

YCare!

Newsletter, December 2013

Megan Foster: Winner of First Argyll and Bute Young Scot "Unsung Hero" Award

Megan Foster, one of our fellow Young Carers was nominated for the "Unsung Hero" Awards this year. I recently met with her and we had a chat about the awards.



Q: Had you ever heard of the Unsung Hero Awards beforehand?

A: No I hadn't.

Q: Why do you think you were nominated?

A: I think I was nominated because I have not just one but three brothers with disabilities and I choose to help my mum and step dad in caring for them, instead of leaving them to do it themselves.

Q: Did you think you would win?

A: No, I didn't because I still don't think that what I do as my caring role is that unusual.

Q: How did you feel when you won the award?

A: I was obviously excited but I was also overwhelmed by the fact that everyone now knew me and my family situation, which was a good thing because it gives more recognition not just of me but of all carers and young carers.

Now just a few questions for fun:

Q: What would do you if you were invisible for a day?

A: I would have lots of fun playing tricks on my family and friends!

Q: If you could take anyone alive or dead, for lunch who would it be?

A: My brother Roddy.

Rebecca, (15)

"Sleigh bells ring, are you listening"??
The Wee Care Media Group would like to wish all their readers a very Merry Christmas and a Happy New Year!!

Inside this edition:

- Carlogie House review
- Argyll & Bute, Young Scot Awards
- Christmas Bites
- Christmas Puzzle & Jokes
- Film review
- Visit to the Scottish Parliament
- What happened in 2013

Helensburgh and Lomond Carers SCIO have produced an informative website that tells people about the charity, events, services, updated news and information about the young carers. The website also has a number of useful links for young carers such as www.youngcarers.net. To access the website visit www.helensburgh-carer-support.org.

Spiced Tomato and Coconut Soup Method

Ingredients

1.25ml Dried cumin seed
25ml Sunflower oil
100g Onion (peeled)
15ml Garlic (peeled)
75g Creamed coconut
5ml Ground turmeric
5ml Ground cumin
1.25ml Dried crushed chillies
1 Bay leaf
45ml Tomato puree
400ml Canned chopped tomatoes (in juice)
650ml Ham stock
1.25ml Sugar
(and don't forget to add a bit of seasoning to add even more flavour)

Lennox

1. Dry fry the cumin seed for 1/2 minutes until coloured and they become fragrant
2. Remove from heat, add to 5ml of oil and allow to infuse
3. Dice the onion and finely chop the garlic
4. Roughly chop the cream coconut
5. Heat the remaining sunflower oil in a large pot, add the onion and garlic, cover and sweat until soft and transparent
6. Add the turmeric and ground cumin to the pot and stir to coat the onions
7. Add the chillies and bay leaf, cover and cook gently for 4 minutes
8. Add the tomato puree and continue to cook gently for 1 minute
9. Add the chopped tomatoes, stock, creamed coconut and sugar. Bring to the boil, cover and simmer for 30 minutes
10. Remove the soup from the heat and allow to cool slightly
11. Remove the bay leaf
12. Puree the soup until smooth
13. Reheat the soup if necessary
14. Enjoy the soup!!!!



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Trip to the Scottish Parliament

Jackie Baillie MSP invited the young carers to the Scottish Parliament on Thursday 21st of November. We sat in listening and observing the First Ministers question time, had lunch in the members lounge with MSP Jackie Baillie followed by a tour of the building. Lunch was a rather nice meal of soup, chicken, crème brulee and a lovely chat with Jackie Baillie (I got to sit next to her, Hehe). I have got to say the most interesting and intriguing part of the day was the First Ministers question time. We were told when we went into the viewing area to keep very quiet. I honestly don't know why because the Politicians were worse than us. They were talking and murmuring through each other's speech. Their cheeky comebacks and insulting nicknames for each other were funny to watch, but on a more serious note were quite rude. If they can't at least show respect to their fellow politicians despite their different opinions, what kind of example are they setting for everyone else? Yes, we should debate different topics but you think they would be a bit more mature about it. I'm 15 and even I wouldn't say something disrespectful and cheeky to my colleagues, especially in front of cameras. Anyway, it was rather captivating to watch. After all the parliament business was over we went into the Edinburgh Dungeons which I highly recommend to anyone over the age of 10. It was so much fun and a little scary but not if you're hardcore like me! Everyone was screeching and grabbing on to me saying "Megan, you're so brave, you're not scared at all" I try not to brag but yes, I was courageous!! Well that brings us to the end of our little educational field trip. Before the long, tedious 2 hour train journey we went to KFC, and McDonalds. We thought it was a good idea to get some more fuel in us so we could annoy our youth workers with boring questions and comments on the train.

