

Young Carer's Newsletter!

Fife
Young
Carers

Issue 33, August 2019



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After what seemed like a very long summer break, we welcome you all back as the new school term starts.

Join us in looking back at what we have been up to recently, new exciting benefits from Young Scot, updates on our much awaited Young Carers Cookbook and of course our routine health information page—this time on Motor Neuron Disease and caring for someone with this condition. We also have some sad news as two of our much loved support workers move on from our service to new pastures.

Fife Young Carers Updates

School Support

Welcome back everyone, we hope you had a fabulous summer. Remember, if you need support in school through this new term, please contact Dawn or Jodie, our brilliant Schools Workers at the office: 01592 786717.

Young Carers Champions

We would like to say a massive **thank you** to all our Young Carers Champions across the schools for their invaluable and crucial support over the past school year. We look forward to continuing this through the new term.



Exam results not what you hoped for?

Unfortunately, these things happen and it can be difficult to deal with. However, there are things you can do to help you sort through your feelings:

- Talk to someone—family, friends or even your guidance teacher. They can help you work through your feelings and gain a new perspective on things.
- Look at your options—Just because you didn't do as well as you thought, or were relying on good exam results to progress to uni/college, doesn't mean it is over if you didn't achieve them first time. There are always other routes you can go down. It might take longer than first thought, but you will get there. Education isn't a race.

Remember, a failed exam is not the end of the world. It may be a hurdle, but there are possibilities to help you overcome these and rise above failure.

New Staff!

We are very pleased to introduce Claire Simpson as our new Transitions Worker for the West of Fife!



'I have been working with young adults for many years, supporting them in both educational and community settings. I have always enjoyed helping them to have fun, reach their goals and build their confidence. My background is mostly with young people who have additional support needs, and includes running holiday Playschemes in Edinburgh, and support work for students with Autism in Dundee. I have worked with Fife Young Carers as a Sessional Worker for 18 months, so already feel part of this incredible team, and am very excited to take up the role of Young Adult Carers Transitions Worker and am really looking forward to meeting all the YAC's.'

We are sure Claire will be a valuable asset to the organisation and to the Young Adult Carers she will be working with—Welcome to the team Claire!



From free cinema tickets to 50% off meals out and first aid training, young carers can now access a special range of opportunities through Young Scot.

If you're 11-18 and helping to care for a family member, friend or someone in your community, you can sign-up!

Find out more at: young.scot/youngcarers

Offer	Organisation
Free cinema tickets	Cineworld ODEON VUE Screen Machine Independentcinemas
Free 12 month tastecard to get 50% off or 2 for 1 at hundreds of restaurants (Frankie & Benny's, Chiquito, Pizza Hut etc...)	tastecard
15% off	Boohoo
30% off all fares	Scottish CityLink
£10 off bungee or swing experiences	Highland Fling
50% of breaks, plus free breakfast	Hostelling Scotland
Free reusable coffee cups	Ecoffee Cup
Free sessions for groups of up to 18 young carers (dates to be arranged)	Go Ape!
25% off the concession price	Edinburgh Zoo
Free entry	IRN-BRU Carnival
25% off tickets	Dundee Science Centre
Free entry	Aberdeen Science Centre
20% off	BE Schoolwear
CV and digital confidence training sessions (date/venue to be arranged with local carer services)	Google Digital Garage
35% off study resources	Leckie and Leckie
30% off study guides	Hodder Education
30% off study guides	Bright Red Publishing
Ministerial tour of parliament	Scottish Government
50% off driving theory test training	Driving Test Success
Emergency First Aid Courses and Online First Aid Training Courses (date/venue to be arranged with local carer services)	St Andrew's First Aid



HOW TO ACCESS YOUR YOUNG CARERS PACKAGE

SIGN UP TO THE PACKAGE FOR:

- Free cinema tickets
- 50% off or 2for1 meals
- Free first aid training
- Free reusable coffee cup
- Special discounts
- And much more!!!



WHAT YOU NEED BEFORE YOU START:



Your Young Scot card



Your mygovscot myaccount



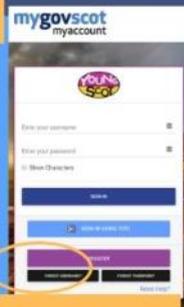
The name and contact details of a trusted adult that can confirm your care role



10 - 15 minutes to sign-up

STEP 1

REGISTER FOR A MYGOVSCOT MYACCOUNT



Setting up a mygovscot myaccount means you can securely log in to our new Young Scot website!

Go to membership.youngscot to start your application.

Click **Register** to set-up your mygovscot myaccount.

STEP 2

LINK YOUR YOUNG SCOT CARD TO YOUR MYGOVSCOT MYACCOUNT

This gets you access to #YSRewards and #YSDiscounts.

Enter your 16-digit Young Scot card number to validate your account.

(HINT: its the one under your name and above the date of birth!)



