

Young Carer's Newsletter!



Happy New Year from Fife Young Carers!

Fresh from our festive fun, we prepare for yet another busy but brilliant year ahead. So, sit back with a hot chocolate and join us in having a look at both our recent activities and future plans!

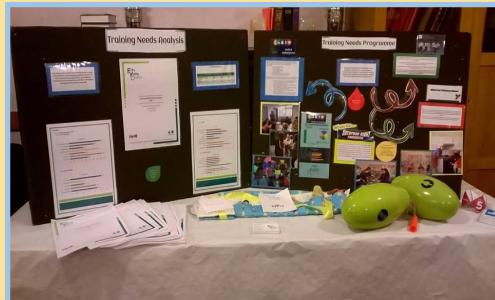
In this Issue:

- Our Awesome AGM pg.1
- Festive Fun pgs.2 & 3
- Year of the Young People 2018, pg. 4.
- Young Carers Awareness Day pg. 5
- Anxiety & Stress Relief pgs. 6 & 7
- Back Page News pg. 8

Fife Young Carers AGM!

Fife Young Carers held their Annual General Meeting back in November, showcasing the support we have delivered throughout the year. The meeting was a huge success with professionals coming from a variety of different sectors in Fife attending; including the Lord Lieutenant and Lord Provost of Fife!

- Staff displayed the different work they had delivered throughout the year, including input from schools, group support and Young Adults service.
- Our Development Worker presented the Training Needs Analysis; reporting the health and wellbeing needs of Young Carers in Fife
- Young Adult Carers shared some stories of the work they have been doing alongside Youth 1st and the Bactiv project
- The Young Carers Focus group presented their past projects, current plans and future ideas surrounding support and awareness raising for and about Young Carers.



Christmas Events



Festive Fordel Firs Day



Junior Young Carers had a great time at Fordel Firs this year for our outdoor Christmas themed activities! These included archery, sledging, the adventure course, Christmas crafts and a festive sing-a-long by the campfire.



YC's said: 'It was great fun', 'Amazing, fun and Chrismassy!'.

A Cracking Christmas at Cluny!



For our Intermediate Young Carers we went along to Cluny Clays and enjoyed loads of different activities including Segway, Archery, Climbing, Golf and Donkey Derby!

YC's had a great time: 'It was really good', 'I got to try something new', 'I had a great time and would love to come back'.

Christmas Events



Special thanks to Lloyds TSB for funding our Young Adult Carers with a trip to the theatre to see Shrek the Musical! The show was fantastic, as was the company!



Shrek the Musical!



Winter Wonderland



Young Adult Carers had a great time at Edinburgh's Winter Wonderland this year! Show rides, Christmas markets and yummy hot chocolate made this a very festive and fun day for all.





SUPPORTING
year of young people
bliadhna na h-òigridh
2018

Year of Young People 2018 is an opportunity to celebrate the amazing young personalities, talents, and achievers that make up Scotland. It's all about inspiring our nation through its young people's ideas, attitudes and ambitions.

This year long programme of events, activities and ideas will give young people in Scotland the opportunity to show the world what they're made of. Year of Young People 2018 is something everyone can support (young or young-at-heart) and be immensely proud of.

Objectives

- Provide a platform for young people to have their views heard and acted upon
- Showcase the amazing talents of young people through events and media
- Develop better understanding, co-operation and respect between generations
- Recognise the impact of teachers, youth workers and other supporting adults on young people's lives
- Provide opportunities for young people to express themselves through culture, sport and other activities

How can you get involved?

Year of Young People 2018 aims to inspire Scotland through its young people, celebrating their achievements, valuing their contribution to communities and creating new opportunities for them to shine locally, nationally and globally.

You can become involved and celebrate #YoYP18 in a number of different ways, big and small:

- Ask your school/youth group or club to get involved and brainstorm an event or activity that celebrates Young People.
- Show the talents and skills of Young People you know; this could be an art exhibition, talent show or charity fundraiser.

For Professionals in Fife:

- Show support for Young People in Scotland by coming along to one of the many events that will be held both locally and nationally. For a full list of what's going on in your area, see the Visit Scotland site; www.visitscotland.com/info/events/.

Fife Young Carers will also be supporting #YoYP2018 with our own events and activities. Keep an eye out for updates on our Facebook page; www.facebook.com/fifeyoungcarers.

young carers Awareness day

Thursday, 25th of January 2018.

Speaking of celebrating Young People and their skills, Young Carers Awareness Day is almost here!