Finally, a BIG thank you to MSP Jackie Baillie for inviting the young carers to Parliament.

Megan (15)

Jackie Baillie's response to Megan's article, "Fantastic article, as long as I am the exception to her observation! On a serious note, I loved having them and we should try and do this every so often, particularly if they get something positive from the experience". Best wishes, Jackie.

Movie Review

The Hunger Games is a modern sci-fi adventure film where one country called Panem is split into 12 districts. The wealthiest district is the Capital and the poorest district is District 12!

All the other districts rebelled against the Capital and caused a huge war to break out, creating destruction and CHAOS. Once everyone made peace the President wanted to punish the districts by sending 1 boy and 1 girl from each district to fight to the death in an arena!

Katniss Everdeen who lives in District 12 Volunteers to take part in the 74th annual Hunger Games after her little sister gets picked. Katniss has to train to fight, survive, scavenge and put on a show to the audience so that she will be liked and supported. But when the Game begins what will she do?

I highly recommend that you watch this movie. *Cameron*



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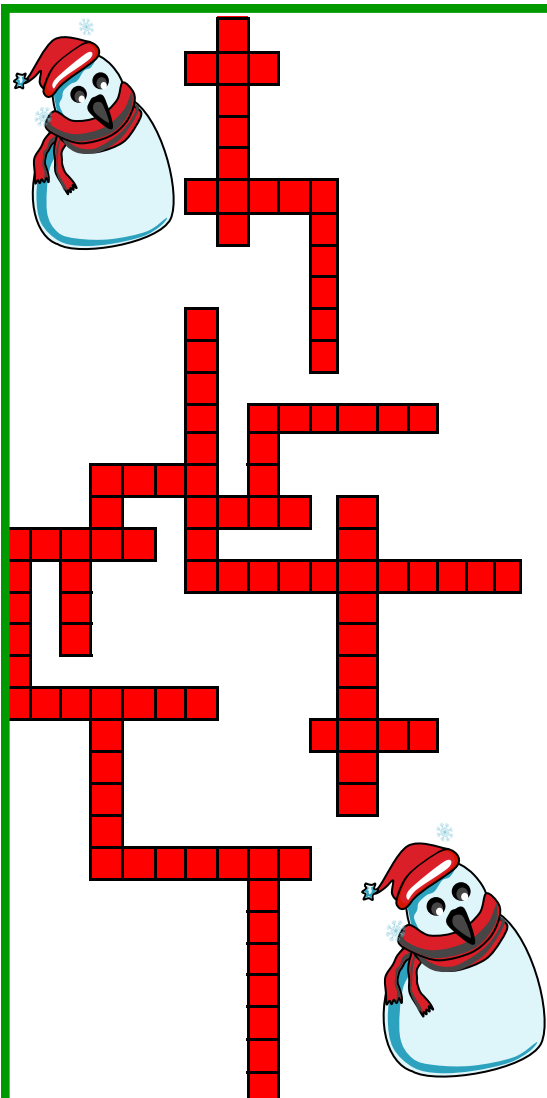
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Carlogie House

Happy times all round, when 11 Young Carers attended a two night break at Carlogie House, Carnoustie. There was lots of fun, laughter and screams of delight as the YCs took to the ice and showed off their new found skills. The movie of their choice was "Turbo", a 3D animation about the fastest snail ever!! Lots of arts and crafts gave way for silence and concentrated faces as the YCs made gifts to bring home. The Sing Star and Guitar Hero proved to be a great favourite as was the movie night and story telling, what a great way to wind down after such hectic days. The accommodation, food and staff were fantastic at Carlogie House, many thanks to Jane, Angela and the rest of the team!! Sharon



Christmas puzzle and jokes. All you have to do is fit the words into the grid, read the jokes and Laugh!!!

CAROLS
SNOWMAN
WINTER
RUDOLPH
DECORATION
KING
PRESENTS

SWEETS
STAR
MARY
GIFT
SANTACLAUSE
GOD
CANDY
NOEL

LAPLAND
HAY
ANGEL
LIGHTS

Q. What do you get if you cross mistletoe and a duck?

A. A Christmas Quacker.

Q. Why are Christmas trees such bad knitters?

A. They are always dropping their needles.

Q. Who says "Oh, Oh, Oh!"?

A. Santa walking backwards!

Q. What nationality is Santa Claus?

A. North Polish.

Q. What do snowmen eat for breakfast?

A. Frosted Flakes..

Q. What did the snowman order at the fast food restaurant?

A. An ice burger with chili sauce.

HoHoHo!!! Allys

Here comes Santa Claus!!



[illegible]

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