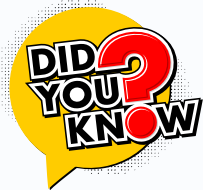




Welcome to the December edition of **Shining Stars**
our newsletter for young carers.



Shining Stars includes:

- factual information
- puzzles
- competitions
- a recipe
- interesting fun facts.



- ★ We want to shine a light on young carers
- ★ Young carers are a shining example of our youth
- ★ We want to support young carers and enable them to shine

Western Isles HS Carer Card



A bit of advance notice for you all – we are in the process of setting up an exciting new project WICCF hope to launch in Spring 2025.



HS Carers Card will provide you with discounts/benefits with Western Isles businesses that sign up. A list of these will appear on our website in due course.

Welcome Lorna Dodd to our Team



Lorna Dodd has joined our team for a period of three months and she is currently busy negotiating with local establishments to secure benefits for unpaid carers. In addition to giving you discounts/benefits, the HS Carers Card can be used in clinical settings to identify you as a carer.

To receive this card, unpaid carers will have to be registered with WICCF and an application form will have to be completed.

Further details will be released as the project progresses.



Shining Stars is produced twice a year – June and December.

Your views are important to us,
so do get in touch: Email: info@wiccf.co.uk Telephone: 01859 502588





Time Out

SHARED
CARE
SCOTLAND

Short
BREAKS fund



There's still time to apply for a £250 Short Breaks Award

The Short Breaks Fund is to give young carers a break from their caring duties. The grant can be used to take a short holiday, pursue hobbies, driving lessons, purchase of a pet, subscriptions to Netflix, Spotify or magazines, Xbox & Play Station games, gym membership, buy a tablet, meals out.....the list of possibilities is vast.

The grant **CANNOT** be used to pay household bills, buy clothes (unless specialised clothes for a hobby), white goods or general household goods.

RECEIPTS MUST BE SUBMITTED FOR ANY GRANT RECEIVED

Grants will be issued approximately 4 times over the course of the year.

If you would like to apply for a grant of £250, please contact the office for an application form.



The aim of **Respitality** is to provide a **short vital break** from routine **for unpaid carers in Scotland** when they need it most. This is achieved by connecting carers' organisations with hospitality, tourism and leisure businesses who are willing to donate a break **free of charge**.

There are breaks available nationally for young carers and there are also some breaks which WICCF have secured locally eg. pampering, vouchers for cafes, self catering, outdoor activities, workshops.

DON'T MISS OUT

To find out more about what's available and how to apply contact Catherine:



07487 540173



carersupport@gmail.com

Competition UPDATE



A toothbrush

Thank you to all WICCF Young Carers who entered our competition to 'Can you guess what it is?' All correct answers were placed in a hat with the winner chosen at random.

Congratulations to Holly Macleod from Stornoway who correctly guessed it was a 'toothbrush'. Pictured is Holly receiving the was the £50 Amazon Gift Card

CHECK OUT THE CHRISTMAS COMPETITION FOR YOUR CHANCE TO WIN A £50 AMAZON GIFT CARD

Christmas Codebreaker: What's under the Tree?



Solve the Christmas related problems then use the code below to find out what presents are under the Christmas tree! **Closing date: mid-night on Friday 24th January 2025**

Contact WICCF with your name and answers tel: 01859502588 or email: info@wiccf.co.uk

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26



1

The number of points on a star multiplied by the number of legs on a reindeer.

$$\square \times \square = \square$$

2

The number of Kings in the Nativity multiplied by the number of gold rings in the 12 Days of Christmas song.

$$\square \times \square = \square$$

3

The number of days on an advent calendar divided by the number of French hens in the 12 Days of Christmas song.

$$\square \div \square = \square$$

4

The date of Christmas Day take away the number of reindeer that pull Santa's sleigh, including Rudolph.

$$\square - \square = \square$$

5

The number of letters in the word 'Christmas' added to the number of letters in the word 'reindeer'.

$$\square + \square = \square$$

In the event of a tie-break, the names will go in a hat and a winner drawn.