This national campaign aims to recognise the challenges and hardships young carers face on a day to day basis. Young Carers projects all over Scotland will be taking part and doing their bit to raise awareness about Young Carers and try to improve support available to them.

Here at Fife Young Carers our schools workers, Jodie and Dawn, will be doing a big awareness raising campaign in the run up to Young Carers awareness day with assemblies, information stalls and presentations; so watch out for them coming to a school near you!

Our Development Worker, Amber, will also be doing her part to increase awareness of Young Carers within the NHS. Keep an eye out for Hospital information stalls and Doctors visits!

Did you know....

It is estimated that there are as many as 5,000 Young Carers in Fife.

Approximately 1 in 10 of school pupils have a caring role.

If you are a professional within Fife, have a think about how your organisation or agency can help support Young Carers— big or small, every little helps! We would love to see different organisations supporting Young Carers Awareness Day so feel free to get in touch to discuss what your agency can do for Young Carers.

#YCAD18

What can you do to help support Young Carers?....

Respect Young Carer's in their caring role

Use the R.U.L.E.

Encourage a Young Carer to pursue their dreams

Understand a Young Carers struggle

Listen to what a Young Carer has to say

Want more information?
Visit

www.fifeyoungcarers.co.uk

Or <https://carers.org/young-carers-awareness-day>

Health Information



What is Anxiety?

Anxiety is a feeling of fear or panic. Feeling generally anxious sometimes is normal. Most people worry about something - money or exams - but once the difficult situation is over, you feel better and calm down.

Story of the Caveman

Back in the distant past, when we were still cavemen walking around in furs, we came across many dangers, like dinosaurs and sabre tooth tigers. Our bodies (naturally wanting to protect us from danger) designed a special alarm inside us that was set to go off whenever danger was present. This alarm gave us the ability to fight the danger, or run away by increasing our heart rate, and supplied blood to our muscles- making us breathe faster. It also made us think more quickly, and be on the alert for dangerous situations. It worked brilliantly! However, as we don't have dinosaurs or sabre tooth tigers on the planet anymore, we don't need the special alarm as much. Unfortunately we can't turn it off, and some peoples' alarm system gets stuck in 'on' mode, which causes them to feel ready for danger all the time. This is what anxiety is.

Symptoms

The symptoms of anxiety start out the same as just feeling generally worried but get worse or last longer than they should. These include:

- Feeling frightened, nervous or panicky all the time
- Getting down or depressed
- Difficulty sleeping
- Low appetite
- Lack of concentration
- Tired and irritable
- Palpitations - when your heart feels like its racing
- Dry mouth
- Sweating more than usual
- Trembling
- Feeling faint
- Stomach cramps

Remember, worrying about things is natural. Everyone will worry about something at some point. This helps us to prepare for things and be aware of what's going on.

Feeling one, some or even most of the above doesn't mean you have anxiety.

It's important to talk to your GP to get a full diagnosis.

When Anxiety becomes a problem.

General worries and natural anxiety can become a problem if the symptoms of anxiety continue even after the worry is gone or dealt with. If anxious feelings last a very long time and start to affect everyday life, it could highlight an anxiety disorder. Please remember, only a GP or mental health specialist can diagnosis someone with an Anxiety Disorder.

Take the first step – if you think you are affected by anxiety, talk to your GP or school nurse.

If your health professional thinks you are suffering from anxiety, they will suggest a treatment plan for you to follow. They should catch up with you regularly to see how you're getting on.

Treatment.

There are three main ways of treating anxiety and they can be used on their own or sometimes your doctor will suggest you use more than one at once.

- 1) **Medication:** The doctor may prescribe you antidepressants that help you to calm down and think differently about the things worrying you. They usually take two to four weeks to work properly so don't worry if you're not feeling better straight away
- 2) **Talking Therapies:** Anxiety is often helped with a course of Cognitive Behavioural Therapy, also known as CBT. It's a talking therapy where you work with a therapist to help you understand your thoughts and feelings and work through ways to change the way they affect you. You'll also learn techniques to help you relax.
- 3) **Self-Help:** There are also some things you can do to help yourself manage your anxiety. Your health professional will be able to give you ideas of how to do this, show you books or exercises and tell you where to find self-help groups. Your GP will want to know how you're getting on so they can make sure it's helping.

