

Issue 35, March 2020

ADVOCACY



You may remember, last year Fife Young Carers recruited an Advocacy Worker, Wilson Macduff. The service is now firmly established and we have had fantastic feedback from Young Carers about the difference this type of support can make.

To those new to the service, and as a reminder to all our Young Carers, we have asked Wilson to explain a bit more about Advocacy and what he can do for you:

In this Issue:

- Fife Young Carers Updates
- Young Carers Awareness Day 2020
- Recent Activities
- Health Information—COVID-19
- Back Page News

"I have spent my life working with children, young people and families and one of the things I've enjoyed most is listening to the amazing, intriguing, impressive and important stories that everyone has to tell. Advocacy is a bit like that.

It's about making sure your views and wishes are heard and that you are safe.

This is especially important for Young Carers who are often busy, tired, stressed that they often don't have the time, strength, or confidence to say, 'Stop! I need someone to help me with this!'



I'll listen to what you have to say, make sure I understand what you want, and then, with your permission, I will express your views and wishes to the people that matter. That might be to a teacher, a doctor, a social worker, a family member, a nurse, a consultant, the person you care for—anyone really!

My job is to make sure that the person is aware of how you are feeling and what you want or need in order for you to stay strong and continue in your caring role."

Max didn't know who to turn to when his dad was struggling to get up and down the stairs. After talking to him, we agreed to let social work/occupational therapy know about this and they were able to install a bannister rail in his house. Now Max's dad feels a lot safer on the stairs and Max has one less thing to worry about.

Sam looks after her mum but has to sleep on the floor due to overcrowding. After telling me about this, I was able to express how she was feeling to the housing department who are now helping mum find a bigger house.

Young Carers Awareness day

30th January 2020

What is Young Carers Awareness Day?

Every day across the UK hundreds of thousands of young people help to look after someone in their family, or a friend, who is ill, disabled or misuses drugs or alcohol.

Young Carers Awareness Day is an annual event, led by Carers Trust.

It raises awareness of the challenges faced by young carers and campaigns for greater support for them.

Although everyday is Young Carers Awareness Day for us here at Fife Young Carers, we still enjoy celebrating this important occasion, with this year being no different.

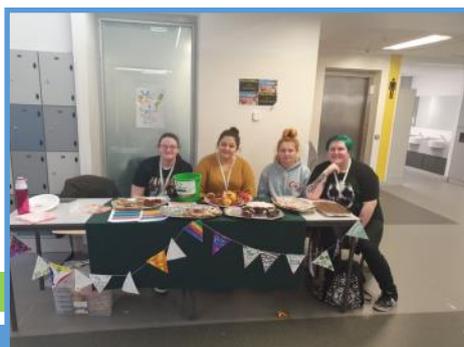
Bake Sale with The Young Carers focus group

For this years #YCAD2020, our Young Carers Focus Group came up with the brilliant idea of doing a bake sale to raise funds for our service.

Made entirely by hand, by the Young Carers themselves, we headed to Dunfermline High School to sell our delicious goodies.

The event was a massive success, and by lunchtime we had raised £120!

We would like to thank Dunfermline HS for hosting us, and all the pupils and staff who bought something!



It is estimated that there are as many as 7,000 Young Carers in Fife.

Approximately **1 in 8** of school pupils have a caring role.

Being a young carer can dramatically affect a young person's mental and physical wellbeing.

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

Use the R.U.L.E.

Respect

Young carer's in their caring role.

Understand

the young carers struggle.

Listen

To what a young carer has to say.

Encourage

Young carer's to pursue their dreams



2 in 3 young carers have been bullied in school

#CountMeIn
#YoungCarersAwarenessDay



48 the average number of school days missed or cut short as a result of a young person's caring role

#CountMeIn
#YoungCarersAwarenessDay



1 in 3 young carers say their caring role makes them feel stressed

#CountMeIn
#YoungCarersAwarenessDay



23% of young carers felt their caring role had stopped them making friends

#CountMeIn
#YoungCarersAwarenessDay

Activities



Six Nations Rugby!

