



### Canvas Holiday staff fundraising for young carers trip to France



Mike O'Donnell (chief fundraiser) and Canvas Holiday's Managing Director, Simon Allan, pictured at the start of the ride.

Staff at Canvas Holidays, which is based in Dunfermline, have been extremely busy raising money to give 12 young carers a holiday in France in the October break.

Nina, our Information Worker visited their offices just before Christmas to tell them all about young carers and the kind of support Fife Young Carers offers.

They decided that they

would like to help support us and Nina was amazed to hear that they planned to send some of our young carers to their campsite in France!!!

Since then they have cycled/rowed the distance between their campsite in France and their office in Dunfermline — an amazing 750 miles and have nearly reached their fundraising target!

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• Do you help look after someone with Asthma? — not sure what it is? Read our article on page 2.

### Young carers mascots launched

Scotland's young carers have new mascots in the shape of Eryc and Trayc. They are designed to help raise awareness of young carers' issues in primary schools throughout the country.

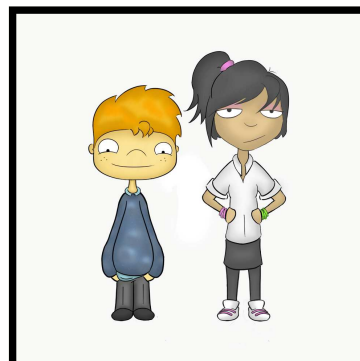
They were launched to coincide with Carers Week 2011.

Primary schools throughout the country had the chance to log into the internet and meet Eryc and Trayc on their website,

[www.erycandtrayc.com](http://www.erycandtrayc.com), for the first time on the 14th June.

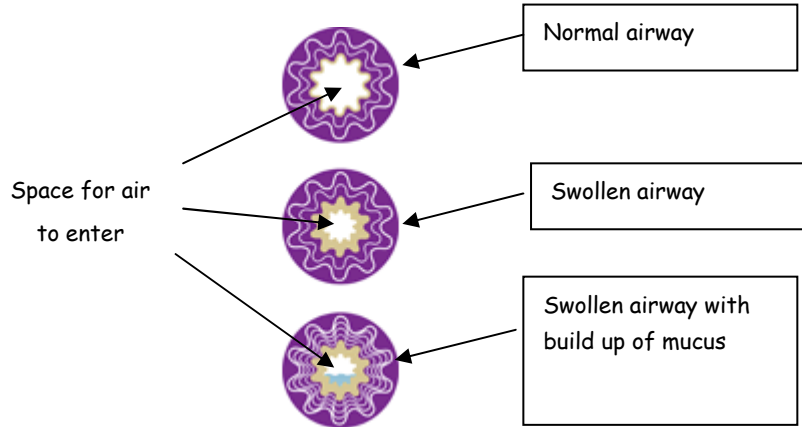
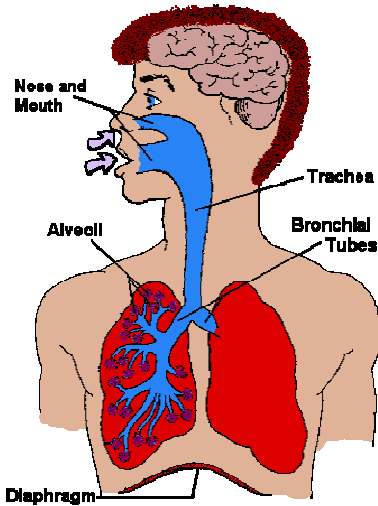
The website gives advice to young people about what to do if they think that either they are a young carer or if they think someone in their class is one.

It's hoped that the mascots will help hidden young carers get the help they need both in school and with young carers support groups.



Eryc and Trayc  
The new mascots

# Asthma



Asthma is a condition that affects a person's airways, which are also called breathing tubes or bronchial tubes. These tubes lead from the windpipe, or trachea, into the lungs.

For most people breathing is simple; they breathe in through their noses or mouths and the air goes into the windpipe. It then travels through the airways into the lungs. If someone has asthma, breathing can be a lot more difficult because their airways are very sensitive.

When someone is having an asthma attack or flare-up their airways get swollen and narrowed which makes it difficult for air to get in and out of their lungs. Sometimes the lining of their lungs produce extra mucus which also makes it harder to breathe properly.

