

Issue: December 2016

# EPIC TIMES

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## Welcome to our final round up of Young Carer news for 2016.

What a year it has been with 85 individual Young Carers aged from 6-22 years taking part in Connecting Young Carers events and activities and 30 Young Carers benefitting from break or grant funding. In 2017 we're looking to working with even more Young Carers and awarding more respite break funding.

We can't wait to see what 2017 has in store and everyone at Connecting Young Carers is excited about the future.

*Kirsty Campbell ,  
Young Carers Development Worker*

## Young Carers Youth Ambassadors



We are excited that a new bunch of young people have helped grow our Ambassador forum with Young Carers from Sutherland and Wick making the journey down to Loch Insh for our latest meet up. Youth Ambassadors took part in a skiing and snowboarding lesson before settling down together to discuss ideas for raising awareness about Young Carers in their schools. If you would like to join the YCYA get in touch with the team.



**Connecting Young Carers**  
*A better life for unpaid carers in Highland*

# Carers Rights Day

Over the last few months a group of Young Carers have been meeting weekly to complete their Community Action and Leadership Award through Lead Scotland. As part of their course they were tasked with organising a community event.

*"On Friday 25th November (Carers Rights Day) we hosted a bake sale to raise money and awareness for Connecting Young Carers. Together five young adults and two course*

*tutors organized this event held in Dingwall Academy during the school break.*

*We all worked in different roles to help set up, bake and advertise the event, which helped raise money and raise awareness in our local community about Young Carers. Overall we earned just over £100 which will help Connecting Young Carers to provide support and days out for other young people"*

We are very proud of all their hard work and to top it off they organised and wrote their own press releases and made some more noise about Young Carers in the newspaper.



L-R: Autumn, Sophie, Daniel, Jordan & Erin

## Keep In Touch

If you would like to keep up to date with the goings on at Connecting Young Carers please like and share our Facebook page [www.facebook.com/ConnectingYoungCarers](http://www.facebook.com/ConnectingYoungCarers)



In December 25 Young Carers in primary school took to the big stage and rocked out with RoKZkool4u. With the chance to try out electric guitars, drums, keyboard and taking over the microphone, future stars were discovered. The day also consisted of sports challenges and a craft session where every young person made a Christmas paper wreath to take home. A huge thanks to Boots at the Retail Park Inverness for donating gifts and products for Young Carer goodie bags.

## Invisible Army Inspires Young Carers



Back in October 20 Young Carers aged 11-18 were given free tickets courtesy of Incognita Arts to attend “Invisible Army”, a play based on the life of a Young Carer in Glasgow.

Before the performance they were treated to a drama workshop with the lead actor, where many a game was decided with a “moo” off (something we might introduce in the office). Pizza and ice cream was also an important part of the day. A special “Thank You” to our one of our Young Carer Ambassadors, Mariah, who came along as a volunteer for the day.



## Young Carers In Partnership with Eden Court

This year groups of Young Carers have been working with the creative team at Eden Court to produce two original film projects. November saw the premiere of their summer film as part of the Cashback for Creativity Showcase. Young Carers, family members and staff all turned up to support the opening of the epic music mockumentary “Bobbly Moth”.

In the October holidays Young Carers worked alongside Eden Court musicians and film makers to create a music video.

*“During the course of the week we created and merged 3 different genres of songs into one song and made a music video with it. Three of us made our own music on Logic Pro X, which had an electric theme throughout. This production was a great opportunity for us to get together. We also had the chance to meet new people who we shared a caring background and a love of making music”*

Check out the Connecting Young Carers Facebook page for a behind the scenes look of the making of the music video.

*“We had a chance to meet new people who we shared a caring background with and a love of making music”*



# Moving On From School—Young Adult Carers Have Their Say...

We held what we hope is the first of several meet ups and learning days for Young Carers aged 15-24. Young Adult Carers from Highland joined us in Inverness to discuss the theme “moving on from school”. Young Carers who attended got the opportunity to chat with several organisations about their options post school. We would like to thank Skills Development Scotland, Barnardo’s Works, Hi-Hope and CALA Opening Doors Project who came along and ran information sessions. A shout out also to Gemma our schools worker who ran an interview skills session. Once all the hard work was done young people had an afternoon of pampering, massage therapies and finished the day off with a mindfulness session.



