

Young Carer's Newsletter!

Fife
Young
Carers

Issue 32, May 2019.



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As we begin to thaw out from winter and enjoy the budding spring-time, join us in having a look at our recent activities, upcoming events, exciting developments and new possibilities!

Young Carers Awareness Day

&

Fife Young Carers A.G.M.

Fife Young Carer's Annual General Meeting had a very special twist this year as we took part in a celebration event for Young Carers Awareness Day 2019!

As well as showcasing all the different methods of support we have provided over the past year, we had an exciting production take place, developed and produced by none other than our Young Carers Focus Group!

The 'Maja O'Grady show', hosted by one of our Young Adult Carers, focussed on the theme of Achievement. Special guests, made up of other Young Adult Carers, were interviewed and asked about what they had achieved in the last year and how they achieved it. The show was a massive success and gave the audience an added appreciation of what these Young Carers can accomplish with proper support.

A massive thank you and well done all the Young Carers that took part.



Our host with her prop dog!



Complete with comfy couch & backdrop!



Change Manager Fiona Mudie as our 'News Anchor'

Cue-cards for the audience to laugh or 'aww'



10th-16th June 2019

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 'Getting Carers Connected' and Fife Young Carers will be holding events and activities throughout the week to encourage and highlight links between Young Carers and support agencies across the Kingdom.

Fife Health & Social Care Partnership, Fife Carers Centre and Fife Young Carers are inviting carers, services and businesses in the community to come together during Carers Week and celebrate the vital contribution made by carers in Fife. This year Carers Week will take place from 10-16 June 2019 and it will be the 25th year of Carers Week celebrations.

It's hugely important our community recognises the contribution of unpaid carers in Fife this Carers Week. Together we have planned a series of events to recognise and celebrate carers, and to provide information about what support is available in Fife to help carers to continue in their crucial role.

Helen Walker of one of the seven national carer organisations, on behalf of Carers Week charities, said: "This year we proudly celebrate Carers Week's 25th anniversary and it's brilliant to see so many individuals and organisations around the country running local events that bring carers together and raise awareness of caring. Looking after someone can be a hugely rewarding experience, but it sometimes comes with its difficulties, including getting the right support. This Carers Week all parts of the community – family and friends, employers, businesses, schools, health and care services – have a role to play in getting carers connected to the information and support they need."

In Fife we have planned a varied and wide ranging set of events which carers are warmly welcome to attend and participate in. These include:

- Monday 10th June - Young Carers in Lochgelly will be hosting a drop in session for Education & Health professionals and people interested in supporting Fife Young Carers, 2-6pm at St Serfs Church, Lochgelly.
- Monday 10th June we will be supporting the Sporting Memories launch event in Burntisland. *Sporting Memories groups support people with dementia, and their carers to promote the other groups in Fife and how these can support carers too. Piggy-back on Sporting Memories own event – Gary Waddell.*
- Tuesday 11th June we will be attending the local Wells in Dunfermline, Levenmouth, Cowdenbeath, South West Fife and North East Fife to support Carers with information and advice.
- We will also be visiting the different Fife College Campuses throughout the week.
- Wednesday 12th June we will be at the Glenrothes locality Well to support Carers.
- Thursday 13th June we will again attend the locality Well in Levenmouth and Glenrothes, and also at Kirkcaldy, once again to support Carers with information and advice.
- Friday 14th June we will host the first Fife Carers Gathering. This will be an opportunity for carers from across Fife to come together to learn about the support that is available from many of the carer organisations in Fife, to celebrate carers and to speak with other carers.

During the week we will also be sharing stories on our web-site and through social media about the wonderful contribution unpaid carers make in Fife, supporting some of the most vulnerable members of our civic society. If you have a story to tell about how you have been supporting as a carer, please feel free to share it by e-mailing CarersActSurvey@fife.gov.uk

For more information about the celebrations and activities taking place during carers week, or to find out more about the support available, visit www.fifehealthandsocialcare.org/carers/.

Getting Young Carers Connected



Connected to **Opportunities**

Connected to **Information**



Connected to **Life Skills**

Connected to **Organisations**



As you can see, we have been striving to Get Carers Connected to a variety of different organisations/professionals and sectors, both locally and nationally, in order to improve support available to them.

However, there is still work to be done. If you are a professional working with young people in Fife and feel you may be able to offer some form of support to Young Carers, please get in touch and #JoinOurChain.

Recent Activities!

Listening Stone

Support Workers hosted a 3 day programme back in February called the 'Listening Stone'.

The programme uses a story to look at themes such as loss, friendships, identity, fears and anxieties, in a fun, safe, creative, expressive space, while being supported by their peers. The story enables young carers to be themselves and have a voice, while exploring their identity and where they fit in their world.

