

Young Carer's Newsletter!



In this Issue:

- Back to School p.g.1
- Goodbye Nina! Pgs. 2-3
- Summer Activities—pgs. 4-5
- Health Information— lets talk about cancer... pgs.6-7
- Back Page News pg.8

We hope you all had a fabulous summer!

As we start to cool down after a very warm and lovely Scottish Summer, join us in looking back at our recent trips, activities and opportunities as well as our annual school support update, essential health information and a Bake-Off inspired recipe that's perfect for these Autumn months.

As the seasons change, there is a big change for Fife Young Carers as we say goodbye and good luck to our Manager, Nina Collins. Nina is moving on after 10 years of dedicated service— we will miss you!

SCHOOL SUPPORT UPDATE



Support

If you need support in school please give the office a call and speak to Jodie or Dawn, our schools workers. Jodie and Dawn can meet with you in school and discuss any help you may need or help you access additional school support. The support varies according to your needs so have a chat with us to see if we can help with any problems. We can help you talk to guidance, fill out Profile Pages, and see what else could help.

Young Carer School Champions

All the schools in Fife have a Young Carers School Champion. They are there to chat to, support you and help you achieve in school.

In your Primary school it may be a teacher, a depute or a Headteacher.

In High school it may be a teacher or a member of the Guidance team.

To all Champions—**Thank you** for your support!



In the next newsletter look out for some handy hints and tips to help you manage your study



It is with mixed feelings we bid farewell to our Manager, Nina Collins. We will be sorry to see her go, but wish her well in her new position—We all know she will do brilliantly!

Nina joined FYC in 2008 as our Development Worker, delivering and developing support strategies for Young Carers throughout Fife.

Nina was pivotal in introducing the Young Carers Authorisation Card Scheme to Fife Young Carers, one of the first Young Carers services to offer this. This scheme has been a fantastic means of support for our Young Carers and a real legacy for Nina. There are many Young Carers out there who have fond memories of time spent with Nina on trips to Paris, Holland, Young Carers Festivals, sailing and more.

Two and a half years ago, Nina brought her experience and dedication to the role of Manager. Under her leadership the service has gone from strength to strength. We know there are many Young Carers and families who have personal experience of the support given by Nina and have no doubt that she will continue to touch the lives of young people in her new career.

On behalf of the staff team here at Fife Young Carers and all our Young People, we wish you the very best of luck!!!

XXX

Best Bits.....



Summer Activities!

Junior Residential to Fordel Firs!



'It was amazing, we got to do so many cool activities'

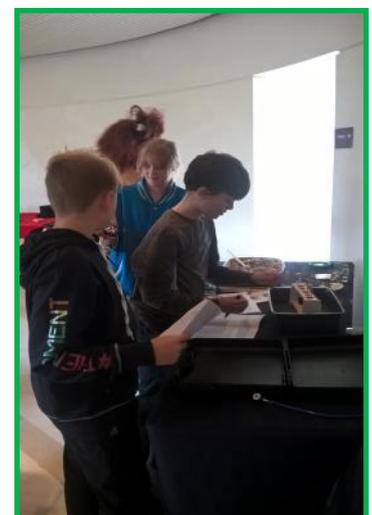
'I want to go back, it was fun!'

'Best trip EVER!'



Museum trip

Through the funding and support provided by Children in Need's Curiosity Fund, we developed a project to encourage Young People's interest in science. Young Adult Carers volunteered and developed consultation workshops to deliver at to our support groups throughout the summer with the aim of gathering Young Carers opinions on what science based activities would 'spark' their curiosity and support their interest in science. The groups decided that an Escape room activity would work best, so we gathered Young Carers in the National Museum of Edinburgh to take part in the 'Science of Escaping'. Along with our freelance science coordinator Lindsay, the volunteers designed and developed the final activity, complete with a storyline and costumes! The kids loved it and it definitely 'sparked' their curiosity!



