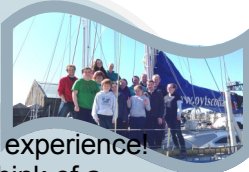




Sail Review



We stepped on to our week long sail aboard the Alba Explorer clueless of what we were going to experience! Sharon, 5 other young carers and I had the privilege of a trip we would never forget. When you think of a week-long sail, you expect spacious rooms, quality bathrooms and a relaxing trip. It was none of these things but I can tell you it was the most fun I've had with some amazing people.

From the very moment we stepped onto the boat we never stopped working. We were split into two watches (teams) to enable us to split shifts. We had a watch leader to encourage us to work hard and have lots of fun. Firstly we covered Health and Safety, fire exits and had a tour of the boat. The first night we used the motor to arrive before our hard work began. During our stay on the boat, we had a rota for preparing and cooking breakfast, lunch and evening meal. Everyone had to be involved otherwise you wouldn't be eating!

On a day to day basis we learned many new skills, gaining confidence whilst on shift. We hoisted the sail and, as it was such a hard job, everyone needed to be involved. We used to chant "2, 6, HEAVE" encouraging each other to pull harder, adding excitement and laughter to the job. After we had hoisted the sail we had to use the winch, which draws in all of the remaining rope back in and securely locks it down. We experienced many weather conditions whilst on the trip, thus making some of the jobs harder. We were taught many sailing techniques such as tacking; this meant the boat went from travelling towards the wind to moving with the wind. We also learned how to jibe, which means moving the stern through the wind. Learning all these techniques was such a great chance to build confidence, learning new skills and becoming independent. As well as working hard we had lots of fun with the activities and team building games at night.

At the end of the trip we were so sad to step safely on to dry land after completing our voyage around the whole of the Isle of Bute. Overall I would highly recommend the experience of the Ocean Youth Trust Sail. It's an experience you would never forget.

Steven



Young Carers!

Take part in our annual artists competition

What do I need to do?

You need to create a picture or design on a landscape A4 size piece of paper. The design should have a Christmas theme, use your imagination and make it bright and colourful it may be drawn or painted in crayon, pastel, acrylics, poster colour, collage or a mix. Use white or coloured paper and fill the paper with your design. So have fun and create something different!



What will I win?

There will be 3 winners who will receive a framed copy of their entry, a gift voucher for £25 and be invited to attend a presentation at the Carers Trust Network Conference on the 19th November 2014. The winning entries will be judged on the entry design and the artists age.

When is the closing date?

The closing date for entries is:

29th August 2014

Pick up your Application form at the carers office today

We care about Mental Health

The Wee care media group are currently in the process of creating an advert that promotes good mental health in connection with the Scottish mental health arts and film festival. The advert will be shown in and around the local area to encourage people who suffer from mental health issues to speak up and not to be left in the dark. Mental health issues have risen in Scotland in the past couple of years so it is important to try to tackle these issues as soon as possible.

YCare! Newsletter



Meet Our New Education, Training and Employment worker

Hi my name is Pamela Burns. I am the new Education, Training and Employment Worker for Helensburgh and Lomond Young Carers Initiative. My post is funded through the Co-operative, as part of the 'About Time Programme' which is managed by Carers Trust and I will be based at Centre 81, Garelochhead.

I am looking forward to working with Young Adult Carers aged between 14-24 who would benefit from assistance to enable them to begin to think about their future. My 14 years of training and employability experience, has equipped me with the knowledge and tools to enable me to support young adult carers achieve their education, training and employment goals.

If you are a young carer or if you know someone who is and would like more information please contact Pamela at Centre 81 on **01436 81126** or at the Carers Centre on **01436 670555**.

Pamela



Helensburgh & Lomond

Inside this issue

- Tips for safety in the sun 
- Fashion Tips
- Review of the Ocean Youth trust sail 
- Film Review
- YC Art competition 
- It's a Knockout 
- YC media day in London
- Useful Contacts 

Here Comes The Summer

The summer holidays are finally here! Yeehaa !! And so far we couldn't have asked for better weather. Hopefully it will last for ever, but it is Scotland after all and we all know how unpredictable our climate can be. Don't let the thought of rain dampen your spirits though, because we have got a fantastic line-up of activities on our summer programme for you guys to enjoy. Here's just a little taste of what's to come.

