

Young Carer's Newsletter!



As we say goodbye to the cold and snowy winter we had and look forward to the warm summer months, take a look at what Fife Young Carers have been up to and what we are planning in the near future—should be an exciting few months!

Carers Week 2018 11th-17th June.



Carers Week is an annual awareness raising campaign which highlights the challenges carers face and the contribution they make to families and communities in the UK.

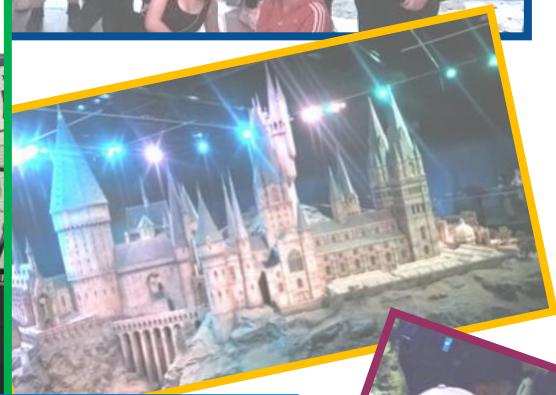
The theme for this year is '**Healthy and Connected**' and Fife Young Carers will be holding events and activities throughout the week to improve Young Carers Wellbeing, their access to information and highlight the support available to them in Fife:

- Our Development Worker Amber will be hosting information stalls at local hospitals and networking with professionals to improve support provided to Young Carers in the **Health Sector**.
- Schools Workers Dawn and Jodie will be delivering assemblies, class talks and meetings in schools to raise awareness about Young Carers in **Education**.
- Lucy and Allison, our Transitions Workers, will be taking Young Adult Carers to the Scottish Water-ski Centre for a day of fun and healthy activities showing successful **partnership working** between organisations.
- Our Young Carers Focus Group will round off the week with an Afternoon Tea **Networking Event** on the 14th of June—Professionals from across all sectors in Fife will be invited along to show support for Young Carers whilst enjoying some tasty tea and cakes.



London 2018!

Spring Trips!



Go Ape!

Big thank you to Creative Breaks for funding a trip for our Young Adult Carers to Go Ape! They all did really well to complete the course and had a great time as you can see!

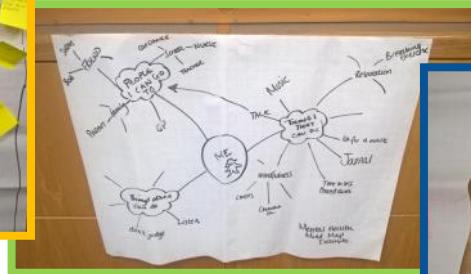


Understanding Mental Health Workshop

Recently, our Development Worker Amber and our Schools Worker Jodie developed an interactive workshop about Mental Health and Wellbeing. The purpose of the workshop is to help Young Carers improve their understanding of Mental Health and Mental Illness while giving practical techniques to improve participants mental health.



The workshop was a big success and Young Carers left amazing feedback: "Amazing and Helpful", "Fun", "Useful", "Brilliant", "Interesting".



Wellbeing Game

Over the past year, the Young Carers Focus Group have been working in collaboration with Alliance Scotland and Barnardo's to develop and produce an interactive game to help teenagers understand 'Getting It Right For Every Child'—which is the national approach in Scotland aimed at improving children and young peoples wellbeing. After lots of discussion and brainstorming sessions, the Focus Group helped to produce the 'Wellbeing Bingo Game' which, along with being very fun to play, gives young people the opportunity to talk about their wellbeing, any issues or problems they may be facing and support to each other in a safe environment.

Since the game launched in March, it has been showcased to lots of professionals and organisations who support young people all over Scotland, with very positive and encouraging feedback! The Young Carers Focus Group have really enjoyed developing and showcasing this game and are very proud of the hard work they put into it—we would like give a special thanks to Vicky Wan (National Third Sector GIRFEC Project) and Sarah Wardrop (Alliance Scotland) for giving us this opportunity!



Curiosity Project

Funded by BBC Children In Need's Curiosity Fund, Fife Young Carers have been given the opportunity to deliver science based activities to Young Carers throughout Fife.

The aim of this project is to provide Young Carers with the opportunity to take part in science based activities and spark their 'Curiosity'. We hope this will be the start of a journey for them to look at science in a new light and help them discover new interests.

International Science Festival

As part of the Curiosity Programme, 50 Young Carers were invited along to the National Museum of Scotland in Edinburgh for a full day of Science exhibits and activities- The kids loved it!



Curiosity Programme



The fun doesn't stop there!

Fife Young Carers are working in partnership with the Museum of Scotland to deliver this project and have engaged a science communicator to support the programme

Over the next few months we will be:

- Delivering Science based activities at Support Groups in every area.
- Training Staff and volunteers to continue and develop science based activities for Young Carers in the future.
- Building a 'Legacy' Kit to sustain interest in science, technology, engineering and maths skills.
- Visiting the National Museum of Scotland after the summer to engage more Young Carers in fun science based activities.



Did you know?...

- Your nose and ears continue growing throughout your entire life .
- As well as having unique fingerprints, humans also have unique tongue prints.
- Footprints and tyre tracks left behind by astronauts on the moon will stay there forever as there is no wind to blow them away.
- Natural gas doesn't have an odour, strong smells are added to it by humans so it can be detected when there are leaks.
- Because of differences in gravity, a 200 pound person would only weigh 76 pounds on Mars.
- Unlike humans, cows and horses sleep while standing up .
- Although Polar Bears have white, fluffy fur, their skin is actually black
- Despite the name, the Killer Whale (Orca) is actually a type of dolphin.
- The word dinosaur comes from the Greek language and means 'terrible lizard'.
- Scotland includes over 700 islands. These include groups called Orkney, Shetland and the Hebrides
- Scotland's National Animal is the Unicorn.