Young Carers Festival 2018



10 Young Carers were invited to this year's YC Festival, held at Fordel Firs Activity Centre! Young Carers took part in a range of activities, including the 'reptile room', Virtual Reality, archery, silent disco and a magic show!

The Young Carers Festival provides Young Carers with a break from their caring role and the opportunity to take part in a whole range of fun activities. One of the most important parts of the festival is the YC Zone, where YC's have the opportunity to voice their views and opinions on the support they need. As always MSP's from all areas of Scotland attended and Young Carers had the opportunity to chat with them about the issues they face and discuss strategies for support. A great time had by all as you can see!



Prevent Project

The Transitions service has been really busy over the summer! Thanks to funding from Fife Health and Social Care Partnership we ran a peer led walking group called 'Fife Fresh Air' to raise awareness about the impact of tobacco. On health

We walked 14 miles, covering 29568 steps! Our walks took place in a variety of locations throughout Fife, from Dunfermline's Pittencrieff Park to a sunny beach walk in Leven. Our final walk was in fact more of a climb! We made the most of our increased fitness and made it to the top of Arthurs Seat taking in the amazing views. Everyone reported an increase in confidence around talking about the impact of tobacco use and of feeling more informed about the effects of smoking on their health. We all increased our fitness levels and knowledge of health benefits of being active and getting out in the fresh air!



Horses 4 Help!



Transitions groups have enjoyed lots of social trips this summer through generous funding received from Creative Breaks. The most recent being a visit to Horses4Help which was an amazing experience! We made friends with Murdo and Jamie who must be the most chilled ponies ever!

Thanks to Julie and her team for introducing us to their horsey family! We hope to be lucky enough to visit again

Health Information

Lets talk about Cancer....

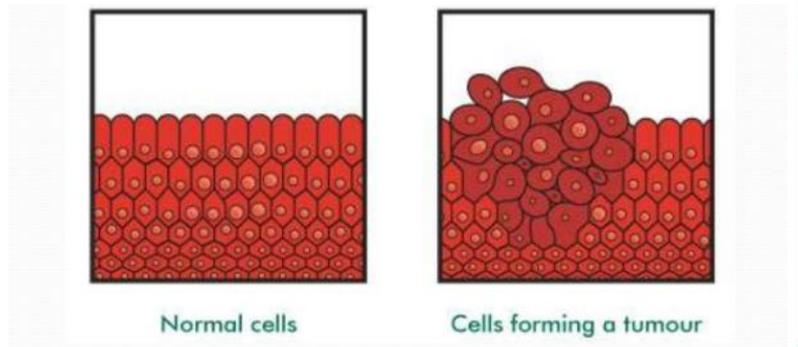
Almost everyone of us will know someone affected by cancer. It may be a relative, a friend, a teacher or someone you work with.

Cancer can be devastating, and if you are a Young Carer it can bring a lot of questions, stress and upset, which is exactly why we have developed this guide—giving you the information and advice you may need.

What is Cancer?

Our bodies are made up of billions of tiny parts which fit together like building blocks. These parts are called cells.

Healthy cells grow, divide and eventually get worn out and die. This cycle usually continues without any problems.



Cancer happens when something goes wrong with the cell and it grows and divides in an uncontrolled way. Cancer cells divide too much and don't die in the way normal cells do. These cells can form a lump called a *tumour*.

A tumour can form inside:

- an organ (part of the body that has a special job, such as the liver or kidney)
- a bone
- the lymphatic system (a network that helps defend your body from disease) – when a tumour forms here, it is called a lymphoma.
- If the cancer affects the blood, the cancer cells do not form a tumour but affect the bone marrow (the spongy centre of the bones where blood cells are made). This type of cancer is called leukaemia.

Cancer cells from a tumour can spread to other parts of the body. That's why having treatment as soon as possible is important.

There are more than 200 different kinds of cancer. Each type has its own name and treatments. People with cancer need to have tests to find out exactly what type of cancer they have and whether it has spread. This helps the doctors plan the right treatment for each person.

If someone in your family is going through treatment for cancer and you want to know more, you can ask to speak with their doctors. If you have a *full authorisation card*, you can show a doctor or medical professional to request more information.