We were fortunate enough to receive funding from Carnegie Harriers Running Club, St Andrews Ladies Putting Club & Rotary of Kirkcaldy to take a group of Young Carers and a group of Young Adult Carers along to the Six Nations Rugby championship.

Intermediate aged Young Carers attended the Scotland Vs France game—very exciting and they loved it!

Young Adult Carers attended the Calcutta Cup game, Scotland Vs England—even though it rained, it was a brilliant day from start to finish.

Thank you very much for funding this opportunity—great respite and great fun for the Young Carers!



Lamb Visit

In March, NEF Junior Young Carers group were lucky enough to be visited by local farmer Mr Spence and two of his lambs, Snowdrop and Primrose.

Both lambs Mum's were unable to look after them so Mr Spence has been feeding and caring for the girls along with another 15 lambs in the same situation. This means Mr Spence has to feed them all four times a day over 24 hours, so a lot of bottles of milk!

The group were able to walk the lambs around the hall, play with them and give them their teatime feed. The group asked lots of interesting questions and we found out that lambs don't have top teeth. There were no "mistakes" from the girls who are both around four weeks old. We were all pleased to hear that Primrose and Snowdrop will be staying on the farm with Mr Spence for the rest of their lives, hopefully having lambs of their own in the future. A big thank you to Primrose, Snowdrop and especially Mr Spence who is extremely busy just now not just with the lambs he currently has but with another 30 lambs still due to arrive.





Loony Dook 2020!

Staff and Young Carers Focus Group members welcomed in the New Year by jumping head first into the Firth of Forth in the annual Loony Dook in South Queensferry!

We did this as part of fundraising efforts and between us, managed to raise a whopping £650!!!

Thank you so much to all that donated to our cause and a massive thank you to the Young Carers and staff who took part—we are so proud!



Health Information

Coronavirus (COVID-19) Guide for Young Carers

It's easy to feel a bit overwhelmed and scared by everything you're hearing about coronavirus disease (COVID-19) right now. Find out more about what's happening and the simple steps you can take to help prevent catching COVID-19 and spreading to others.

What is Coronavirus and how might it affect me?

Coronavirus is a group of infectious diseases that range from a common cold to a much more serious illness that affects your lungs and breathing. It makes people unwell, and in some cases, has led to serious illness and death.

On the 12th March the Government announced that we were moving out of the contain phase and into delay, in response to the ongoing coronavirus (COVID-19) outbreak.

To help prevent the spread of the virus and slow it down, preventative measures such as social distancing were put in place. This means people are being encouraged to work from home if they're able to and to avoid going to pubs, cinemas, theatres and other social places. For now, schools are closed.

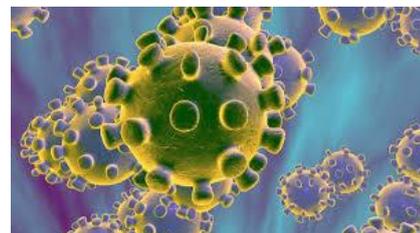
For the most up to date information for the UK, visit www.gov.uk/guidance/coronavirus which is updated daily.

Symptoms

The most common symptoms of coronavirus are:

- high temperature or fever
- cough
- shortness of breath

These symptoms don't always mean you have coronavirus though. The symptoms are similar to many other illnesses that are much more common, such as cold and flu.



Who is most at risk of coronavirus?

Like many other flu-like viruses, coronavirus will have more severe symptoms in people who already have weakened immune systems, in older people, and people who have long-term health conditions like cancer, diabetes and chronic lung disease.

What do I do if I have coronavirus symptoms?

You should stay at home for 7 days if you have either:

- a high temperature
- a new, continuous dry cough

Staying at home and separating yourself from other people, is also known as self-isolating. This will help to protect others in your community while you are infectious.

Phone your GP or 111 if your symptoms:

- are severe or you have shortness of breath or difficulty breathing
- worsen within the 7 days you're at home
- haven't improved after 7 days

What can I do to protect myself against coronavirus?

Be hygienic!

Make sure to wash your hands regularly – especially after going to the toilet, after coughing or sneezing, and before eating food. It's also good practice to make sure you don't come too close in contact with anyone who may be carrying an infectious disease, like a cold or flu.



