic family that are eligible for support?

### 8 | Carry on caring

We help you to decide which type of respite care is best for you and your loved one.

### 10 | Counselling Careline

Kevin Friery explains what you can expect from our Counselling Careline service.

### 12 | Latest news

We have awarded over £5M to hundreds of charities over the last 12 months.

### 13 | RMBI care homes

The latest stories about our Masonic care homes.

### 14 | Ask the Almoner

Our resident Almoner answers your questions.

### 15 | Puzzles for prizes

Win a £50 John Lewis voucher or a giant Eddie the Teddy!

### 16 | MCF Community Awards

Vote now for one of your local charities to receive £25,000!

If you have any comments, suggestions or questions about *Better Lives*, please contact the editor, Rachel Jones:

[communications@mcf.org.uk](mailto:communications@mcf.org.uk)



Registered charity number 1164703. A company limited by guarantee, registered in England and Wales number 09751836.

# Welcome to the summer issue of *Better Lives*!



*Better Lives* was launched at the end of last year and the response has been fantastic. Most importantly, the number of enquiries for our support is at an all-time high and we hope that the magazine has helped you to understand what we offer and how to get in touch.

At the Masonic Charitable Foundation we aim to provide the best possible support for Freemasons and their family members. In this issue you can learn about our application process

from members of our team as well as those who have experienced it first-hand. We now have a more efficient grants process with a single point of contact, one application form and common eligibility criteria. Read the feature on page 3 to find out more.

This year, the United Grand Lodge of England is celebrating its 300th anniversary and celebratory events are taking place up and down the country. We are marking the occasion with the MCF Community Awards – Tercentenary Fund through which we will give £3 million to 300 charities. This is the first time that both the Masonic community and the general public are coming together to decide how they would like Freemasons to support their local communities. You can read more about the Awards on page 16 and I urge you to take part in the public vote before it closes on 31 July (visit [www.mcf.org.uk/vote](http://www.mcf.org.uk/vote)).

Thank you again to all those who have shared their stories in this issue, as well as those who have distributed it on our behalf. Enjoy this Tercentenary year and please continue to tell people about the Foundation so we can reach those who need our support.

**David Innes**  
Chief Executive

## Accessing the support you need

**Our aim is to make it as easy as possible for you to access the right help. Suzanne is a Grants Officer within our Masonic support team. She explains the application process she and the rest of the team have developed with your needs in mind.**

The quality of life, health and happiness of Freemasons and their family members is at the heart of everything we do and our wide range of grants and practical support was established with this in mind.

It is also vitally important to us that applying for support is as easy as possible, and over the past 12 months we have worked hard to create an efficient, straightforward application process.

Whether you want to make an application or simply find out more about what's involved, your first point of contact will be our knowledgeable enquiries team.

**The whole experience has been designed to be straightforward from beginning to end, starting with a range of simple and free ways to get in touch.**

**You can call us directly on our freephone enquiry line 0800 035 60 90 or email us on [help@mcf.org.uk](mailto:help@mcf.org.uk) and we will call you back.**

Alternatively, you can speak to your Lodge Almoner. It's important to note that the entire process is confidential and your enquiry, application and any agreed support will not be discussed with your Lodge Almoner if you would prefer to keep it private.



Suzanne, Grants Officer

After reviewing your situation, your application will be passed to one of our Grants Officers.

We know that application forms can be daunting, particularly during a stressful time in your life, so we will arrange for a representative of the Foundation to visit you at home to complete the form with you.

They will help to check that your form is filled in correctly and all necessary documents are provided – this helps to ensure we can support you as quickly as possible.

