

YCare!

Newsletter

“To make a positive difference to the lives of young carers in Helensburgh and Lomond”

Who are we?

The Helensburgh and Lomond Young Carers Initiative was established in April 2012 after a consultation process, which identified that there were over 380 young carers in the Helensburgh and Lomond area. They also found less than 5% of these young carers receive support in their caring role. Using this information a funding application was submitted to the Big Lottery fund which resulted in 4 years funding. This was used to establish a new service to work with young carers living locally. Whilst writing the bid a number of young carers who were previously known to the centre were involved in the development of the delivery model. This allowed young carers to tell us what services and supports would best meet their needs; such as: counselling, mentoring, workshops, group work, and respite opportunities to give them a much needed break from their caring role. We continued to meet up with other young carers in the local community to share experience, support each other, make new friends and have fun!

Now let's talk about us! We are the awesome **Wee Care Media Group** and we are delighted to be involved in the publication of the first ever young carers newsletter; **Y-Care**. The Media Group is made up of young carers from the Helensburgh and Lomond area, and through our publication we aim to raise awareness within our community of Young Carers and their responsibilities, Identify new young carers, informing them of support and services available to them. *Wee Media Group*



Wee Care Media Group



November



Issue 1.

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Who cares when you care?



We interviewed April Walker, the Young Carers Development Coordinator and Sharon Richardson Young Carers Support Worker for Helensburgh & Lomond Young Carers Initiative.

Q. So, April and Sharon, tell us how you came to work with young carers?

A. April told us she had previously worked with Young Carers in Glasgow and was keen to bring her experience and knowledge to this new service. Sharon, already a familiar face in the centre with the adult carer services, decided she would like to work with the Young Carers in this new and exciting Initiative.

Q. How do you identify young carers?

A. We identify Young Carers by working in partnership with local key services throughout Helensburgh & Lomond such as: GP's, teachers, school nurses, social work, youth groups and people who may come across young carers in their day to day work.

Q. What support and services can you offer young people with caring responsibilities?

A. We offer a wide range of support and services; including emotional support, group work, tutoring, counselling, respite and much more. We also offer opportunities for young carers to mix and socialise with other young people with similar responsibilities and caring roles. We provide residential opportunities, giving young carers a break away from their caring role to have fun, try new things and make new friends.

Q. So how would a potential young carer access the support services available?

A. Anyone with questions or enquiries can contact us directly by telephone, email, or simply pop into the office for a cuppa and a chat, we care when you care! No need to make an appointment. See contact details below. *James*

Political corner: Jackie Baillie MSP, Dumbarton Constituency

Jackie began the interview by discussing the invitation to the Young Carers Festival. She is a supporter of the Festival and believes it to be a fantastic event. However, over the last few years she has been on annual leave when the Festival was on and therefore was not able to attend.

Stephanie: Tell us how you got into politics.

Jackie: I'll give you the short version, shall I? I joined the Labour Party at the age of 18; I did not like Margaret Thatcher and felt I needed to take a stand. At that time I was happy to be part of the back room staff and I was interested in policy. I stood for election after devolution, when we achieved a Scottish Parliament; it was a time of real celebrations. I decided that was the time to stand up and be counted.

Stephanie: What are your general plans in the ongoing work around Young Carers?

Jackie: I think it's about providing young carers with respite. I also believe one of the biggest challenges we face is issues around supporting Young Carers in education. We need to ensure their educational process isn't negatively affected by their caring responsibility. We need to keep working hard to ensure we get better at recognising and addressing the issues faced by this group of young people. We need consistency of good quality supports available to Young Carers. Helensburgh & Lomond Carers Centre and Young Carers Initiative are very good at being proactive, identifying Young Carers, finding out what the issues are and trying to deal with them. The three key issues for me are: respite, education and supporting Young Carers need to come together.

Stephanie: Do you feel you know a lot about the issues faced by Young Carers?

Jackie: I don't pretend to know it all, but what I can do is listen. In the work with Young Carers we need to communicate, set realistic goals and respect the view point of others.

Stephanie: Last year you invited a group of Young Carers along to the Scottish Parliament,. Is this something that could happen again?

Jackie: Absolutely, we can have lunch and tickets to the Ministers Debating chamber.

Stephanie thanked Jackie for her time and for being so open and honest in her answers.



Goodbye & Good luck

The Wee Care Media Group would like to thank Maddy for all of her help and hard work in producing the first Young Carers newsletter. During her placement Maddy accompanied us to a 5 day residential to Broomlee Outdoor Centre and 2 nights camping at the Young Carers Festival.. We are going to miss her but wish her every success in her future studies.



