

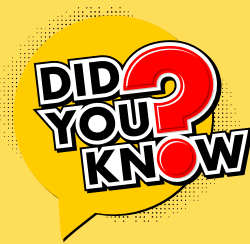
# SHINING STARS

## WICCF YOUNG CARERS NEWSLETTER

Welcome to the first ever edition of **Shining Stars** our newsletter for young carers which is being launched during National Carers Week.

We will include:

- factual information
- puzzles
- competitions
- a recipe
- interesting fun facts.



**Shining Stars will be produced twice a year – June and December.**

Let us know what you think of our first edition.  
Are there any topics you would like us to cover?  
What can we improve?



Your views are important to us,  
so do get in touch: Email: [info@wiccf.co.uk](mailto:info@wiccf.co.uk) Telephone: 01859 502588

- ★ We want to shine a light on young carers
- ★ Young carers are a shining example of our youth
- ★ We want to support young carers and enable them to shine

# WHAT IS A YOUNG CARER?

If you're a young carer, you might be looking after:

- someone in your family
- a friend
- a neighbour

If you're caring for a parent, you might also look after a brother, sister or young child.

You might be caring for someone if you:

- help them with their mental health
- give them emotional support
- help them during an illness
- support them with a disability
- support them if they have an addiction

If they need help with their mental health, or support with how they're feeling, you might:

- comfort them during a panic attack
- stay close by so they do not feel alone
- help them through a crisis
- check on them throughout the day
- make sure they're safe
- keep them company

Are you...18 and under  
or  
over 18 but still in school?

If they have an illness or disability, you might:

- help them to get around
- dress them
- give them (or remind them to take) any medicines they need
- help them to shower or use the toilet
- cook their meals for them
- do their food shopping
- translate for them

If you do any of these things for up to 3 people most days a week, or every day, then it's likely you're a young carer.

If you are a young carer and wish to register with WICCF

please contact the office:

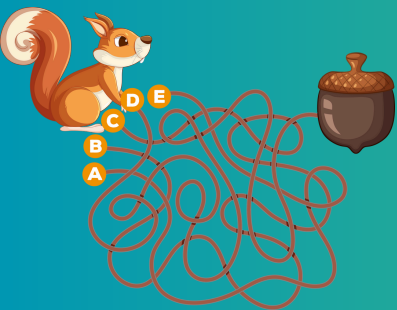


01859 502588



info@wiccf.co.uk

Alternatively, you can use our online registration form – go to: [wiccf.co.uk](http://wiccf.co.uk)



# Puzzle Time



## WORD SEARCH

Find the words listed below and circle them.

- YOUNG CARER
- HEALTH
- FAMILY
- FRIENDS
- RESPITE
- LOVE
- SUPPORT
- HELP
- SICK
- HOME
- SHORT BREAKS
- WICCF

W	I	C	C	F	H	T	L	A	E	H	S
T	E	T	C	A	R	R	E	L	O	V	E
E	D	R	F	M	B	I	U	M	L	T	T
S	S	O	S	I	C	K	E	S	L	U	I
T	A	P	U	L	O	A	Z	N	E	D	P
R	S	P	E	Y	E	T	I	P	D	E	S
Y	O	U	N	G	C	A	R	E	R	S	E
G	V	S	W	H	E	L	P	O	O	O	R
L	S	K	A	E	R	B	T	R	O	H	S



## Competition TIME

'CAN YOU GUESS WHAT IT IS?'

