



HS Carers Card

Launching on Carers Week

Western Isles Community Care Forum are delighted to announce that, after months of hard work, their latest project HS Carers Card will be launched during National Carers Week (9th-15th June).

What is HS Carers Card? – It is a card which will bring discounts or benefits with certain businesses across the Western Isles. It can also be used in a clinical setting to identify yourself as a carer. Each card will have your name, photograph and expiry date.

Who is it for? – It's for unpaid carers living in the Western Isles and for bereaved carers up to a maximum of one year following the bereavement of the cared for person.



9th - 15th June 2025



How do I know which businesses can use it in? – The WICCF website (www.wiccf.co.uk) will have a list of all the businesses that have signed up across the Western Isles. Look out in shop windows for a window sticker as well!

How do I get an HS Carers Card?
– Contact the office, or a member of staff, for an application form or download one from our website (www.wiccf.co.uk). You will need to supply a photograph of yourself as well.



A YOUNG CARERS STATEMENT

A young carer statement is a written record of a conversation between a young carer and their support workers or other professionals.

The statement helps to find out more about the young carer, their caring role, their goals, and what is important to them. The statement was introduced by the Scottish Government following the Carers (Scotland) Act 2016 and became law in April 2018. Young carers now have the right to have a young carer statement in which they can state what their needs are, set out their personal outcomes and have a say on the support they need to achieve them.



Young Scot's Young Carers Package

Any young person in Scotland who provides care to someone, and is aged 11-18 inclusive, can sign up for our Young Carers Package, a free bundle of treats to help support your wellbeing as a carer.

Young carers can claim vouchers, tickets to events and prizes through our free Young Scot Membership.

It takes a few minutes to sign up, and you do not need a Young Scot National Entitlement Card to get started.



<https://young.scot/>

Young Scot App now available

Young Scot has announced the launch of the new Young Scot app, developed with direct input from young people to ensure it meets their needs. This app provides an easy and accessible way for young people to enjoy the benefits of Young Scot national services on the go.

The app gives young people access to Membership Services (Discounts, Rewards and Entitlements) as well as new exciting features including:

- The ability to order a replacement Young Scot National Entitlement Card through the app.
- A digital card within the app that allows young people to access show and go discounts in stores (young people will continue to use their physical Young Scot National Entitlement Card for free bus travel and proof of age).
- A 'Near me' interactive map of discounts in their local area and beyond.



The app can now be downloaded from [IOS](#) and [Android](#) app stores.

We would be delighted if you could share information with your pupils and colleagues. We have created a [toolkit](#) with information, images and example comms. To support enquiries from young people please also see our [app FAQs](#).

Christmas Competition UPDATE



What's under the Tree? Answers

1. $5 \times 4 = 20$ Present is a camera
2. $3 \times 5 = 15$ Present is console games
3. $24 \div 3 = 8$ Present is rollerblades
4. $25 - 9 = 16$ Present is bubble bath
5. $9 + 8 = 17$ Present is lamp

Thank you to all WICCF Young Carers who entered our competition to

'Christmas Code Breaker: What's under the Tree?'
All correct answers were placed in a hat with the winner chosen at random.



Congratulations to Michael MacArthur
who answered all the questions correctly.
Michael received a £50 Amazon Gift Card



CHECK OUT THE 'WHAT AM I?' COMPETITION FOR YOUR CHANCE TO WIN A £50 AMAZON GIFT CARD



BANANA MILKSHAKE

Ingredients

- 400g (14oz) fresh strawberries or bananas
- 600ml (1pt) cold milk
- 8 scoops Vanilla ice cream

1. Peel and chop the banana.
2. Place in a liquidiser or blender and blitz to a puree.
2. Add the milk and ice cream and blend for 1 minute until frothy.
3. Pour into glasses.
4. Add 4tbsp of toffee sauce if desired. Serve immediately.

Recipe Variations

- Swap the bananas for strawberries or frozen raspberries or frozen sweet cherries.
- If you don't have vanilla ice cream swap with chocolate flavour.



Why not take a break and enjoy a few days respite?

Most self catering properties are available from
October to March, subject to availability.

Check the Website for details of properties.

To arrange a booking, contact the office.

Competition TIME

'WHAT AM I?'

I am wet when drying!!

What am I?



Closing date: mid-night on Friday 27th June 2025

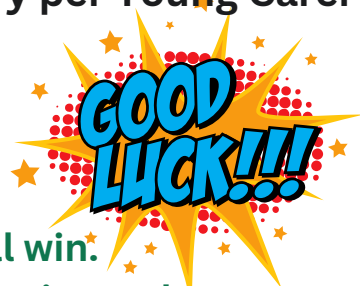
Contact WICCF with your guess – one entry per Young Carer



01859 502588



info@wiccf.co.uk



If nobody guesses correctly, the first to enter will win.
In the event of a tie-break, the names will go in a hat and a winner drawn.



Puzzle Time



WORD SEARCH

Find the words listed below and circle them.

FRUITS



• KIWI

• PEAR

• APPLE

• BANANA

• ORANGE

• LEMON

• TOMATO

• CHERRY

• PEACH

• STRAWBERRY

• BLUEBERRY

• WATERMELON



S	T	R	A	W	B	E	R	R	Y	B	S
S	C	R	A	E	P	E	A	C	H	A	T
T	Q	H	M	N	W	N	X	T	E	N	C
O	A	A	A	O	O	T	A	R	T	A	H
M	P	P	U	M	N	E	R	C	D	N	E
A	P	P	L	E	M	O	N	N	H	A	R
T	B	L	U	E	B	E	R	R	Y	R	R
O	R	A	N	G	E	H	K	I	W	I	Y
R	W	A	T	E	R	M	E	L	O	N	S



FIRST TO AID CARERS



STRONGER STARTS

Western Isles Community Care Forum (WICCF) would like to thank all the customers who supported us to achieve this award from 1st October 2024 to 15th January 2025.