(Continued on page 4)

**To apply for our support, contact us today:**

**0800 035 60 90 @ [help@mcf.org.uk](mailto:help@mcf.org.uk)**

## Advice & Support Team

Our Advice & Support Team provides a free, independent and confidential service for all Freemasons and their families. Members of the Team can visit you at home or speak to you over the phone to:

- ♥ Assist with applications for charitable support
- ♥ Talk to you about financial difficulties
- ♥ Recommend the best approach to meet your care needs
- ♥ Help you plan and access effective medical treatment
- ♥ Support your children with practical advice and guidance on education and well-being
- ♥ Direct you to state and local authority benefits and services available from other organisations

**“I am one of 13 advisers working within local Masonic communities throughout England and Wales. We offer advice and support, often at times of distress, to Freemasons and their families about the help available from the Masonic Charitable Foundation, as well as other organisations.” Terry**



Terry has been an AST Adviser for 9 years.

## > Accessing the support you need (continued from page 3)

Once we receive your application form, we will assess your personal circumstances. During this time, we aim to keep you updated so that you never have to wonder what's happening or why we need certain information. If you do have any questions, any member of the team will endeavor to help you with your query or will refer you to a relevant member of staff.

Once we have fully assessed your case, you will receive a letter, email or phone call explaining the outcome, depending on your preferred method of communication.

**Remember, even after you have received the help you need, you can always get in touch with us again if your situation changes. We are here to support you when you need us.**

### Areas of support

- Financial
- Family
- Health
- Care

> To apply for our support, contact us today:

0800 035 60 90

help@mcf.org.uk

## > Charlie and Irene

Charlie, a Freemason of 44 years, has undergone numerous operations in recent years following three heart attacks. His progressive lung condition causes breathlessness and he struggles to walk as a result. As Charlie's health began to deteriorate, his wife Irene began to lose her sight as a consequence of diabetes. Unfortunately, the treatment Irene desperately needed was not available through the NHS in their local area. We provided a mobility scooter and stairlift for Charlie, and vital injections for Irene that have preserved her sight.

**“After we applied for help from the MCF, someone visited our home to help us fill in the form. From that moment on we didn't have to worry about anything. The process was simple and not at all intrusive, and we were kept fully informed with regular phone calls until the grants were approved.”**



## > Jean and Lindsey

When 88-year-old Jean's mobility deteriorated, she and her daughter Lindsey made the difficult decision to move into a home. It was important to Lindsey that the home they chose could meet Jean's significant physical needs whilst also offering engaging activities. As Jean's husband was a Freemason, the family could apply for a place at an RMBI Home.

“The whole process was seamless and quick,” said Lindsey. “Our Almoner and a member of the Advice & Support Team came round to chat about our options

and helped us fill in the forms. We then went and had a look at the care home and we both found it really welcoming and friendly.”

**“Deciding to look for full-time care isn't easy, even when you know it's the only option, but the support and advice we received certainly helped to ease our minds.”**



## > You can apply to an RMBI Home by:

**Speaking to your preferred Home**  
(To find your nearest Home visit: [www.rmbi.org.uk/care-homes](http://www.rmbi.org.uk/care-homes))

**Calling 0207 596 2400**

**Emailing [enquiries@rmbi.org.uk](mailto:enquiries@rmbi.org.uk)**



The RMBI will discuss the application process with you, including entry criteria and funding options available. If a person is ready to take the step to move into a Home, an assessment will be carried out to help us understand the person's needs and how we can support them. If a space is available and we can meet their care needs, we'd be delighted to offer them into our homes. For more information, visit [www.rmbi.org.uk](http://www.rmbi.org.uk).

# Supporting our Masonic family

To be eligible for our support, you must be able to demonstrate a financial, health, family or care need. You also must be a Freemason or have a strong family connection to a Freemason who is, or was, a member of a Lodge under the United Grand Lodge of England. But what exactly is a strong family connection?

We can provide support for:

If you are a Freemason or family member in need of support, call our confidential freephone enquiry line or email us today to find out if we can help you.