Self Help Treatments:

- **Talk to someone you trust.** Talking to someone you trust about what's making you anxious could be a relief. It may be that just having someone there to listen to you and show they care can help in itself. If you aren't able to open up to someone close to you, the [Samaritans](#) and [Anxiety UK](#) both run helplines where you can talk to a trained professional.
- **Try to manage your worries.** It can be really hard to stop worrying when you have anxiety. You might have worries you can't control. It can be helpful to try different ways of addressing these worries. For example, you could write down your worries and keep them in a particular place – you could write them in a notebook, or on pieces of paper you put in an envelope or jar.
- **Look after your physical Health.** Try to get enough sleep—Sleep can give you the energy to cope with difficult feelings and experiences. Think about your diet—Eating regularly and keeping your blood sugar stable can make a difference to your mood and energy levels. Try to do some physical activity—Exercise can be really helpful for your mental wellbeing.
- **Try a Breathing Exercise**—Learning to breathe more deeply can help you feel a lot calmer. Breathe in through your nose and out through your mouth. Try to keep your shoulders down and relaxed, and place your hand on your stomach – it should rise as you breathe in and fall as you breathe out. Count as you breathe. Start by counting 'one, two, three, four' as you breathe in and 'one, two, three, four' as you breathe out. Try to work out what's comfortable for you.
- **Try peer support.** Peer support brings together people who've had similar experiences to support each other. Many people find it helps them to share ideas about how to stay well, connect with others and feel less alone. Contact a specialist organisation—for example, you can find details of support groups, forums and helplines on the [Anxiety Care](#), [Anxiety UK](#), [No More Panic](#), [No Panic](#) and [Triumph Over Phobia UK](#) websites.

Take a step back, inhale & laugh
Remember who you are and why you are here.
You're never given anything in this life that you cannot handle.
Be strong, be flexible, love yourself and love others.
Always remember... this too shall pass.

Back Page News!

Winner, Winner,
Chicken Dinner!

Serves 4. Preparation = 10 mins.
Cooking time = 1hr 30 mins.

Ingredients:

1 onion, roughly chopped
2 carrots, roughly chopped
1 free range chicken, about 1½ kg/3lb
5oz
1 lemon, halved
small bunch thyme (optional)

For the gravy:
1 tbsp. plain flour
250ml chicken stock (a cube is fine)

As the Christmas cheer and New Year celebrations settle, cooking and preparing a large meal for the family may be the last thing on your mind, but fear not! Our easy to make chicken dinner is both delicious and simple—get the perfect family roast in only 4 steps!

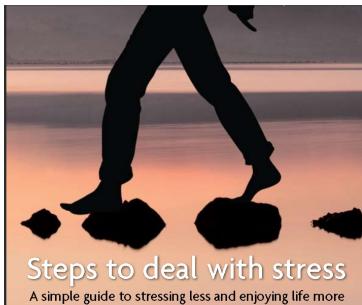
Method:

- 1) Heat oven to 190C/fan 170C/gas 5. Have a shelf ready in the middle of the oven without any shelves above it. Scatter the vegetables over the base of a roasting tin that fits the chicken, but doesn't swamp it.
- 2) Season the cavity of the chicken liberally with salt and pepper, then stuff with the lemon halves and thyme, if using. Sit the chicken on the vegetables, smother the top and legs all over with the butter, then season the outside with salt and pepper.
- 3) Place in the oven and leave, undisturbed, for 1 hr 20 mins – this will give you a perfectly roasted chicken. To check, pierce the thigh with a skewer and the juices should run clear. Remove the tin from the oven and, using a pair of tongs, lift the chicken to a dish or board to rest for 15 -20 mins. As you lift the dish, let any juices from the chicken pour out of the cavity into the roasting tin.
- 4) While the chicken is resting, make the gravy. Place the roasting tin over a low flame, then stir in the flour and sizzle until you have a light brown, sandy paste. Gradually pour in the stock, stirring all the time, until you have a thickened sauce. Simmer for 2 mins, using a wooden spoon to stir, scraping any sticky bits from the tin. Strain the gravy into a small saucepan, then simmer and season to taste. When you carve the bird, add any extra juices to the gravy.

Steps to Deal with Stress

NHS Scotland offer a free simple to use guide to reduce stress. This practical resource can be used by anyone, including young carers who feel they are stressed and need help. You can download the free guide here: <http://www.stepsforstress.org> where you can also order a free relaxation DVD to help you further reduce stress.

<http://www.moodcafe.co.uk/> is also a very useful free online resource that covers lots of mental health issues and gives advice and tips on how to cope with these.



If you would like anymore information or have any questions about the content of this newsletter, please contact Amber Reid, Fife Young Carers Development Worker on 01592 786717 or email : amber@fifeyoungcarers.co.uk