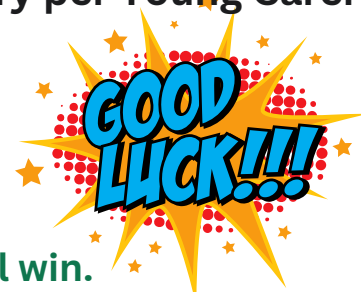


Closing date: mid-night on Friday 28th June 2024

Contact WICCF with your guess – one entry per Young Carer

☎ 01859 502588

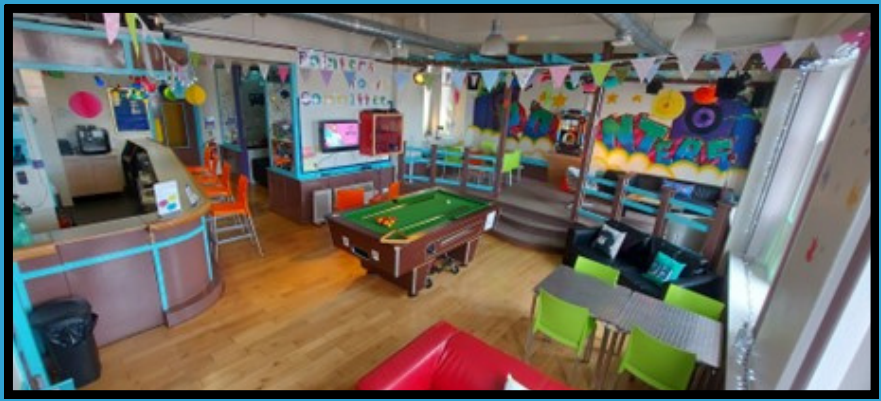
✉ info@wiccf.co.uk



If nobody guesses correctly, the first to enter will win.

In the event of a tie-break, the names will go in a hat and a winner drawn.

# Pointers



**Pointers Youth Centre, based in Stornoway,**

**runs two young carers groups, one for Primary 4 to Primary 7 and the other for S1 – S6. We meet weekly after school in Pointers and normally have a snack and catch up on the craic. Then we do an activity, which is chosen by the group then have some tea then head off home at 6pm after an afternoon with lots of fun and laughter!**

We do all sorts of activities like sports, crafts, games, chilling out – whatever the group fancy. In the summer the senior and junior groups join for big days out. Heading to Ness for the park, bowling and the beach, to Harris for speed boat trips and posh picnics up a hill, inflatable assault course chaos, water sports, cinema trips, all sorts of activities that the groups decide on.

A look around the Coastguard helicopter and we even had a go at being winched!



- Days out
- Activities
- Games
- Chilling Out

We received funding from WICCF to work with a local artist to design and paint this amazing mural in Pointers!



If you are a young carer, or maybe not too sure if you are. Please get in touch for a chat about it or speak to your teacher in school. We'd love to hear from you!

Pointers Youth Centre  
14-16 North Beach Street  
Stornoway



07920722198



pointers@cne-siar.gov.uk



pointers.sy



pointers.drop.in.centre



# ANIMAL

# FACT FILE



**A crocodile cannot stick its tongue out**



**Caterpillars have 12 eyes!**

**Horses and cows sleep standing up**

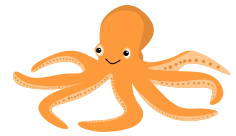


**A group of frogs is called an army**

**Only male toads croak**

**A hippopotamus can run faster than a man**

**Octopuses have three hearts**



**Octopuses have blue blood and nine brains**

**An ostrich's eye is bigger than its whole brain**

**There are more than 1,000 kinds of bats in the world**

**A dog's hearing is 10 times better than a human's**



*Kangaroos can't walk backwards*



*A dog's nose is like a human fingerprint - unique to its owner*



*The shark is the only fish that can blink with both eyes*



*A pet hamster can run up to eight miles a night on a wheel*

## **D**ID YOU KNOW?

*Emperor penguins can last 27 minutes underwater and can dive as deep as 500m*



**APPLY  
NOW**

# Time Out

SHARED  
**CARE**  
SCOTLAND Short  
BREAKS fund

We are delighted to let you know WICCF have received funding which can provide young carers in the Western Isles with a **Short Breaks Grant of £250**.

The Short Breaks Fund is to give young carers a break from their caring duties. The grant can be used to take a short holiday, pursue hobbies, driving lessons, purchase of a pet, subscriptions to Netflix, Spotify or magazines, Xbox & Play Station games, gym membership, buy a tablet, meals out.....the list of possibilities is vast.

The grant **CANNOT** be used to pay household bills, buy clothes (unless specialised clothes for a hobby), white goods or general household goods.

**RECEIPTS MUST BE SUBMITTED FOR ANY GRANT RECEIVED**

If you would like to apply for a grant of £250, please contact the office for an application form. Grants will be issued approximately 4 times over the course of the year.

## Improve your password security

Creating strong, separate passwords and storing them safely is a good way to protect yourself online.



### 1. Use a strong and separate password for your email.

Your main email is the gateway to all your other accounts. Keep it secure with a password that is different to all your other passwords. Keep it secure. Keep it separate.

### 2. Create strong passwords using 3 random words.

Weak passwords can be hacked in seconds. Make yours strong, longer and more memorable by combining three random words that you can remember. **The dafter the better.**

### 3. Save your password in to your browser.

This is safer than re-using the same password for all your accounts. Save them to secure them.

