



## Helensburgh & Lomond Carers

In Partnership with

**Ardardan Estate & Cameron House Hotel**

Present

## Festival of Food & Charity Cook-off Event

**Saturday 26th November, Ardardan Estate, Cardross**

Join us at Ardardan estate for a fabulous 'Festival of Food' which starts at 10.00am and a Charity Cook-off event starting at 12.00noon where Cameron House's top chefs will be demonstrating creative **Christmas culinary delights and Sugar craft.**

The chefs will also be inviting two carers to take part in a **'Can't Cook, Won't Cook'** style competition where they take the culinary-shy and show them why cooking needn't be difficult.

The competition is open to carers and ex-carers and tickets cost £3 each or 2 for £5 and are available from the Carers Centre.

The draw for this competition will take place on Tuesday 15th November and we will then take the two lucky winners to Ardardan to choose their goodies compliments of Ardardan Estate.

There will also be a raffle, book sale and bottle tombola on the day to raise funds for the Carers Centre. Donations welcome

***1st prize in the raffle is a***

**Dine at home experience for you, your family and friends prepared, cooked and served by Cameron House's Executive Chef, Ryan Neil.**

**Good luck! This promises to be an exciting event!**



The Princess Royal Trust  
for Carers

# A fabulous 1st for Helensburgh & Lomond Young Carers At the Scottish Young Carers Festival 2011



Helensburgh and Lomond Young Carers had a fun-filled weekend at the 4<sup>th</sup> Scottish Young Carers Festival. Funded by the Scottish Government and Organised by The Princess Royal Trust for Carers, the two-day Festival in August at Broomlee Outdoor Centre, West Linton brings together young carers from all over Scotland, and aims to give Young Carers a weekend break from caring, experience different activities and challenge politicians. For the first time ever, 9 young carers from Helensburgh and Lomond went along to see what it was all about!

Activities including cartoon animation, cheerleading and dance workshops, football and burning up energy on the amazing selection of giant inflatables were available to the young carers throughout the weekend. Other activities on offer were creating personalised mugs/bags, dancing the night away at the disco, chilling in the cinema, and much more. "Just too much to fit into a weekend"! said one Young Carer.



Whilst it was the first visit to the Festival for our local Young Carers, they made a massive impact at the Festival's Got Talent Show on the Saturday evening with their rendition of 'I will follow him' from Sister Act, Elvis style! However, the highlight of the weekend had to be the surprise visit from well known band McFly! The band were being filmed for the Channel 5 TV programme Celebrity Wish List. The programme about this year's Scottish Young Carers Festival will be broadcast on Monday 31st October at 7.30pm. The Festival has a more serious side to it where Young carers are given the opportunity to say what life is like for them. They stressed to Ministers how important it is that funding for Young Carers Support Services continue. Tam Bailey, Scottish Commissioner for young people and Michael Matheson, Minister for Public Health as well as MSPs, Counsellors and Health, Education and Council Officials attended the Festival to listen, chat and take on board the views of the young carers.



Louise Morgan, Young Carers' Services Development Manager for the Princess Royal Trust for Carers, said: "The Festival has become a very important event for Scotland's young carers. They are recognised by politicians for the very valuable services they provide which save the country millions of pounds in health and social care budgets".

Exhausted and muddy, everyone agreed that the weekend was "awesome but just too short"! The young people headed home in the hope that funding will soon be secured to enable them to attend again next year! The Festival was made possible through the partnership work of Helensburgh and Lomond Carers, Route 81 Youth Project, the School Nurse Team, Hermitage Academy and Hear 4 U Project.

Helensburgh & Lomond Carers Centre continue to drive forward The Young Carers Initiative and has submitted a funding application to The Big Lottery Fund, Supporting 21st Century Life, to develop and deliver a Young Carers Service locally. The 1st stage application was successful and we were invited to submit a stage 2 application. Work is progressing well and we hope to be in a position to submit the final bid late October, and expect to hear the outcome in 4 months. This is a very exciting Project for Helensburgh & Lomond Carers Centre and here's hoping it is a positive start to 2012.