0800 035 60 90 @ help@mcf.org.uk



## Freemasons

"I was diagnosed with motor neurone disease at the age of 43 and within three months I was no longer able to walk – I had to rely on people for absolutely everything. The MCF provided an indoor powered wheelchair, a rise and recline chair and an electric bed. They also covered the cost of converting my bathroom into a wet room."

“Although I cannot move, the MCF has made me feel mobile and comfortable in my own home.”

Matt



## Married or life partners

"My wife, Margaret, struggled with wrist problems and after a lengthy NHS wait and two failed operations, we contacted the MCF. Unfortunately, the first operation funded by the MCF failed but when I called our Grants Officer she reassured us and said "Well, our job isn't complete then!"

“Margaret’s now had her fourth operation, and we hope she’ll get back to driving again soon. The MCF has come up trumps!”

Ray



## Widowed partners

"My husband, David, and I went on an MCF holiday together and had a lovely time. Just 18 months later he died suddenly from lung cancer – I thought I would have no life and no friends without him. Then, David's Lodge got in touch and asked if I wanted to go on another of the MCF holidays. I was reluctant at first but I'm so glad I went. I made some great friends including other widows who understood my situation."

“I consider the MCF holiday as a gift that came at a time when I most needed it.”

Eileen



## Ex-partners

"After my divorce, we were forced to move to a smaller home and I was faced with the decision to move Joseph and Holly from their school. This was hard as it came during a very sad and changeable time in their lives. I wasn't aware of the MCF until I spoke to a family friend who was in the same Lodge as my ex-husband – the charity ensured I had enough money to pay our bills and I didn't have to change the children's schools."

“We have been supported for 17 years now and both children are excelling academically. There are no words for how thankful I am.”

Donna



## Children

(under 25, in full-time education)

"My little lad in particular struggled with school after my wife passed away. All of a sudden I became a single father – money became tight and I was struggling. One of my Brethren put me in touch with the MCF and they made it that little bit easier for us as a family."

“It’s been ten years and I still miss my wife every day, but the support we received from the MCF has been invaluable.”

Craig, father to Ella and Oliver



## Grandchildren

(under 25, in full-time education)

"Our daughter, Skye, is on the autistic spectrum and also has conditions that affect her growth, learning and social skills. We introduced her to Judo when she was seven to develop her personal awareness and discipline but we struggled to meet the related costs. Luckily, my father – Skye's grandfather – is a Freemason."

“The MCF has paid competition fees and travel costs and consequently Skye was selected for the Special Needs International GB squad!”

Carla



Other relations may also qualify for support if they can demonstrate that a Freemason has provided them with significant financial or physical support.

# ➤ Carry on caring

“When you care for someone like Sheila, you don’t get a single minute to yourself.”

In the first issue of *Better Lives*, we spoke to Ian, a full-time carer for his wife Sheila who has early-onset dementia and Alzheimer’s as well as osteoporosis.

Ian is just one of many Freemasons for whom caring for an elderly, chronically-ill or disabled family member is simply part of daily life. We believe no one should be expected to face the challenges of caring alone, so we provide grants to cover the cost of respite care for many Freemasons and their family members.

There are different types of respite care available to support you and your loved one – each works on the basis of two principles: you need to share the responsibility for caregiving and you need to get support for yourself.

## ➤ What type of respite care is best for you?

When deciding what type of care to go for, you’ll need to start by analysing the needs of your family member and yourself – if you are unsure, our Advice & Support Team can help you with this (see page 3 to find out more about the team).

As a caregiver, what do you need most? Regular support throughout the day or a short-term break from your responsibilities every once in a while? It’s a good idea to keep track of your daily activities and make a list of the areas and times when you most need help.

Identifying your loved one’s requirements, abilities and preferences will also help you find the right match. Do they require assistance with walking, eating or medications? Are they in need of mental stimulation or exercise? Answering these questions will help you determine which respite options to pursue. Once you have decided, get in touch with us – just like these people:

## ➤ What is respite care?

Respite care is any care arrangement designed to give rest or relief to unpaid carers so that they are able to carry on caring.