Thanks to their support we came second and received £1,000.

This money will be used to provide basic First Aid training events to unpaid carers across the Western Isles. First Aid knowledge is beneficial to have - you never know when you might need it. Our trainer has equipment for you to use, so it will be hands on training, making it very interesting.

Keep an eye out for announcements over the next few months.

Pictured above is Peggy Mackay, Co-ordinator at WICCF receiving a cheque for £1,000 from Claire Macmillan, Community Champion at Tesco Stornoway.





Take a Break

Closing date for Applications
5:00pm on Monday 30 June 2025

Take a Break provides cash grants to parent carers (including eligible kinship carers) of disabled and seriously ill children and young people, aged 0 to 17. The grant can be used to contribute towards things like day trips, a short break away, an additional carer, travel costs, gardening and home entertainment equipment, and more.

The programme aims to improve unpaid parent carers' quality of life, health and wellbeing by supporting them to access a break from the day-to-day routine of caring. It is funded by the Scottish Government and administered by the charity Family Fund.

**DON'T
MISS
OUT!**


This funding is limited, and priority will be given to carers who have not received a Take a Break grant before, and those who missed out last year.

All applicants will hear from us with an award decision by Friday 11 July 2025. You may hear from us before 11 July, as we aim to make grant awards as soon as possible to support you quickly.

APPLY NOW



<https://takeabreakscotland.org.uk>



POINTERS YOUNG CARERS WESTERN ISLES

**Do you think that you
are a 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 class or guidance
teacher in school to get in touch with us.
We'd love to hear from you!

What is Pointers Young Carers Western Isles?

Young carers throughout the Western Isles are supported by Pointers Youth Centre and Community Learning & Development in Lewis, Harris, Uist and Barra. Working with each Young Carer to find the right support for them, whether that is attending a group, one to one support or just being available for them when needed.

What do we do?

Sports Art Projects
Chilling Surfing Music
Adventures Baking

**What's happening in your area?
Get in touch to find out!**

Pointers Youth Centre
14-16 North Beach Street
Stornoway
pointers@cne-siar.gov.uk
07920722198

Individuals who do not want
to engage directly with the
group can engage with the
team online or in person to
get support on any aspect of
being a young carer.

**For Young Carers
aged 8-18 years**

A team of S3 students from Sir E Scott School secured a grant of £3000 for the Western Isles Community Care Forum through the Youth and Philanthropy Initiative (YPI Scotland).

WICCF were selected by Lena, Ellie, Leizl and Megan as their chosen charity for this year's competition. The group's presentation displayed their IT skills, professionalism and knowledge of the service.



The group's presentation detailed how WICCF support unpaid carers on our island by giving them the opportunity of getting together in a relaxed atmosphere, taking part in workshops, receiving respite breaks and grants, practical support and training. Musical Memories organise a large concert at the end of the year and some of the girls had already participated in this. They have family who use WICCF in different ways and they can see the huge benefits it has for them.

Pictured are (l to r) Hazel Macleod, WICCF Administrator, Ellie, Lena, Megan, Leizl and Peggy Mackay, WICCF Co-ordinator.

The pupils on the winning team, said they gained confidence, social skills & good teamwork by taking part in this YPI project.

Well done!

Well done girls, you were worthy winners and thanks to your hard work, unpaid carers in Harris will now enjoy a few special treats.



Time Out



We are delighted to let you know WICCF have received funding which can provide young carers in the Western Isles with a **Short Breaks Grant up to a maximum of £350.**

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

If you would like to apply for a grant, please contact the office for an application form. Grants will be issued approximately 4 times over the course of the year.



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.



Financial support for student carers

There are 3 payments delivered by Social Security Scotland that could help student carers during their studies.

Carer Support Payment replaces Carer's Allowance in Scotland. Unlike Carer's Allowance, it is available to more carers in education.

Young Carer Grant and Carer's Allowance Supplement are only available in Scotland.

mygov.scot/carers or call free on 0800 182 2222

Current Offers of Respitality in the Western Isles

Pampering

PJ Hair Designs, Lewis
Gracie, The Barbers, Lewis

Accommodation

Corncrake Holiday Cottage, Lewis
Westend Bed and Breakfast, Lewis
Stornoway Bed and Breakfast, Lewis
Isle of Eriskay Glamping Pods
Sealladh an Iar, Barra

Contact Catherine to find out more about what's available, on offers not listed and how to apply



07487 540173



carersupport@gmail.com

DON'T MISS OUT

There are breaks available on the mainland. Please contact Catherine for further details.

Dining Out

Croft Bistro, Lewis
Scoon Café, Harris
North Harbour Bistro, Scalpay
Taigh Chearsabhagh Café, Uist

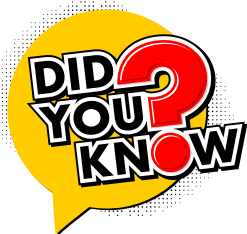
Activities

Julia Shaw Slow Yoga, Lewis
Designs on Benbecula
Isle of Harris Distillery - Tours
Essence of Harris - Candle Making

Thank you

Thanks to a nomination by **MacLennan's Supermarket in Benbecula**, WICCF are receiving a £500 grant from the Making A Difference Locally Fund.

This grant will go towards our Respitality Project to purchase pampering sessions, meals, cinema tickets etc. for unpaid carers in Uist.



The average teenager sends about 3,000 text messages per month



Edinburgh Castle is built on an extinct volcano



The world's largest game of Simon Says involved 4,431 participants



The first computer mouse was made of wood

Scotland's national animal is a unicorn



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, 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 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 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 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.

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