We have teamed up with the Outward Bound Trust to provide a range of outdoor activities which include canoeing, mountain biking and Gorge walking. With the frenzy surrounding the World Cup we have arranged a 3 day Celtic soccer camp in partnership with Celtic football club and The Royal Navy Royal Marine Welfare. Woohoo !! And of course this summer we have ...wait for it... wait for it ... **THE YOUNG CARERS FESTIVAL !!!**

We know we don't have to remind you how fun and exciting the festival truly is. This is only a few of the upcoming events we've got in store for you and we hope you enjoy them, but in the meantime we hope you have a wonderful summer.



Top Tips For Summer

- ♦ Sun cream is vital when going out during the summer. Sunburn hurts a lot and can affect your health.
- ♦ **WEAR A HAT!** Although some of you may hate wearing hats they are also important for protecting your head against sunburn.
- ♦ Remember to drink lots of water! You should already drink a lot of water on a daily basis, but when it is hot and sunny outside you need water to keep you hydrated and healthy throughout summer.
- ♦ Wear loose, light, cool clothing to prevent you from getting too hot when it's sunny outside. If you decide not to cover up then wear an appropriate sunscreen.

Lennox

Family Fun Night

On Friday 10th June Helensburgh and Lomond Young Carers held a Family Fun Night in the Hub at Centre 81 in Garelochhead. As a new young carer this is one of the first events me and my brother have been to. When we arrived there were a few people already there and we were welcomed as if we had been there for years. We all sat down and waited for the first activity which happened to be karaoke. We were all very shy but Elliot saved the day and got up to sing "Let it go" from the movie Frozen. Everyone was happy and sang along. We then played stand up bingo, which was also lots of fun. We then stopped to have some lovely food, sausage rolls to chicken skewers. After we had eaten we went back to dancing. The children were getting into Gangnam style and breakdancing moves. We also had a raffle and those lucky enough to win won prizes like colouring books, chocolates and trips to the Sea Life Centre. As far as Family Fun Nights go this has to be one of the best nights that we have been to. We all had so much fun. Best of all I got to enjoy it with my family. I know a lot of hard work went into arranging the night and it definitely paid off.

Thank you to Sharon and April and all the rest of the helpers. I can't wait for the next one.

Saskia

Women's

To keep you looking as good as you normally do we have come up with this exciting page of top beauty products!



This year the on-trend looks are mermaid curls or the messy bun, with celebrities like Rihanna and Vanessa Hudgens rock-



To keep your body moisturised from head to toe this Vaseline Aloe-Fresh Moisturiser is great!



For a fruity fragrance for spring/summer this year, I would recommend Accessorize, Promise which I have tried and tested myself and I absolutely LOVE it! And it gets even better, its available from the Accessorize shop or online!

Men's



Apparently this year it's all about the short back and sides, longer on the top or the almost bald...



To keep your face in tip-top condition, moisturise with this Nivea Men's Intensive Moisturiser from Boots..

If you're going to rebel against the new trend, with long hair, and you're looking for a gel/wax I would say to try the V05 Gel Wax.



Now my personal favourite aftershave would have to be Hugo Boss.

Tayler

IT'S A KNOCKOUT

Argyll and Bute's Homecoming event "It's a Knockout" competition is an inflatable obstacle course in which 12 teams can compete (aged 11-25) against each other. The event will run from 11 AM until 4 PM at Dunoon Stadium on Thursday 22nd July. There will be various stalls and fun games making this an energy-fuelled fun day out. Helensburgh and Lomond young carers and staff will be competing in this event.



Media Day in London

Megan



Lennox and I were both offered the opportunity to take part in a media panel for young adult carers for one year. The panel was set up to raise awareness of young carers, and who better to do that than a young carer themselves. This will include future interviews with various magazines, radios and local papers. The panel involved a training day down in London which we both attended. We went to London the day before the event and had dinner in Chinatown ... Mmmm! Then we strolled the streets of London, taking photos of everything we saw, well at least I did. We then stopped off at Jamie Oliver's restaurant in Covent Gardens and had dessert.