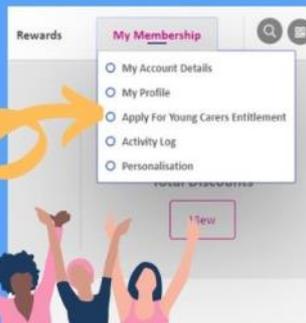
STEP 3

APPLY FOR THE YOUNG CARERS PACKAGE

To get your special young carer opportunities from free cinema tickets to training opportunities.

If you're not automatically taken to the form visit the My Membership section at membership.youngscot and then click **Apply for Young Carers Entitlement**.

We'll email you as soon as you can access your special opportunities.



STUCK?

1. Check out our detailed step by step detailed guide at young.scot/youngcarers
2. email membership@young.scot - please note it may take us up to 5 days to reply

As part of the application, you will be asked to input a 'Trusted Person'. This is a way that Young Scot make sure you are a Young Carer. This can be a professional your working with, or your support worker here at Fife Young Carers. It can also be a parent/guardian.

If you would like to use your support worker as your 'Trusted Person', please get in touch with us and we will help you fill it out.

If you have any questions or queries, please contact Young Scot, or your support worker.

One of the benefits of this package is free Emergency First Aid Training courses. This is something our Young Carers have told us is very valuable in their caring role.

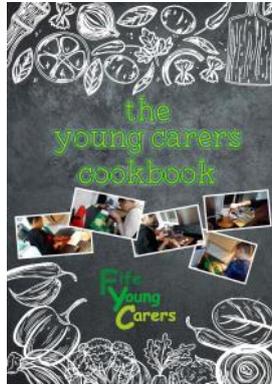
Fife Young Carers plan to host a course soon, so if you are interested in coming along, please get in touch with us.

Please make sure you are signed up for the package in the first instance.

Summer Fun!

Young Carers Cookbook!

You may remember, in the last newsletter, we updated you about our plans to produce a Young Carers Cookbook—developed and written by Young Carers themselves. We are pleased to announce that this is now a reality!



After months of hard work and practical cooking sessions, the cookbook is now ready to be printed. We would like to thank Community Food and Health Scotland for funding this brilliant resource. Also, massive thanks must go to the Young Carers themselves who helped make this a reality—you all gave 110% and should be very proud!

Alton Towers!

Back in June, we took a group of Young Adult Carers to Alton Towers for some theme park fun and respite. Thank you to CO-OP for funding this, as you can see, they had a great time!



'The Alton towers trip was amazing it was by far the best residential I've been on I was very thankful to be picked to be part of the trip and it was just the break I needed I enjoyed every part of the trip so thank you very much for letting me be part of the it'

'The trip to Alton Towers was a great escape from all the troubles going on at home. I enjoyed being with friends to relax for a few days whilst also being able to visit the Theme Park '



Afternoon Tea with the Young Carers focus group



In celebration of Carers Week 2019, our Young Carers Focus Group hosted an afternoon tea and networking session to professionals across all sectors in Fife, in the spirit of the theme 'Getting Carers Connected'. The event was a big success, with all professionals pledging support and 'Joining their Chain', helping Young Carers access opportunities, activities and information in their community to reduce the impact of their caring role.



Homelands Trust

Intermediate Young Carers had the chance to enjoy a luxury two night break up at Homelands Trust lodges in Lundin Links.

The weekend was amazing, full of fun, laughter, pampering and relaxing.

Young Carers had a great time when we visited St Andrews for the day and seen alpaca's, enjoyed beach walks and games and movie nights!



Fordel Firs

Junior Young Carers joined us in Fordel Firs for a two day activity packed residential. 3G swing, zip wire, climbing frame, arts and crafts, ladder climbing, archery and inflatable activities made this a fun filled few days that everyone really enjoyed.

Young Carers Festival 2019!

One of our favourites, the Young Carers Festival was back this year and what a time we had! Petting zoo, massages, virtual reality, glammy bus, inflatables, science centre, silent disco and many, many more activities made this another fabulous event.

Young Carers also got to share their views and needs with professionals in the YC zone; encouraging support from agencies across Scotland.



Health Information

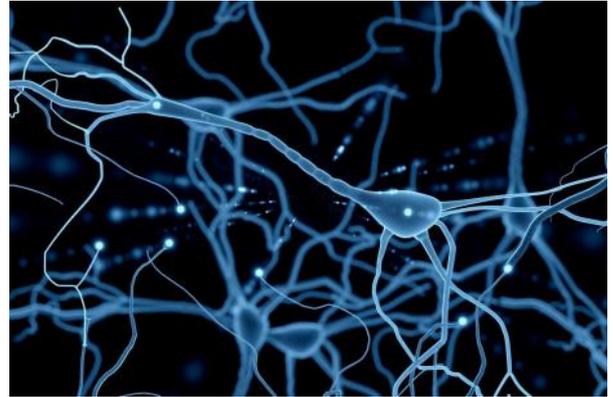
Young Carers guide to Motor Neuron Disease

What is Motor Neuron Disease (MND)?