➤ Remember, having a break doesn’t mean you are letting down the person you care for. It’s sensible to have time to rest, catch up with friends and pursue your own interests.

If you feel you are struggling to cope emotionally with your responsibilities, we also offer a free, confidential Counselling Careline. Call 0800 035 60 90 to access the Careline or see page 10 of this issue of *Better Lives* to find out more.

## Day respite care

Suitable if your family member lives at home but is isolated or lonely

Adult day centres are designed for older people who can no longer manage independently, or who are isolated or lonely. The centres operate during the day and planned activities promote well-being in a safe, supportive and cheerful environment.



## ➤ Alec and Linda

**Alec:** “I had to retire due to poor health and underwent two heart bypasses. My mobility declined and my daughter, Linda, moved to live closer to me so she could help around the house.”

**Linda:** “I have been caring for Dad with the help of my husband now for about 11 years. I visit Dad twice a day, seven days a week and he has a buzzer to call me any time, day or night. I enjoy caring for Dad but it can be overwhelming at times and my own health began to suffer due to the stress. It’s the loneliness that’s the worst – I am with Dad most days but he needs other people around him, not just me. **The MCF pays for Dad to go to a day centre twice a week which helps with his loneliness but also allows me to spend time with my husband, children and grandchildren or focus on work.**”

**Alec:** “I’ve got a lovely family, lovely neighbours and wonderful Brethren. I want the Brethren of my Lodges to know how grateful I am and how thankful I am for all the help and support they’ve given me in the last 50 years of Masonry. Without them, I don’t know what I would do.”

## Residential respite care

Suitable if you need a short break to look after your own health and wellbeing

If you are unable to carry out your caring responsibilities due to short-term ill health or simply needing a rest, residential care may be suitable. The person you are caring for will go for a short stay in a residential or nursing home.

We can fund up to six weeks of residential respite care which can be used at any point within a 12-month period.

## ➤ Pam and Derek

“My wife, Pam, had a stroke nine years ago and has been disabled on her left side ever since. Carers visit four times a day, but outside of those visits I am responsible for Pam’s every need.”

“Last summer I was diagnosed with a heart condition and was told I would need to have an operation that would require several weeks’ recovery time. I knew that Pam would need someone to look after her whilst I was in hospital, so I contacted my local council to see if they could help – they were able to cover some of the cost but I would need to come up with the rest myself.”

**“The MCF covered the remaining cost and I went ahead with my surgery. The support meant I was able to focus on my own health so that I could recover and carry on my caring duties. We are extremely grateful.”**

Derek, Pam’s husband



We cannot provide convalescent support, but you can find this from your NHS or private hospital, who have a duty of care after an operation

## Domiciliary respite care

Suitable if your family member depends on you for help with personal care and other household tasks

If you provide substantial care for a family member, it may be possible to arrange for a carer to visit at home and help with any daily activities you cannot safely manage on your own such as helping them to get dressed or showered. How often the carer visits and for how long depends on your individual requirements.

## ➤ Reginald and Jeanette

“Dad’s health started to deteriorate as he got older so he needed a carer to help him around the house. At first he was paying for the service out of his own pocket but money was so tight it got to the point where he wouldn’t put the heating or lights on and would buy out-of-date food.”

A friend of Dad’s heard that he was struggling and told us about the MCF. Terry from the Advice & Support Team visited us at home and helped us with the application form. Soon after sending off the forms, we received grants to pay for Dad’s domiciliary care which has been vital as we recently had to increase the number of visits to four per day. **Having the funding takes the pressure off both of us and dad doesn’t panic about not being able to afford it anymore.**”

Jeanette, Reginald’s daughter



# > Counselling Careline

It is estimated that 1 in 6 people nationwide suffer from poor mental health, and Freemasons are not excluded.