Cookery Corner

Ok, so I signed up for a media group thinking I wouldn't actually have to write anything but surprise surprise.... I do.

Anyway this month I am writing a food section and to kick it off I am going to share a fabulous recipe which I think is a winner for all readers, unless you're vegetarian, if you are.... tough! (jokes) This recipe makes a BIG portion of food, it serves 8-10 people but they are great for freezing so don't be shy. Now to reveal what this awesome recipe is, drum roll please....

Moroccan kofta & chorizo stew

Yay!! Now, it says stew but really it's just lamb meatballs with chorizo, but I have got to say it's one of my all time favourite dishes so I hope you all enjoy it as much as I do.



Ingredients

- 750g lamb mince
- 1 onion - grated
- 1 red chilli - finely chopped
- 1 tsp ground cumin
- 2 whole cloves - ground
- Bunch of coriander leaves half chopped - half whole
- 1 egg
- 250g pack mini chorizo cooking sausage - chopped
- olive oil
- 2 tbsp harissa paste
- 2 x 400g tins of chopped tomato
- 400ml chicken stock
- 1 cinnamon stick

(Harissa paste can be found In Helensburgh Buffet Shop!)

Method

1. Mix the lamb, onion, chilli spices and the chopped coriander leaves. Add the egg and season well, then combine everything clean hands. Form into small meatballs about the size of a walnut.
2. Fry the meatballs and chorizo in a little oil in a large frying pan until browned all over (you may need to do this in batches). Scoop out, then add the harissa and cook for a minute. Add the tomatoes, chicken stock and cinnamon then simmer for 15 minutes.
3. Add back the meatballs, chorizo and simmer for another 20 minutes, until cooked. Stir though coriander to finish.
Bon Appétit. *Megan*

How can you identify a Young Carer?

Well, first of all let's look at what a young carer is. In Helensburgh & Lomond area a young carer is a young person between the ages of 5 and 24 who has an unpaid caring role within their family. Young Carers' responsibilities depend on their situation. It can involve practical and/or emotional responsibilities which would normally be expected of an adult. They may care for someone who is ill, disabled or has ill mental health or substance misuse problems. Examples of a Young Carer's daily routine could include: shopping, cleaning, physically care which can involve lifting etc, emotional support and much more.

Are you thinking about that friend of yours whose daily routine involves some of these tasks? Now what do you do? Well you could try speaking to them about it and show them this Newsletter. However, the most important thing you can do as a friend is to support them, even just listening can help!

You may be reading this and you yourself are a carer. Many carers don't think they are a young carer; helping people is just what you do naturally, right? Well yes, people tend to help someone who needs support but you should also receive support.

If you feel you do any of the above caring responsibilities or just want some more information, feel free to get in touch with Helensburgh and Lomond Young Carers Initiative; 01436 670555! Or contact April or Sharon on the emails below.

april@helensburgh-carer-support.org

sharon@helensburgh-carer-support.org

Upcoming Events & Activities

14-16th Oct

3 Day residential to Carlogie House
for 10

YCs 5-8yrs old

October

Weekly study groups

Will commence

Fri 15th November

Positive Mental Health Workshop

For girls at high school

Sat 30th November

Fundraising Bag Pack At the Co-op
in Helensburgh

Sat 14th December

Christmas Panto trip & lunch

To see

Dick McWhittington at the
Armadillo Theatre

Coming soon

Reach Out Fire Safety

PX2 residential

If you are interested in any of the
above, or for more info, give us a
call 01436 670555

Question corner coming soon !!!

E-mail all your questions and suggestions to

april@helensburgh-carer-support.org

sharon@helensburgh-carer-support.org

Film and music review

One Direction's newest track 'Best Song Ever' has been a hit!

It is an extremely catchy song with really catchy lyrics (Personally I love the song) Best song ever reached number 3 in the UK charts. The song was released for the One Direction lads new, upcoming 3D movie 'This is us'. To make the song even better they have a fantastic/ Hilarious music video to go along with it, written by James Corden and Ben Winston. If you haven't heard or seen it already, go check it out! *Lennox*



Disney's fantastic adventure movie "Oz The Great and Powerful," is about Oscar Diggs, a circus magician who is blown away from Kansas in a twister to the happy land of Oz. He thinks he has hit the jackpot and believes that a fortune is his for the taking when he sees the unique land of Oz. That is until he meets three witches: Theodora, Evanora, and Glinda. They are not convinced he is the great wizard everyone's been expecting.