On the training day we had a practice interview for both radio and television, which was awesome! Our mentor for the day was Paul Murrice; he is on TV a lot in Scotland. I'm sure that Lennox would agree with me that he was fantastic to work with and was really positive and helpful. After lunch Stuart Taylor, the board member, gave a brief talk on what was expected from a panel member. Joe Philips came to talk to us about a social media website which is exclusively for young carers and workers. The website is called "Matter" and I seriously recommend checking it out. I hope that "Matter" will become the key point of communication between young carers all over Britain. Here is the link to Matter <https://matter.carers.org/>

You Are Your Own Hero

Earlier this year I successfully earned a place at a 3-day journalism conference held in the Mitchell Library in Glasgow. The competition was open to people from all over the Commonwealth nations. The main purpose of the conference was to launch a website aimed at young inspiring journalists from all over to share news stories that will be seen all over the world. To enter the competition it was necessary to write an essay on what inspires you to achieve. Below is my entry application that secured me a place on this amazing conference. Here is the link to the future news web page www.futurenews.org.uk

Is it a Bird? Is it a plane?

The stars, it's the tallest of trees and the smallest of creatures, it's the loud thumping busy heartbeat of life that inspires me to achieve. Inspiration is like a hidden road that we all at some point in our lives search for. We look for it in books, works of art and general life and once we find it, once we clasp our eyes upon our inspiration road we take an extraordinary journey down it and at the very end of your adventure you will find a beautiful piece of work that you have created and that is what inspires me to achieve.

My true heroes are my family who push me to achieve what I believe is unachievable, and they help me to foresee my dreams and capture them. For in my life I have come up against great barriers and walls and with my family's help I have acquired the strength to climb over the barriers and smash down the walls of failure. We are all strong and talented and we come with our strengths and our weaknesses and as individuals we are all completely different from one another, but one thing we all have in common is the craving to achieve. Like a lion watching its prey we can see what we want but no one in this world can get it for us, we have to make that jump, that decision, that sacrifice we have to catch our own prey. And that is what makes me want to achieve. Achievement for me is making my family proud and having the indescribable feeling of accomplishment that you get when you have reached your goal. Knowing that you have gone all the way and didn't let anything take you down, and if it did you got back up and wiped yourself off and continued until you acquired success. Although we can all be inspired to achieve by the beautiful places we have seen, the extraordinary people we have met and the incredible essence of life, it is us as ourselves that reach our goals. We make our own beginnings and our own conclusions. Whatever in this world inspires you to achieve only brings you so far toward success; it's you that must continue walking down that road of achievement and dodging any barriers that may appear and jumping over any hurdles that get in your way, you are all your of your achievements and you are your own hero.

Iona

Carrying the baton for Helensburgh and Lomond

On Sunday 13th July two young carers had the honour of taking part in the Queen's baton relay. The baton's journey has taken it to 70 nations and territories of the Commonwealth. With over 4000 baton bearers in Scotland joining in on the relay, this is Scotland's biggest ever baton relay. Megan Foster and Iona Shanks, two local young carers, carried the baton in Inverary on the baton's 30th day in Scotland. The baton began its 30th day in Appin and visited Oban, Lochgilphead, Strachur and many more communities before the day was rounded off at Dunoon. Around 100 people carry the baton daily, so to be selected to be a baton bearer is a once in a lifetime privilege.

Important Numbers

- Argyll and Bute homeless service: 01436 659806
- Helensburgh Jobcentre Plus: 01436 633000
- Helensburgh and Lomond Young Carers Initiative : 01436 670555
- HART: 01436 655653
- NHS 24: 08454 24 24 24
- Skills Development Scotland: 08458 505302
- Welfare Rights Officer 01436 658714
- Millig Practice: 01436 673366
- Dr Macleod & Partners: 01436 672277
- Garelochhead Medical Centre: 0141 810370
- Kilcreggan Health Centre: 01436 842156
- Arrochar Surgery: 0844 477 2520
- 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

Helplines



Medical



What's on