With around 200,000 Freemasons in England and Wales, together with their families it is likely that tens of thousands of people within the Masonic community are going through the day feeling flat, low, anxious or simply unable to cope. Sadly, many people, both Masonic and non-Masonic, do not seek the help they need.

## If you want to talk to someone, call or email us today to access the free Counselling Careline.

 0800 035 60 90  help@mcf.org.uk

We provide access to a free, confidential Counselling Careline for Freemasons and their families. Kevin Friery is a trained psychologist, counsellor and psychotherapist with over 16 years experience. He spoke to us about the service:



Kevin Friery

### > What kind of issues are you currently supporting?

“Some of those we help have been diagnosed with conditions like anxiety or depression, but what you’re feeling doesn’t need a label – many people simply notice that their days are slightly gloomier than they used to be.

“If you feel ready to talk about something that happened earlier in your life, or if you are struggling to cope with a challenging period in your life right now such as the breakdown of a relationship, grown-up children leaving home or managing the responsibilities of becoming a carer – give us a call.

“Many members of the Masonic community have got in touch with us as they struggle to adjust to a change in routine after retirement.

**“There is a lot of advice out there on how to cope financially after retirement, but how do you cope with suddenly being in the house with your partner all of the time? It’s something we may joke about but we speak to people who are genuinely heading for divorce, so we help them to readjust to their new roles in the home.”**

“We also work in partnership with a debt management service – we can help you deal with anxiety related to debt and then transfer you to them for practical guidance.”

### > What is the Counselling Careline?

“The Counselling Careline is a free and confidential support service for Freemasons and their family members who are experiencing depression, anxiety, stress and other conditions affecting their mental well-being.

“Our team of counsellors and therapists are qualified, experienced and accredited by the British Association for Counselling and Psychotherapy.”

**“The Counselling Careline was easy to access and my counsellor was tremendous. You pulled me out of a dark place and reintroduced me back to my usual self.”**

a Freemason and recent caller

### > What can a caller expect of the process?

“To get started, all you have to do is ring the MCF freephone enquiry line (0800 035 60 90) and ask to access the Counselling Careline. The person on the other end of the phone won’t ask you what you want to discuss – they will simply confirm your Masonic connection and then put you in touch with us.

**“You can expect to be sitting in a room with a therapist within a week and a half of your initial call and within 15 miles of your home. If you would prefer, we can speak to you over the phone instead.”**

“Typically we provide six sessions which may not sound like a lot, but remember that we are focused on solutions. In your first session you will agree with your counsellor what you hope to achieve, and over the following sessions you will work towards that goal.

“The service we provide is different for each person but no matter what your situation, you won’t just be passively reflecting – you will be actively seeking solutions and exchanging ideas and thoughts with your therapist. The vast majority of people say that the therapy has helped them change dramatically.”

### > Are there any instances where your support isn’t appropriate? What will you do in those cases?

“Immediately after bereavement, no amount of therapy can lessen pain or sadness. We will of course listen and talk to you over the phone – more than once if necessary – but in the short-term we would direct you to other organisations such as Cruse, a bereavement charity that can help you with all of the things that need to be done after someone dies. Further down the line, if you were still struggling with your grief, we would then help you to deal with those feelings through therapy.

“Our service is also unsuitable for those with severe psychiatric conditions, simply because there is other specialist support provided through the NHS. We can, however, support the family members of those diagnosed with these conditions.”

### > What would you say to someone who is unsure about calling?

**“The most common thing that people say during their first phone call is ‘You probably think I’m silly’, but we see every call as important and no matter what you are calling to discuss, there will be absolutely no judgement from us. Remember – what you’re feeling doesn’t need a label.”**

“I feel that Masons in particular have a fantastic support system from their Lodge – something many people in wider society lack – but sometimes they need to take a step beyond that to get the help they need. That’s where the Counselling Careline comes in.