* one entry per Young Carer



Brownie Christmas Tree

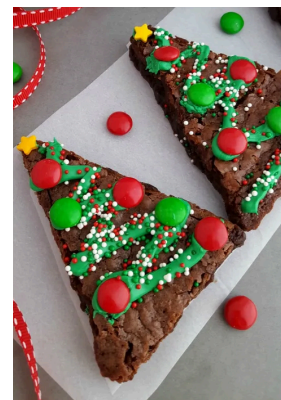
Brownie Ingredients:

1 x boxed brownie mix (including the required vegetable oil, water & eggs) or your favourite brownie recipe. We used Betty Crocker Fudge brownie mix.

A basic brownie recipe typically requires:

- 1 cup butter
- 2 cups white sugar or brown sugar
- 1/2 cup cocoa powder
- 1 tsp vanilla extract
- 1.5 cups of flour (all purpose flour for best results)
- 1/2 tsp baking powder
- 1/2 tsp salt
- 4 eggs
- Chocolate Chips – Optional to add to the brownie mixture.

1 Hour including baking and decorating



These are simple brownies with a few Christmas touches to make them extra festive. This recipe is especially great because it only requires one bowl and one pan!

Check out the ingredients below and give this recipe a try.

Prepare the brownie batter in a large bowl, heat oven and pour batter into a prepared pan – greased, using butter or cooking spray.

Bake your brownies as directed on the package directions on the boxed mix. After around 25 minutes in the oven, you'll have a tray full of brownies ready to be **decorated** into cute little brownie Christmas trees!

Allow brownies to cool at room temperature, and gently remove and lift brownies from the baking pan using a rubber spatula, and place onto parchment paper. Divide the brownies by cutting a straight line down the center horizontally. Cut off hard edges and then cut triangles out of each half to create the trees.

This is so easy, you do not need cookie cutters or any special equipment to create the tree shapes.

To decorate:

1 cup frosting

Food colouring (You can use any colors that you choose for the garland but for the most festive Christmas tree brownies, we would recommend green food coloring)

Sprinkles to decorate (red and green smarties work great)

Other supplies needed:

Ziplock bag or pastry bag for piping out the frosting.

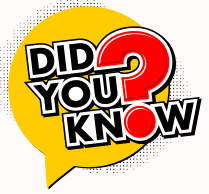
Ingredients:



<https://intheplayroom.co.uk/christmas-tree-brownies/>



Winter FACT FILE



The first candy canes were made
Without Strips



THE NORTH POLE **IS**
THAN THE
WARMER
SOUTH POLE

Almost 90%
of Snow
Is air

EVERY SNOWFLAKE
has **6 SIDES**



A snowflake can
take up to 2 hours
to fall from a cloud
to the ground



It gets so cold in
Siberia that your
breath can turn to ice
in midair



The tallest known
snowman was
higher than a
12 storey building



DID YOU KNOW? Reindeer Vision

Some reindeer living above the Arctic Circle live in complete darkness for several weeks of the year. To adapt to this, a small area of tissue behind the retina called the tapetum lucidum changes colour from a gold colour in summer months to blue in winter. This allows the reindeer's eyes to detect ultraviolet light and to see in the dark.

Remember, snooze like a pro!

The magic number of Z's you need varies with your age. According to the NHS, 5-year-olds should aim for around 11 hours of sleep, while 9-year-olds can thrive on about 10 hours. Embrace the power of sleep for a refreshed body and a pumped-up spirit to conquer the day!



INDULGE IN A LITTLE "ME" TIME
WHEN THE WORLD FEELS LIKE A
WHIRLWIND, TREAT YOURSELF TO A
BREATH. AFTER BATTLING THROUGH
SCHOOL OR WORK, KICK BACK AND
UNWIND. TUNE INTO SOME TUNES OR
DIVE INTO A BOOK FOR A BLISSFUL ESCAPE.