Information & support for Young Carers

If you provide regular support to a vulnerable friend or family member, you will want to do what you can to protect your own health and of the friend or family member you look after during the coronavirus outbreak.

As the situation is changing quickly, the guidance may also change, so Carers should therefore check regularly to make sure they are following the latest guidance on the [NHS Inform Scotland website](https://www.nhs.uk/inform-scotland/).

Young Carers who do not already have an emergency plan in place may also want to talk with family and friends about who could take over their caring role if they become ill or need to self-isolate – particularly while social work services are under additional pressure during the coronavirus outbreak.

It will also be important to make sure you have key information about the person you care for easily available - so that anyone taking over care has all the information they need.

Where Carers and family and friends are unable to provide essential care for someone, they should contact their local social work department. Contact details can be found on the [Social Work Scotland website](https://www.socialworkscotland.gov.uk/).

If Young Carers are still providing support, but in a limited capacity. Please call our office if you need someone to talk to; we can provide telephone support, emergency plans or signpost to other organisations that can help. We may have limited opening hours, but you can leave a message and we will get back to you as soon as possible.

Young Scot have great guidance and advice for Young People on how to deal with coronavirus: www.youngscot/coronavirus

Back Page News!

Chicken and chickpea stew

Delicious Spanish stew recipe—preparing us for summer!

Serves 4.

Prep time: 10 mins

Cooking time: 60 mins

- 1 chicken stock cube
- 2 chicken legs
- 2 tbsp olive oil
- 1 medium onion, peeled and finely diced
- 3 medium tomatoes, finely diced
- 1 red pepper, deseeded and finely diced
- 4 cloves of garlic, peeled and chopped
- 1/2 tsp smoked paprika
- 1 tbsp tomato paste
- 800 grams cans chickpeas (drained)
- 320 g basmati rice

Method:

- Boil the kettle. Measure out 800ml of boiling water in a measuring jug, then add the chicken stock cube and stir to make a stock.
- Pour it into a medium pan and bring to the boil. Add the chicken legs, then cover and reduce to a low heat. Simmer for 30 minutes, or until cooked through and falling off the bone.
- When there's 15 minutes to go, heat the oil in a large saucepan, then add the onion, tomatoes, pepper and garlic. Cook gently until softened.
- Stir in the paprika and tomato paste, then drain and tip in the chickpeas. Stir well.
- Remove the chicken from the broth and set aside to cool.
- Add around 300ml of the broth to the stew, then cook over a medium-low heat until reduced.
- Meanwhile, return the pan of broth to the heat, add the rice and cook until tender, topping up with hot water so it's about double the amount of water to rice.
- Use 2 forks to shred the meat off the bones.
- Stir the chicken through the stew, then serve with the rice.

Serenity & Peaceful Words

A	L	F	G	L	A	L	U	G	E	G	M	Q	T
E	R	A	N	N	B	C	N	Y	S	A	E	A	E
E	E	M	I	G	R	N	A	S	S	I	L	W	L
N	E	I	K	Q	E	N	N	L	E	S	I	A	H
K	R	L	N	L	A	R	C	E	M	W	L	L	C
E	E	Y	I	V	T	J	E	M	I	N	T	K	U
A	J	E	H	A	H	K	S	L	A	E	E	I	I
T	U	C	T	C	E	G	A	E	A	C	I	N	E
I	V	A	M	A	E	N	C	X	R	X	U	G	Y
M	E	E	N	T	K	O	R	K	T	E	Q	H	E
E	N	P	N	I	B	A	A	T	T	H	N	I	N
N	A	H	I	O	N	P	S	G	C	L	S	E	O
A	T	N	S	N	S	R	I	T	O	T	E	G	L
E	E	E	G	N	I	L	E	E	F	Y	R	W	A

PEACE
TIME
THINKING
EASY
BREATHE
RELAX
QUIET
OCEAN
SERENE
YOGA
FEELING
WALKING
CALM
ALONE
REJUVENATE
VACATION
FAMILY

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