**“Our aim is to find solutions for the 1 in 6 members of the Masonic community that are struggling through the day. We meet people who have struggled for many years with a problem and after a few sessions they realise they have the tools to change their life.”**

“We operate according to principles of dignity, confidentiality, empathy and compassion as well as a belief that people are resilient and, no matter how low you may feel, we can help.”



The Counselling Careline service is available for Freemasons and their family members, as explained on page 6. Children and grandchildren must be aged 17-25 and in full-time education.

# > Latest News

## Charity Grants

In our first year we have awarded over £5 million to charitable causes through our Charity Grants programme. The charities we support help people from all walks of life in a variety of ways. Here are some recent examples:

### > Children's Heart Unit Fund

Supporting families of children with life-threatening heart problems



£50,000

It goes without saying that supporting a child through many months of treatment for a serious heart condition puts an enormous strain on the families affected. Figures suggest that around 80 per cent of parents will suffer a nervous breakdown after they return home from the Heart Unit, no matter what the outcome of their child's treatment.

Our grant to the Children's Heart Unit Fund at the Freeman Hospital in Newcastle-upon-Tyne has funded the recruitment and training of a specialist Family Support Worker who will work with parents and siblings to make sure that they are prepared for the worst, even as they continue to hope for the best.

**"We are very pleased that the MCF is able to help the Children's Heart Unit at the Freeman Hospital. Having a child with a serious heart condition is a terrible strain for any family and giving them the support they need makes a huge difference both to them and to their children."**

Barry Speker, Northumberland Freemasons

### > Us in a Bus

Helping adults with learning difficulties to communicate



£15,000

We have funded two Interaction Practitioners to support a group of Surrey residents who find it challenging to communicate due to their profound and multiple learning difficulties.

The 86 adults, many of whom have no contact with their families, will take part in activities that encourage self-expression and confidence.

**"We are very pleased to be able to help Us in a Bus, who are doing wonderful work with very vulnerable people, giving them a chance to communicate in the only way possible for them."**

Bill Caughie, Surrey Freemasons

Since the launch of the MCF, we have supported over 400 charities across England and Wales at a cost of over £5M!

### > Plan International UK

Providing lifesaving support to 800,000 people in East Africa



£100,000

Across Ethiopia, Kenya, South Sudan and Somalia, over 20 million people are on the brink of starvation. The Masonic Charitable Foundation has been among the first to respond, making an emergency grant of £100,000 to Plan International UK.

Our grant will help to provide lifesaving support to people in East Africa, including vulnerable children and their families. The grant will help to distribute food packages, water purification and hygiene kits. Plan will also provide school meals so children can resume their education, as well as ensuring vulnerable children are protected from violence and abuse.

**"We're enormously grateful to the Freemasons for their very generous grant. More than 800,000 children under five are severely malnourished. This grant will help us reach affected children and their families with urgent support."**

Tanya Barron, Chief Executive of Plan International UK



## > RMBI care homes celebrate British Pie Week

As a nation, it is estimated that we spend over £1 billion on pies each year! Most of us can't resist a homemade pie and to mark British Pie Week in March, residents at RMBI care homes spent time making their favourite recipes.

Residents at the dementia support house at Cornwallis Court in Suffolk enjoyed making apple and raspberry pies and chocolate buns which they later shared with staff.

In Scarborough Court, Northumberland,

Activities Coordinator Dawn Peters organised a baking session where some of the residents reminisced about baking for Sunday tea with their families, using their favourite recipes including cheese and onion pies and apple pies.

**"Food plays an important part in our care homes and our residents and staff thoroughly enjoyed getting involved in British Pie Week. It provided a great opportunity to bring our residents together through their mutual love of food-related activities"**

Scarborough Court Activities Coordinator, Dawn Peters

## > National survey gives top marks for RMBI care homes

RMBI care homes have received top marks in a nationwide survey of care home residents. The Your Care Rating Survey, the UK's largest survey for care home residents and their families, found that in RMBI Homes:

97%

said they consider their care home a safe and secure place to live

96%

said that staff treat them with kindness, respect and dignity

95%

feel that they can take part in activities and hobbies at the care home if they want to

All RMBI care homes organise regular activities and work closely with local community groups to support residents' health and well-being whilst ensuring they stay connected.