Asthma flare-ups may sound a little like a cold, with coughing and wheezing, but asthma isn't contagious. You can't catch it from someone like you can catch a cold.

Asthma flare-ups are caused by a variety of different things which are

sometimes called triggers. Some people's triggers are pollen, dust mites, animal fur or cigarette smoke. An infection like a cold can also trigger a flare-up. There are two types of medicines for asthma—preventers and relievers.

Preventers work over a long period of time by stopping the lining of the lungs being so sensitive. Relievers are for use during a flare up and work by making the airways wider. People with asthma are also advised to avoid coming into contact with whatever triggers their asthma.

### What to do if someone is having an asthma attack:-

The following guidelines are suitable for both children and adults and are the recommended steps to follow in an asthma attack:

Get them to take one to two puffs of reliever inhaler (usually blue), immediately.

Get them to sit down and to take slow, steady breaths.

If they do not start to feel better, get them to take two puffs of their reliever inhaler (one puff at a time) every two minutes.

They can take up to ten puffs.

If they do not feel better after taking their inhaler as above, or if you are worried at any time, call 999.

If an ambulance does not arrive within 10 minutes and they are still feeling unwell, repeat step 3.

If their symptoms improve and you do not need to call 999, they still need to see a doctor or asthma nurse within 24 hours.

There's lots of information on Asthma UK's website at [www.asthma.org.uk](http://www.asthma.org.uk).

Need some more information?

Contact Nina, Fife Young Carers

Information Worker

☎ 01592 223894

✉ [nina@fifyoungcarers.co.uk](mailto:nina@fifyoungcarers.co.uk)

## Allotments for young carers

Following the Health and Wellbeing Event in February 2010, Kay Templeman (Support Worker for Central Fife) decided to get the young carers from the Glenrothes and Levenmouth Groups to 'Grow their Own'.



Young carers planting their vegetables

Using allotments in the Glenrothes area allocated by

Agnes Westwood from the Auchmuty Centre, Glenrothes young carers have their own 'Secret Garden' - the allotments are "hidden" in the middle of a housing estate in Glenrothes and you would never know they were there!

Last year was their first attempt and they were able to sow, grow and pick all their own vegetables which they'd taken care of throughout the year. They then all made vegetable soup during their group nights

.....What a result!

They now have £150 in vouchers to spend on gardening plants/equipment from the Environmental Improvement Fund and plan to buy a cold frame for seedlings, wellies or plastic crocs and some starter potatoes, carrots and leeks etc, to start



Harvesting the crop!

the four allotments (2 for the Levenmouth Group and 2 for the Glenrothes Group) that they have in their "Secret Garden".

They're quite pleased with their first attempts as this was a new experience for everyone, even the staff! I wonder how they will all get on this year!

## Mash Up Weekend!

March saw the fantastic end to the Creative Arts Project which has been funded by NHS Fife.



Graffiti Art

The project has given young carers the chance to try new ways of expressing themselves.

Sixty five Young Carers attended the 'Mash up' weekend at the Rothes Halls where they had the chance to hone their skills and take part in performances of Streetdance, Drumming, Slam Poetry, Graffiti Art and Film making.

Fife Young Carers staff were very proud of all their efforts — what talented young carers we have!!!

The weekend was filmed by young carers and has been made into a DVD, a copy of which will be given to all young carers who attended.



Drumming

# Poems from Mash Up Weekend

I am

I am born 2 dream

I am born 2 seek refuge

I am born 2 sing

I am born 2 sing

My song

I am born 2

be my own person

I am born 2

fight 4 what I believe

I am born 2

seek my meaning

I am born 2

Help the needy

I am born 2

be a champion

I am born 2 strive

I am born 2 be kind

I am born 2 be me

I am born to believe

In my dreams.

I am born

to love chocolate

sweet sticky, yummy, good

I love chocolate

more than I like food

really rich dark chocolate bars

I couldn't live with out my fix

I am alright with white

but if I had to choose

what chocolate

to eat.

I would have to choose

The Lot !!!

More from our talented poets  
in the next edition!

## Fife Young Carers

The Roundhouse

Priory Campus

Kirkcaldy

KY1 2QT

Tel 01592 223893

[www.fifeyoungcarers.co.uk](http://www.fifeyoungcarers.co.uk)