MND is a disease that affects the motor neurons in our bodies.

Motor Neurons control our movement. It is these neurons our brain uses to pass on messages to our muscles and get them to work.

With MND, something goes wrong with the motor neurones. The messages stop getting through. When this happens, muscles can't move properly. If muscles aren't used, they become weak and get smaller. This is known as wasting.



This means the person with MND finds it harder to do the things they used to do. It can affect how they walk, talk, move, eat, drink and breathe. As these symptoms get worse, other people have to provide support.

Causes of Motor Neuron Disease

Nobody knows exactly what causes MND, but lots of research is going on to find out.

Scientists think several things may need to happen for someone to get MND.

Genes can play a part in this. Genes are little codes in our cells that make up who we are. Sometimes genes are different to the way they should be and cause unexpected things to happen, but we don't always know why genes have changed.

However, it is thought that other triggers are also needed for MND to begin. These may be things in the environment around us and can be different for each individual.

This makes it difficult for scientists to work out why MND happens.

Who gets MND?

MND affects adults, not children. Although young adults can get the disease, this is very rare.

It is more common over the age of 50. Up to 5,000 people in the UK have the disease at any one time. Compared to other diseases like cancer, this is a small number, which means that MND is quite rare



Diagnosis

As MND is rare, the GP may also think something else is wrong at first. They may see the person several times before realising the body's nerves could be involved.

At this point, the GP usually refers the person to a neurologist for tests. A neurologist is a doctor who specialises in conditions that affect the brain and nerves. The neurologist will examine the person and ask lots of questions about their symptoms and how these affect daily life. They will then do some tests.

There is no single test to prove someone has MND, so specialists do lots of different tests to make sure it isn't something else. Tests could include scans of the brain or body, physical examinations, and tests to check how well a nerve is working. If no other conditions are found that might be causing the problems, a diagnosis of MND is usually given.

Treatment

Unfortunately, there is no cure for MND at the moment. People with the disease do not get better and, in time, will die from MND.

However, scientists are constantly discovering new things about MND and the way it works. Some people with MND are prescribed a drug called riluzole, which is taken every day. It is not suitable for everyone, but doctors can advise. Riluzole is not a cure, but can slow down the progression of MND by a few months.

While there is no cure, there is support available.

This can help the person with MND feel more comfortable and do things for themselves for as long as possible.

Support can vary, but might include:

- treatment and therapy
- medicines to help manage symptoms
- equipment and aids
- money to help with extra costs
- help around the house
- personal care, such as getting washed or dressed
- nursing care, where medical needs become more complex

When someone is diagnosed with MND, the whole family is affected and people can react in very different ways. Everyone may need time to adjust.

As time goes on, the person with MND won't be able to do everything they did before. They will need more and more help as the disease progresses. Who does what at home will change and this could affect you, too. There may not be as much time for family activities if the person needs more support.

It is important as a Young Carer, caring for someone with MND, that you take care of yourself and get some respite. This will help you relax and calm your feelings if you are sad/angry/worried.

Fife Young Carers can help you find techniques to help look after yourself.

The MND Association has lots of useful information, including a guide for children and Young People, for more information visit: www.mndassociation.org/about-mnd/what-is-mnd/

Back Page News!

As we celebrate the launch of our Young Carers Cookbook, we thought why not give a little taster by including a recipe straight from the book! This was a firm favourite of our Young Carers and really easy to prepare!

Corn Beef Stovies

Serves 4.
Prep Time 10mins.
Cooking time 20mins.

Ingredients:

- 6 large potatoes (tatties!)
- 300ml (10 fl oz) milk
- 2 small or 1 large onion
- 50g (2 oz) tablespoons of butter
- 1 (200g) tin corned beef

Method:

- 1) Peel potatoes and cut into small cubes. Place in a medium-sized pot and cover with milk. Heat until boiling then bring to a simmer.
- 2) While potatoes are simmering...chop onion roughly and fry in butter until brown and crispy.
- 3) Slice corned beef into medium chunks.
- 4) Set aside until milk and potatoes cook down into a kind of starchy soup, but with soft lumps of potato in.
- 5) Mix in onion and corned beef, allowing all flavours to mix.
- 6) Season with salt and pepper.



Young Carers Word Search

w g s p h o l t a l k i
o n u r b l a h g w t r
w i p o o c t n u k y o
o h p u u f i t x l m n
r s o d c n p a e s e i
r a r n a o s n u q e n
i w t e s h o p p i n g
e j l o v l h k h t l n
d c s s e n l l i d e m
m a t u r e i r r n j n
u k v f v l e q k q g i
z h k a j d g q e q h y
u s r e r a c g n u o y

proud	cleaning	cooking
hospital	illness	lonely
mature	support	shopping
tired	washing	ironing
talk	worried	young carers

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