*“Thank you so much for today, It was really helpful and I feel very spoilt”*

*YC, aged 19*

## TRANSITIONS COORDINATOR SUPPORT FOR STUDENTS

Inverness College UHI has a dedicated transitions coordinator who will act as a link between students and Personal Academic Tutors, Guidance, Learning Support and Student Finance. Students who may need this service are, for example, those who have anxiety issues, those with caring responsibilities or maybe just need a bit more support moving to Further or Higher education.

Transition coordinator, Barbara Isaacs, helps students settle in to college life quicker and ease the transition period as much as possible. She will provide information and general guidance to ensure students are prepared for their course and making the most of student life.

Barbara will have informal meetings with students to get to know them and support them throughout their time at Inverness College UHI where necessary. If you are thinking of studying with Inverness College UHI and feeling a bit unsure about the process please just get in touch and arrange a visit to the campus and have a chat with Barbara.

E: [barbara.isaacs.ic@uhi.ac.uk](mailto:barbara.isaacs.ic@uhi.ac.uk) T: 01463 237803

## How to Recognise a Young Carer

With an estimated 1 in 12 secondary school pupils having a caring role of some kind it means that there might be two or three in your class. On average in Highland Young Carers spend three hours a day caring for someone. That's three hours of not watching TV, not Snapchatting, not hanging out with their friends. Three hours of caring, not doing coursework or revising.

On the plus side 63% of Young Carers say that in caring for someone it helps them feel closer to the person they care for and many of them feel that they are coping well.

Young Carers...

- Might be very private about their home lives
- Might sometimes be late for school or find it hard to concentrate
- Not invite friends to their homes for a chill out
- Sometimes have difficulty keeping plans with friends
- Feel bad about letting friends down
- Find it hard to switch off from their caring role
- Worry that others might not understand their caring role and judge them for it

It's ok for families to talk about caring and its impact on them all. Talking to others can help relieve the stress of caring and sharing experiences with other Young Carers is really helpful. Talking to guidance staff or a favourite teacher can also help. It's a way of getting more information about organisations like Connecting Young Carers but also a good way for schools to know about a caring situation and how best to support you.

Young Carers we know have told us how important it is that their close friends understand their situation and many have said that *"they wish they'd told their friends sooner"*.

If you think you might be a Young Carer, or you know someone who has a caring role and would like more information, please contact the Young Carer Team on 01463 723562 or email [youngcarers@connectingcarers.org.uk](mailto:youngcarers@connectingcarers.org.uk)



# Meet Alex Quill, Young Carers Worker

Alex joined the team having moved to the Highlands in September 2016 from Birmingham (good move, Alex!). Alex joined the Army at 17, training as a medic and within the Army Welfare service. Alex loved the opportunities the army gave her to learn new skills.

On her transition to civilian life Alex had the opportunity to work with young children and young adults on residential breaks based in the Midlands.

When not at work Alex loves to bake (great news for the team here) walking, mountain biking, in fact all outdoor activities. She will be working with the team to organise respite breaks for Young Carers and seeking their views on how best to support them.

We're all delighted to welcome Alex to the team.



## Young Carer Aware

In the last few months Gemma, our Schools Liaison Worker, has been banging on the doors of secondary schools throughout Highland. To date she has delivered presentations to over 1600 secondary school pupils - that's a lot of talking (no problem for our Gemma).

So far Culloden, Kingussie, Inverness Royal Academy and Alness have all learned about Young Carers, the challenges they face and the opportunities available.

Gemma's presentations are made more real with the inclusion of videos showing what life is really like for Young Carers in Highland. The videos, made by Young Carers themselves, are part of a project with our Young Carer Youth Ambassadors.

Gemma's diary for 2017 is filling up fast so if you would like her to visit your school get in touch. Gemma can be reached at 07823 415060 or by email at [gcooper@connectingcarers.org.uk](mailto:gcooper@connectingcarers.org.uk)



# Young Carer Awareness Day

## 26 January 2016



**Young Carers  
Awareness Day**  
26 January 2017  
[www.carers.org/ycad](http://www.carers.org/ycad)

We are looking for Young Carers of secondary school age who would be able to come along and make a noise and raise awareness of Young Carers in Highland.

Watch this space for upcoming details about an exciting and original way to celebrate Young Carers Awareness Day.



E: [youngcarers@connectingcarers.org.uk](mailto:youngcarers@connectingcarers.org.uk)  
T: 01463 723 562