For more information about RMBI Homes:

020 7596 2400 [www.rmbi.org.uk](http://www.rmbi.org.uk)

# Ask the Almoner



In our new column, Ask the Almoner, our resident Almoner answers your questions about the support provided by the MCF.

Elsewhere in the magazine, you might see him pop up from time to time with useful information!

**“I need an operation that is available on the NHS but I’m facing a six month wait. Can you help?”**

**YES**

We can meet the full or partial cost of medical treatment if you are on an NHS waiting list in excess of 12 weeks and you cannot easily afford the cost of private treatment.

**“Do you provide support for non-RMBI care home fees?”**

**NO**

...but we can refer you to our Advice & Support Team – they are very experienced in these type of enquiries and can advise you with regards to possible non-Masonic support such as the Local Authority or the NHS.

**“I’m a new Lodge Almoner. Is there a guide to alternative support from other charities?”**

**YES**

Yes, there is. You can find information about support from other charities and other resources for Almoners on our website at [mcf.org.uk/almoner](http://mcf.org.uk/almoner)

If you have a question about the support we offer, call our freephone enquiry line today:

**0800 035 60 90**

**help@mcf.org.uk**

## Spot the difference winner from issue 1!

Well done to **Roy Huntley, West Kent**, for finding all five differences and winning a giant Eddie the Teddy!



## Crossword winner from issue 1!

Congratulations to **Gerald Southwell, Hampshire & Isle of Wight** who completed our crossword and won a £50 John Lewis voucher!



**“Good heavens – how about that?!”**

# Puzzles for prizes

## Complete the crossword to win a £50 John Lewis voucher!

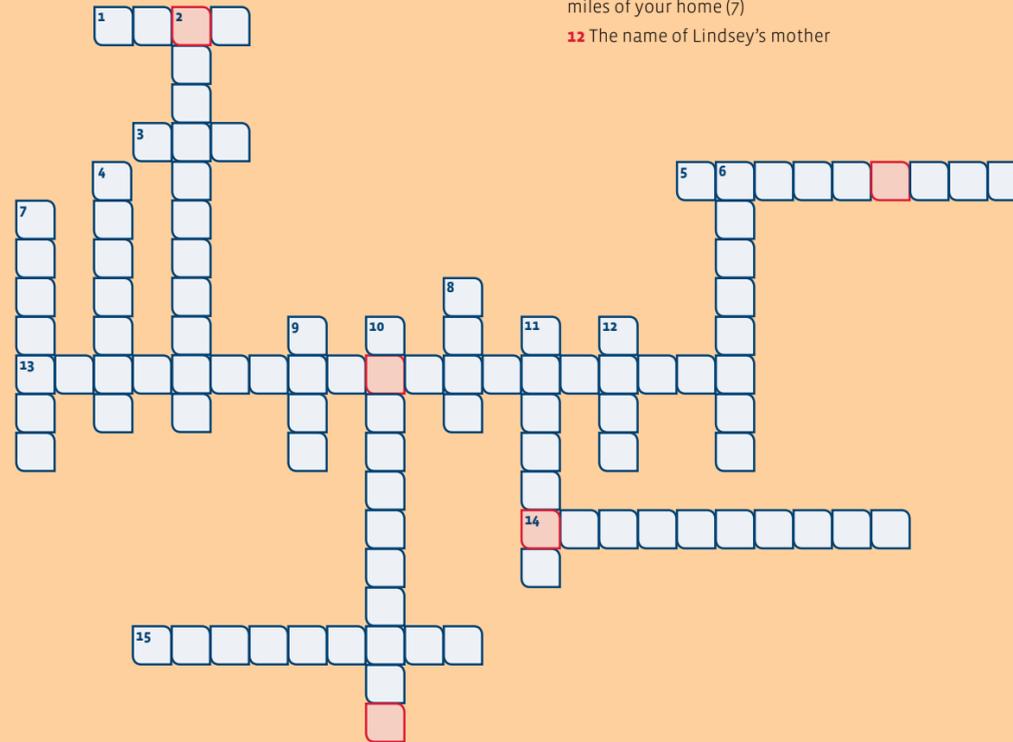
All of the answers to this crossword can be found in this issue of *Better Lives*. Once you have completed the crossword, unscramble the letters in the red squares to spell a word related to Freemasonry. All entrants who submit the correct answer will be entered into a draw to win a £50 John Lewis voucher.