Young Carer Grant is a yearly payment of £383.75 for young carers in Scotland.

To be able to get Young Carer Grant, you must be 16, 17 or 18 years old.

You must also have been caring for 1, 2 or 3 people for an average of 16 hours a week for at least the last 3 months. If you care for more than one person, you can combine the hours of the people you care for to average 16 hours a week.

You can get Young Carer Grant once a year, up until you turn 19. You'll need to fill in a new form or telephone each year you want to apply.

How you spend the Young Carer Grant is up to you. You could use it for things like new clothes, driving lessons or a holiday. You do not need to tell what you spend the money on.

If you care for someone for 35 hours or more a week:

You may be able to get Carer Support Payment

You should apply for Carer Support Payment once you've been paid Young Carer Grant. You will not be able to get Young Carer Grant if you're already getting Carer Support Payment or Carer's Allowance.

To apply for a Young Carers Grant

Apply online: [How to apply - mygov.scot](https://mygov.scot)

Call Social Security Scotland free on 0800 182 2222 to apply over the phone.

The call centre opening times are Monday to Friday 8am to 6pm.

Before applying for Young Carer Grant, you should have:

- your National Insurance number, if you know it
- your bank details
- details of the person you care for, including their National Insurance number, if you know it
- You'll need to send some copies of documents to confirm where you live. After you've applied, you will get a letter to let you know what you need to send us.
- The person or people you care for will get a letter to let them know you've applied for Young Carer Grant. This is because the benefits they get needs to be checked. They may also need to confirm that you care for them.
- This will not affect any of the benefits the person or people you care for are getting.



Unpaid carers and young carers are eligible for the flu vaccine

The flu virus spreads more easily during the colder months as we spend more time indoors with others. That's why all unpaid carers and young carers are being offered the flu vaccine this year, to help protect themselves and the people they care for.



Contact: 08081 968 383 or email: wi.vaccination@nhs.scot

INFO

We meet weekly after school in Pointers and normally have a snack and catch up on the craic.



POINTERS YOUTH CENTRE. BASED IN STORNOWAY.

Runs two young carers groups

- Primary 4 to Primary 7
- S1 - S6.

MERRY
Christmas

YOUNG CARER

If you are a young carer, or maybe not too sure if you are.

Please get in touch for a chat about it or speak to your teacher in school. We'd love to hear from you!

POINTERS



ho ho ho



ACTIVITIES

We do all sorts of activities like sports, crafts, games, chilling out - whatever the group fancy. In the summer the senior and junior groups join for big days out.

Pointers Youth Centre
14-16 North Beach Street
Stornoway

CONTACT US



07920722198



pointers@cne-siar.gov.uk



[pointers.sy](https://www.instagram.com/pointers.sy)



[pointers.drop.in.centre](https://www.facebook.com/pointers.drop.in.centre)

ENJOY

Enjoy meeting up at Pointers for an afternoon with lots of fun and laughter!





WHAT IS A YOUNG CARER?



If you're a young carer, you might be looking after:

- someone in your family
- a friend
- a neighbour



If you're caring for a parent or someone with children, you might also look after a brother, sister or young child.

You might be caring for someone if you:

- help them with their mental health
- give them emotional support
- help them during an illness
- support them with a disability
- support them if they have an addiction

Are you...18 and under
or
over 18 but still in school?



If they have an illness or disability, you might:

- help them to get around
- dress them
- give them (or remind them to take) any medicines they need
- help them to shower or use the toilet
- cook their meals for them
- do their food shopping
- translate for them

If they need help with their mental health,
or support with how they're feeling, you might:

- comfort them during a panic attack
- stay close by so they do not feel alone
- help them through a crisis
- check on them throughout the day
- make sure they're safe
- keep them company



If you do any of these things for up to 3 people most days a week, or every day, then it's likely you're a young carer.

Sign Up

If you are a young carer and wish to register with WICCF

please contact the office:



01859 502588



info@wiccf.co.uk

Alternatively, you can use our online registration form – go to: wiccf.co.uk