Feelings...

Finding out that someone close to you has cancer can trigger many emotions. A lot of people say their first reaction was: 'What's going to happen? Will they recover?' and then, 'Are they going to die?'. You may be dealing with all kinds of emotions. For example, you may feel:

- frightened about the future
- sad and upset this is happening to someone you love
- exhausted or stressed because of the extra things you are doing
- angry with the world, or with the person who has cancer
- guilty, even though what is happening is not your fault
- worried or anxious.

Its important to remember that feelings like these are natural when someone close to you has cancer.

Look after yourself!

If you are caring for someone with cancer, your own needs may not seem like a priority. However, we cannot stress enough in order to help look after someone else, you must first look after yourself!

Here is our top tips to looking after yourself:

- Talk to someone—this may be a friend, family member, teacher, or support worker. Someone you trust and can vent to. **Don't bottle up your feelings**—this will do you more harm! Remember, if you don't feel comfortable speaking to someone you know, you can call a dedicated cancer helpline, such as Macmillan Support line on 0808 808 00 00.
- Sometime you may not feel like eating, whether it be because you've had such a hectic day, or you're so worried you feel sick. But your body needs food for energy, and you need energy to care for someone who is living with cancer.
- Sleeping—try and get a good nights rest so you can turn your mind off to the worries and stresses of cancer: Read a book, have a bath, a warm drink or listen to a relaxing CD or even trying a *Mindfulness* exercise might help.
- **Make time for yourself!** It can be quite easy to feel guilty or selfish about going out and enjoying yourself if someone at home is living with cancer. However, its incredibly important for your own sake that you make time for yourself and do things you want to do. For your own health and wellbeing, go out and have a bit of fun—your cared for person would probably agree.

Dedicated Cancer Information:

- Macmillan Cancer Support—www.macmillan.org.uk
- Cancer Research UK—www.cancerhelp.org.uk
- Youth Health Talk—www.youthhealthtalk.org

Back Page News!

Its that time of year again, Autumn has come and the Bake-Off is back!

Show off your baking skills with this simple but delicious recipe and announce yourself as Star Baker!

Mississippi Mud Pie!

Serves 6-8. Preparation = 30 mins. Cooking time = 2 hours.

Ingredients:

For the base:

300g bourbon biscuits, crushed
75g butter, melted.

For the filling:

85g dark chocolate,
85g butter
2 eggs
85g sugar
100ml double cream

For the fudge sauce:

150g dark chocolate,
150ml double cream, plus extra to serve
3 tbsp golden syrup
175g icing sugar, sieved

Method:

1. Preheat the oven to 180C/365F/Gas 4.
2. Mix the biscuits and melted butter together in a bowl. Press the mixture into the base and sides of a 23cm/9in circle tin. Chill in the fridge for 10 minutes.
3. For the filling, melt the chocolate and butter together in a heatproof bowl set over a pan of simmering water. (Do not let the base of the bowl touch the water).
4. Meanwhile, whisk the eggs and sugar together in a bowl for 5-6 minutes, or until thick and creamy. Fold in the cream and melted chocolate mixture. Pour into the chilled biscuit base tin and bake in the oven for 40-50 minutes, or until just set. Remove from the oven and set aside to cool completely.
5. Meanwhile, for the fudge sauce, heat all of the fudge sauce ingredients in a saucepan, stirring regularly, over a medium heat until the mixture is smooth and glossy. Set aside to cool for 5 minutes.
6. Spread the sauce over the cooled pie and chill in the fridge for 20 minutes. Serve with double cream.



New Staff!

We are thrilled to welcome our newest addition to the team—Regan Ball, our administrative assistant!

‘Having seen the amazing work Fife Young Carers do I’m thrilled to be joining and supporting the team. I look forward to bringing my skills and knowledge into the workplace to ensure and assist the smooth running of the office.’

We are sure Regan will fit right in and be a valuable member of the organisation—welcome to the team!

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@fifyoungcarers.co.uk