### Across

- 1 Skye takes part in this sport to cope with the symptoms of her conditions (4)
- 3 The number of weeks residential respite care we can offer over a 12-month period (3)
- 5 We provided this as well as a mobility scooter for Charlie (9)
- 13 Matt was diagnosed with this condition that limits his mobility (4,7,7)
- 14 We have awarded £100,000 to relieve the food crisis in this part of the world (4,6)
- 15 We are celebrating the 300th anniversary of the United Grand of England through the MCF \_\_\_\_\_ Awards (9)

### Down

- 2 We provide this type of respite care for Reginald and Jeanette (11)
- 4 96% of RMBI residents said that staff treat them with kindness, respect and \_\_\_\_\_ (7)
- 6 The number of Advice & Support Team advisers working across England and Wales (8)
- 7 The Children’s Heart Unit Fund is located at this hospital (7)
- 8 Residents at RMBI care homes spent time baking these in March (4)
- 9 You can vote for your favourite local charity to win up to £25,000 before the end of this month (4)
- 10 If you are feeling down, call our \_\_\_\_\_ Careline (11)
- 11 We can arrange face-to-face therapy sessions within \_\_\_\_\_ miles of your home (7)
- 12 The name of Lindsey’s mother



## How to enter

Write your crossword answer and/or circle the differences you spot in the photos clearly on the tear-off flap. Then fill in your details on the reverse of the flap and send it to:

**Masonic Charitable Foundation, 60 Great Queen Street, London, WC2B 5AZ**

The winner will be notified before the next issue of *Better Lives* is printed.

## Write your crossword answer here:

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## Spot the difference and win a giant Eddie the Teddy!

Pictured below are some of our MCF staff using our Community Awards props (turn to page 16 to find out more!)

To win our giant Eddie the Teddy, simply spot the difference between the two photos!



Teddy bear prizes have been generously donated by Taylored Promotions ([www.tayloredpromotions.org.uk](http://www.tayloredpromotions.org.uk))



# Community Awards

## Vote now to support your favourite local charities!

 [mcf.org.uk/vote](http://mcf.org.uk/vote)

Voting is now open for the MCF Community Awards – Tercentenary Fund which will award £3 million to 300 charities operating in every Province across England and Wales. Every charity will be awarded a grant of £4,000, £6,000, £15,000 or £25,000 – the charities that receive the most votes will receive the largest grants.

The Awards celebrate UGLE's Tercentenary year and the support that Freemasons have given to charities over the past 300 years.

The vote takes place between  
12 June to 31 July and the results  
will be announced in August.

300 charities | £3 million | 300 years



> Follow our work and receive our exclusive lapel pin\*

Register to receive updates by post and email about the work of the Foundation

Name .....

Email .....

Full Address .....

Postcode .....

I am a

- Freemason       Interested person  
 Family member       Charity representative

If you are a Freemason, please tell us the name of your Province and indicate whether you are one of the following:

Province

- Worshipful Master       Secretary  
 Almoner       Charity Steward  
 None of the above

Please return this form to:

Masonic Charitable Foundation  
60 Great Queen Street, London WC2B 5AZ

\*Only those registering for the first time will receive a lapel pin.