Health Information

Guide to a Healthy Lifestyle

You may find that being a Young Carer and living a healthy and active lifestyle can sometimes be hard. You may be juggling so many other responsibilities that looking after your own health and wellbeing may not seem like a priority.

We are here to say that your health IS a priority—You cannot look after someone else until you look after yourself!



Exercise

Finding time to exercise can be tricky, especially if you have other responsibilities to do with your caring role. Also, some people may not like going to the gym or using gym equipment and that's fine! The good news is that you can incorporate your caring role and exercising pretty easily—two birds, one stone, allowing you to exercise without 'exercising'.

- ⇒ Housework = Did you know that hoovering at a brisk pace for 30minutes burns 86 calories? Try adding in lunges to double your effort. Similarly, mopping burns 90 calories in 30mins while some people scrub the floors by hand to get a more vigorous exercise. Washing, drying and ironing clothes only burns 76 calories in an hour however if you add a squat in with every handful of clothes you will burn double!
- ⇒ Going to the pharmacy = if you go and collect prescriptions for your cared for person, try a brisk run or fast walk and burn 214 calories in 30 minutes.

5 Minute Workout

You can do before your morning coffee!

- 50 Jumping Jacks
- 15 squats
- 1 minute plank
- 5 push ups
- 5 press ups



One of the biggest changes you can make towards a healthier lifestyle and improved wellbeing is your diet. Eating a well balanced diet will make you feel a lot better about yourself and the benefits are huge. So why do many people struggle with it?

- ⇒ Cost: some people may think that eating healthy is very expensive, which stops them from buying healthier foods. However, cooking from scratch with healthy ingredients is actually cheaper than buying a take-away or ready meal for one simple reason: price per plate is lower and can be frozen to provide more than one meal. For example, the cost of ingredients to make spaghetti bolognese from scratch is approximately £7.50, but this is enough to do six meals. This equates to £1.25 per meal as opposed to £2.40 for a spaghetti bolognese ready meal.
- ⇒ Time: Many people find cooking a meal from scratch to be time consuming, especially since ready meals only take a few minutes in the microwave and takeaways are delivered ready to eat without any preparation or cooking. This may be true but cooking from scratch does not need to be a big, long task and it could actually save you time in the long run. Batch cooking is a great way to save money and time by cooking a big portion and then separating it to freeze for later on in the week—simply defrost in the microwave and you have yourself a home cooked meal! Have a look at the BBC Good Food site for easy, quick and healthy recipes; www.bbcgoodfood.com

Looking after your physical health is an important part of maintaining a healthy lifestyle, however, looking after your mental health is equally important.

Here are a few tips and tricks to help tackle the stresses of modern life and your caring role; helping to take those steps towards positive wellbeing and a healthier lifestyle.

- | | |
|---|---|
| <input type="checkbox"/> Talking | being open with people you trust about how you're feeling. |
| <input type="checkbox"/> Calming | trying meditation, good sleep habits like turning your phone off early. |
| <input type="checkbox"/> Learning | a new skill, a great way to gain confidence. |
| <input type="checkbox"/> Relating | spending time with the people you care about. |
| <input type="checkbox"/> Contributing | helping others or contributing to causes you believe in. |
| <input type="checkbox"/> Creating | expressing yourself creatively e.g. music, art, drama, writing. |
| <input type="checkbox"/> Congratulating | being kind to yourself, or listing the qualities I value in myself. |

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.



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!

Easy Chicken Fajitas

Serves 4. Preparation = 10 mins.
Cooking time = 20 mins.

Ingredients:

1 onion, roughly chopped
1 yellow or green bell pepper, finely chopped
4 skinless chicken breasts, cut into thin slices
1 lime, quartered
1 teaspoon chilli powder
1/2 teaspoon ground cumin
1 tin of chopped tomatoes
8 flour tortillas

Method:

- 1) Spray large frying pan with cooking spray; heat over medium-high heat. Add bell peppers and onion; cook 7 minutes or until tender, stirring occasionally. Remove from pan; set aside.
- 2) Add chicken to pan. Sprinkle with chili powder and cumin. Cook 4 minutes or until no longer pink, stirring occasionally.
- 3) Return peppers and onion to pan; add chopped tomatoes. Cook 2 minutes more or until hot. Divide chicken mixture evenly between tortillas.

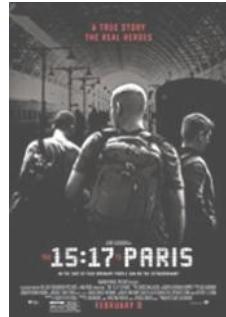


Young Carers Film Review!

The 15:17 to Paris

'This film is very good at showing the incident of a terrorist attack on a train to Paris where 3 friends and a doctor save the lives of all the passengers on board and an injured man. This film was very educational about the heroic act of three men risking their life to fight off the terrorist and to keep the injured man alive. This film is based on the true-life event that happened in August of 2015- it shows how a brave act can save the lives of many.'

Thank you very much to Creative Breaks for giving Young Adult Carers a chance to have a break and watch this film - I am very pleased I was given a chance to see it!' - Shania, Young Adult Carer.



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