Reluctantly drawn into the epic problems facing the land of Oz and its people, Oscar must find out who is good or evil before it ends up too late. Using the power of illusion and the wizardry deep inside, Oscar transforms himself into a great wizard. This film is fantastic and a great family movie, I highly recommend it! *Lennox*



Sail review

The highlight of the summer was a 5-day sail with the Ocean Young Trust on the Alba Venturer, 70ft Oyster vessel. The trip was funded by the Big Lottery and KPMG. I was one of 9 young carers lucky enough to take part on the voyage.

On arrival at Greenock harbour we went aboard and were shown our accommodation for the next 5 days. The skipper went over some health and safety with us, we got into our oil skins and life jackets and set sail to our 1st destination, Inverkip Marina where we moored for the night.

We were all up by 7:30am the next morning, as fresh as daisies (not really!) to start our sail to Arran. In true Scottish West Coast style we experienced every season in one day, riding out storms and sun bathing on the deck and cockpit.

As we headed for Lochranza a small island on Arran we saw porpoises, dolphins and countless jelly fish. we went ashore in the dingy and walked for what seemed like miles, in search of the longed for coke and chocolate bars as well as taking in the beautiful scenery. We attached to a buoy for the night which was donated to the Ocean Youth Trust by the people of Arran, how kind!

From Arran we sailed to a beautiful island called Barmore, had a BBQ on the beach cooked by two very beautiful chefs (if I do say so myself...) we had a ball. Playing donkey, catch, paddling in the water and eating the fab food... After that we spent the night in Portavadie Marina and had the best showers of our lives! 10/10! After our clean bodies had their first shower in three days we let them rest.

On Thursday we sailed past the stunning Kyles of Bute as we headed to Largs. We managed to talk the skipper into letting us go ashore again for a poke of chips and that infamous Nardinis ice cream. We spent some time embarrassing ourselves playing chicken and belly skids in the rain. Back on board later that evening the Venturer became a party boat and just before bed we watched the sun set. Because we dropped anchor off Largs we had to take our turns to do watch through the night, everyone managed to successfully complete this task ensuring we didn't drift too far out to sea.

Our final morning saw us head back to Greenock harbour where we had group time discussing the highlights of the week, this soon became very emotional to the point I couldn't stop myself blubbering.



We had so much fun and time to relax however, there was hard work too with hoisting and winching the four sails, learning how to tie complicated sailors' knots (definitely a skill), steering the helm, mooring the yacht, dropping the anchor, keeping watch and logs through the night and so much more. Of course, the domestics had to be taken care of by everyone. This is what they call "The Happy Hour", cleaning the heads (toilets), scrubbing the upper and lower decks, preparing and cooking food for 18 people in the galley followed by speed dishwashing which everybody took part in resulting in a water fight.

Everyone agreed this was an experience of a life time and a well earned break, allowing us to learn new skills and have fun! *Taylor*

Focus on the Community

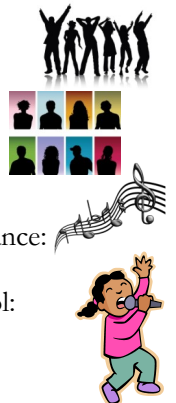
Argyll & Bute Homeless Service:
01436 659806
Helensburgh Jobcentre plus:
01436 633000
Helensburgh & Lomond Carers Initiative:
01436 670555
HART:
01436b 655653
NHS 24:
08454 24 24 24
Skills Development Scotland:
08458 505302
Welfare Rights Officer:
01436 658714

Important Numbers

National Rail Enquiries:
0845 7484950
Millig Practice:
01436 673366
Dr MacLeod & Partners:
01436 672277
Garelochhead Medical:
Centre: 0141 810370
Kilcreggan Health Centre:
01436 842156
Arrochar Surgery:
0844 477 2520

What's on

Route 81 Youth Project:
01436 811100
Centre 81:
01436 810307
Y.O.U.T.H:
01436 655012
Margaret Rose School of Dance:
01436 678654
Ian MacLeod Theatre School:
07917 624848
Singer Station:
07538424431



Special thanks to all involved in this newsletter

Stephanie Thomas, Megan Foster, Rebecca Gibb,
Taylor Bird, Lennox Wood, Riana Jones,
Iona Shanks, James McGregor, Maddy Grant,
Mark Paton, Sarah Jane Williams,
April Walker & Sharon Richardson

**FIREWORKS
BE SAFE
NOT SORRY**
ALWAYS FOLLOW THE CODE

WebLinks

<http://mentalhealth.org.uk/>
<http://www.samaritans.org/>
<http://www.talktofrank.com/>
<https://www.lgbtyouth.org.uk/>
<http://www.youngscot.org/>
<http://www.sccyp.org.uk/>
[http://www.childline.org.uk/
Pages/Home.aspx](http://www.childline.org.uk/Pages/Home.aspx)
<http://www.youngcarers.net/>