As you can see, Young Carers had a great time and improved their mental and emotional wellbeing.



Young Carers Cookbook!

As a result of the success of the cooking workshops we have managed over the years—we decided to put together a Young Carers Cookbook!

Cooking is something most of our Young Carers will take responsibility for at some point in their caring role, however, many have little to no training or skills in the kitchen. Because of this, we have gathered together a group of Young Carers from across Fife to help us develop, design and produce a Young Carers Cookbook—written for Young Carers by Young Carers.

The cookbook will include:

- Quick and easy recipes that are healthy, nutritious and more importantly very tasty!
- Cooking skill guide—information on cooking techniques, the 'lingo' used and preparing food.
- Guides on being safe and hygienic in the kitchen
- Budgeting and money saving tips



Six Nations Rugby Championship!

Back in February, we took 12 Young Adult Carer rugby fans along to see Scotland Vs Ireland in the six nations. Even though the score wasn't as we had hoped, our Young Adult Carers had a brilliant day and the atmosphere was incredible!

After the success of this trip, we took 12 Intermediate Young Carers along to the Scotland Vs Wales game. Again, the day was a huge success, with Young Carers asking if they could go again in the future!



Mental Health First Aid

Thanks to NHS Fife Health Improvement, we were able to offer Young Adult Carers Mental Health First Aid Training.

Mental Health First Aid, like any other first aid, is the help given to someone before appropriate professional treatment can be given. The two day training provided Young Carers with information on how to help someone experiencing a mental health issue or crisis.

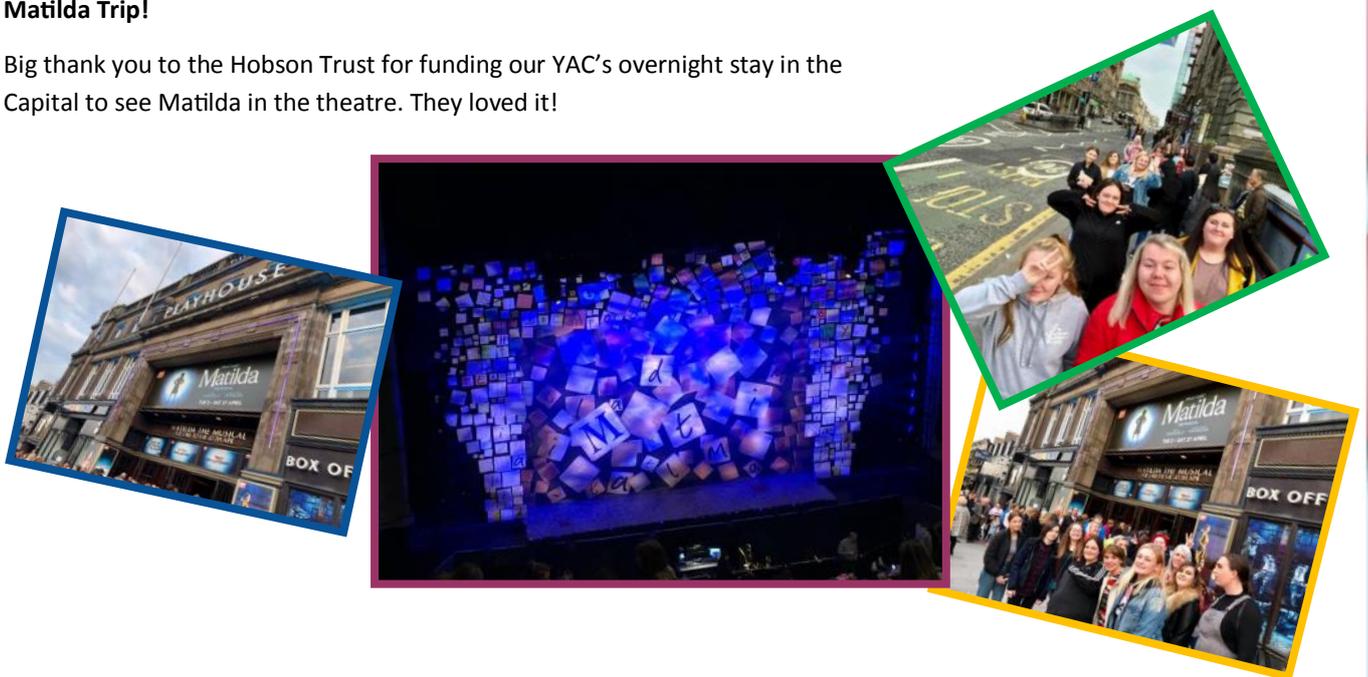
Young Carers found this incredibly helpful, with all strongly agreeing that they had learned a lot and that it would help them in their caring role.

'Everyone should do it, its brilliant and soooo useful!' - YAC, West Fife.