## Add Extra Protection

Once you've set up strong, separate passwords for all your devices and services, there are other things you can do to reduce your risk of being hacked.

### 4. Turn on 2-Step Verification (2SV)

Two step verification protects you with a second layer of security that checks it's really you logging in. **Think of it as a double lock for your data.** Be doubly sure.

### 5. Update your devices

Cybercriminals exploit weaknesses in software and apps to get your information. Updating fixes those weaknesses. Think of update reminders as an alarm telling you to act. **Stay secure. Update regularly.**



**[WWW.CYBERSCOTLAND.COM/CYBER-AWARE/](http://WWW.CYBERSCOTLAND.COM/CYBER-AWARE/)**

## Young Carers Grant



Young Carer Grant is a yearly payment of £383.75 for young carers in Scotland.

To be able to get Young Carer Grant, you must be 16, 17 or 18 years old.

You must also have been caring for 1, 2 or 3 people for an average of 16 hours a week for at least the last 3 months. If you care for more than one person, you can combine the hours of the people you care for to average 16 hours a week.

You can get Young Carer Grant once a year, up until you turn 19. You'll need to fill in a new form or telephone each year you want to apply.

How you spend the Young Carer Grant is up to you. You could use it for things like new clothes, driving lessons or a holiday. You do not need to tell what you spend the money on.

**If you care for someone for 35 hours or more a week:**

You may be able to get Carer Support Payment

You should apply for Carer Support Payment once you've been paid Young Carer Grant. You will not be able to get Young Carer Grant if you're already getting Carer Support Payment or Carer's Allowance.

### To apply for a Young Carers Grant

Apply online: [How to apply - mygov.scot](https://mygov.scot)

Call Social Security Scotland free on 0800 182 2222 to apply over the phone.

The call centre opening times are Monday to Friday 8am to 6pm.

Before applying for Young Carer Grant, you should have:

- your National Insurance number, if you know it
- your bank details
- details of the person you care for, including their National Insurance number, if you know it
- You'll need to send some copies of documents to confirm where you live. After you've applied, you will get a letter to let you know what you need to send us.
- The person or people you care for will get a letter to let them know you've applied for Young Carer Grant. This is because the benefits they get needs to be checked. They may also need to confirm that you care for them.
- This will not affect any of the benefits the person or people you care for are getting.



## Young Scot's Young Carers Package

Sign Up

<https://young.scot/>

Any young person in Scotland who provides care to someone, and is aged 11-18 inclusive, can sign up for our Young Carers Package, a free bundle of treats to help support your wellbeing as a carer.

Young carers can claim vouchers, tickets to events and prizes through our free Young Scot Membership.

It takes a few minutes to sign up, and you do not need a Young Scot National Entitlement Card to get started.



# STRAWBERRY SMOOTHIE



## Ingredients

- 2 cups unsweetened frozen strawberries
- 1/2 cup cranberry-raspberry juice
- 1/4 cup orange juice
- 1/2 cup vanilla yogurt
- 2 large fresh strawberries, for garnish

1. Place strawberries in bottom of a blender or food processor fitted with a metal blade. Add cranberry-raspberry juice and orange juice and top with vanilla yogurt.
2. Cover and immediately blend until smooth, scraping down sides if needed.
3. Pour into glasses and garnish each with a strawberry. Serve immediately.

## Recipe Variations

- Swap half of the strawberries for frozen raspberries or frozen sweet cherries.
- Replace some of the strawberries with a frozen ripe banana for classic strawberry-banana flavor and added natural sweetness.
- If you don't have cranberry-raspberry juice, replace it with more orange juice or milk for a creamier drink.
- Use plain yogurt for a less sweet smoothie. Or swap the vanilla yogurt for strawberry yogurt.
- Swap the yogurt for frozen yogurt for a more milkshake-like drink.



## Drink lots of water!

Did you know that our body is mostly made up of water? Over half of our body is made from water which means we need to keep it hydrated. Make sure you drink lots of water throughout the day, especially if you have been running around and playing!



## DON'T MISS OUT

The aim of **Respitality** is to provide a **short vital break** from routine for **unpaid carers in Scotland** when they need it most. This is achieved by connecting carers' organisations with hospitality, tourism and leisure businesses who are willing to donate a break **free of charge**.



There are breaks available nationally for young carers and there are also some breaks which WICCF have secured locally eg. pampering, vouchers for cafes, self catering, outdoor activities, workshops.

**To find out more about what's available and how to apply contact Catherine:**



07487 540173



carersupport@gmail.com