Matilda Trip!

Big thank you to the Hobson Trust for funding our YAC's overnight stay in the Capital to see Matilda in the theatre. They loved it!



Health Information

Young Carers guide to Safer Moving and Handling of people

Young Carers can take on a lot of responsibilities at home. Some of these may be moving and handling—helping someone that struggles with mobility.

This may be helping someone to walk, getting up and down the stairs, standing up and sitting down, helping in and out the bath/shower or into a wheelchair or car.

However, helping someone like this can put yourself at risk of injury. Taking on the weight of another person without having any knowledge of how to do so safely can cause serious strain on your back and also puts the other person at risk of falling/injury.

The aim of this guide is to help you reduce your risk of injury by providing information and advice on safe practice.

REMEMBER—always ask, can I do this? If you are in any doubt then you should not attempt to lift/assist someone unless absolutely necessary!

Back Care Checklist:

Before attempting to move someone, ask yourself:

- do they need help to move?
- do they require help or supervision?
- have you asked them if you can move them?
- how heavy are they?
- are you healthy and strong enough to move them?
- is there anyone who could help you?
- how long will it take?
- is there enough space around you?
- are there any obstacles in the way?
- are you wearing suitable clothing and shoes – for example, if you're on a slippery or damp surface?

If you've assessed the situation and have decided to move the person, make sure you:

- never lift above shoulder height
- keep your feet stable
- have a firm hold
- keep any weight close to your body
- keep your back straight and bend your knees
- lift as smoothly as possible

Techniques to avoid where possible

There are a number of techniques that are considered to be high risk because they either place you or the person you are assisting in unbalanced or awkward positions or include holds that could cause harm. To prevent you and the person you care for being injured you should try to avoid the following techniques whenever possible.

- Pulling on a person's arms (shoulder joints are very vulnerable and can be easily damaged).



- Allowing a person to hold on to you when you are moving them e.g. a front transfer with the person's arms round your neck or back.



- Holding a person under their arms (drag lift).



- Lifting all or most of a person's body weight.



- Being in poor postures that are prolonged or frequent when providing care or support: e.g. overreaching, stooping, side bending and twisting of your back or neck.



Extract taken from 'A Carers Guide to safer moving and handling of people', by the charity Backcare.

FYC have a few of these booklets and DVDs available, get in touch if you would like one!

What help is available and where to go for it?

There are a number of possible sources to help in Fife. These include:

- Social Work Department
- NHS services such as District Nursing, Physiotherapy and Occupational Therapy. Ask your GP for more information.

Assessment of Need

Social Work Departments assess both the needs of the person you care for and your own needs as a carer. The NHS may also be involved. These agencies will be able to let you know what help is available to you.

For more information visit www.backcare.org.uk or www.nhs.uk/movingandhandling. Fife Young Carers also have access to a few back care guides and DVDs—get in touch if you need one.

Back Page News!

Nothing says summer time more than citrus flavours!
And what better way to harness these than in a lovely,
fluffy lemon drizzle cake!

Lemon Drizzle Cake

Serves 6.

*Prep Time 20mins, Cooking
time 35mins.*

Ingredients:

- 1½ large eggs
- 87.5g (3 oz) self-raising flour
- 87.5g (3 oz) caster sugar
- 87.5g (3 oz) softened butter
- ¾ level tsp baking powder
- Finely grated zest of ½ lemon
- 50g (2 oz) granulated sugar
- Juice of ½ lemon
- 450g (1lb) loaf tin, greased and lined

Method:

- 1) Preheat the oven to 180°C, gas 4.
- 2) Beat together the eggs, flour, caster sugar, butter, baking powder and lemon zest until smooth in a large mixing bowl and turn into the prepared tin.
- 3) Bake in the pre-heated oven for about 35 mins, or until golden brown, shrinking away from the sides of the tin and springy to the touch.
- 4) While the cake is still warm, make the lemon drizzle topping. Mix together the sugar and lemon juice, and pour over the warm cake.
- 5) Leave to cool a little and loosen the sides of the cake, then lift the cake out of the tin.



Important Fife Young Carers Update!!!

In response to the large number of referrals received into Fife Young Carers, over the past few months we have been updating how we do things and how we support Young Carers.

The biggest change is how we review Young and Young Adult Carers, i.e. see how they are doing. We now have a more robust system in place that allows us to move Young Carers through our service more effectively in order to give them a better service.

Young Carers who receive 1:1 and group support will now be reviewed every six months. At this point, it will be decided if the support they currently receive is still appropriate. If not, we will look at what other support can be provided to you. This means that support for our Young and Young Adult Carers can change.

Young Carers who only receive the YC authorisation card as support will continue to be reviewed yearly.

Please see the enclosed letter for more information.