



Congratulations!



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).



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

Well done girls, you were worthy winners and thanks to your hard work, unpaid carers in Harris have already enjoyed an afternoon tea in Scarista House and some of the grant is being used to support Musical Memories.

- ★ Would you like to support unpaid carers on your island?
- ★ How about selecting **Western Isles Community Care Forum** as your chosen charity in the next YPI Competition.

Taking part in YPI gives local charities a boost to funds and makes a huge difference!



WHAT IS A YOUNG CARER?

FYI

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

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

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

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.

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.

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: www.wiccf.co.uk

Competition UPDATE



WINNER

Thank you to all WICCF Young Carers who entered our competition
What am I? : Answer: A Towel
All correct answers were placed in a hat with the winner chosen at random.



Congratulations to Logan Atkin from Balivanich who was the winner.
Logan is pictured with his £50 Amazon Gift Card



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



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 the 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 the 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.

Young Scot App now available



<https://young.scot/>

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](#).

Competition TIME

WIN
£50 AMAZON
Voucher

'WHAT AM I?'

I make two people out of one!!

What am I?

Closing date: mid-night on Friday 30th January 2026

Contact WICCF with your guess – one entry per Young Carer



01859 502588



info@wiccf.co.uk

Enter
to
Win



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.

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.

Contact the office on: 01859 502588

for an application form or download one from our website: info@wiccf.co.uk



It takes 2 minutes & 8,000+
shops will donate to us for free
every time you shop with them!

When you, your family and friends shop online with participating
retailers, the retailers donate part of what you spend to your chosen
cause. Whether you shop on your phone, laptop or tablet, you can
earn free cashback donations for your cause.

If you're not supporting

Western Isles Community Care Forum yet,
please sign up now or tell your family and friends to!



3 simple ways to raise

①

App

Download our free app on iOS or Android. Choose a retailer, shop as normal, and your
cause gets a free donation.

②

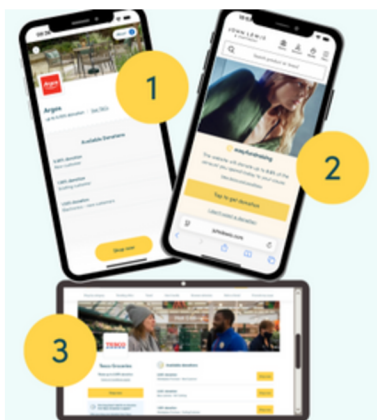
Donation Reminder

Add our browser extension and get a handy pop-up whenever a retailer is offering a
donation – just click to activate.

③

Website

Log in, pick your retailer, shop, and raise a free donation when you checkout.



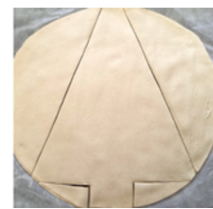
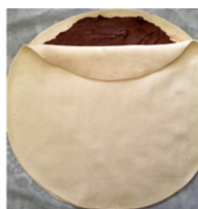
Visit:

<http://easyfundraising.org.uk/.../60a28d9c7e101c2d0ded2fe9/>

NUTELLA Christmas Tree

Ingredients:

- 2 sheets of puff pastry
- 250 g nutella
- 1 egg (beaten for glazing)
- 15 g icing sugar (for dusting)



Instructions

- Preheat the oven to 200°C/180°F and line a large baking tray with parchment paper
- Grab your two sheets of puff pastry and cut off the corners to make long triangles
- (off cuts can make something else, or be frozen for another time)
- Lay one triangle onto the lined baking tray
- Spread the nutella on top (may be easier to melt it first)
- Add the second triangle of pastry on top
- Cut branches on the tree by cutting through the sheets of pastry and nutella, in inch sized rows, from top to bottom (look at the pictures for reference).
- Make sure to leave an inch column down the middle of the tree so it's still connected.
- Carefully twist each branch a few times to create swirls in the pastry
- Once swirled, brush the exposed pastry with the beaten egg
- Bake in the oven for 20-25+ minutes, until golden. Once baked, dust with icing sugar.



Alternatives:

- Swap Nutella for Tomato Paste, add ham, pineapple and cheese or your favourite toppings then place the second sheet of puff pastry on top to make a Pizza Tree



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.

DON'T MISS OUT

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**.

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



07487 540173



carersupport@gmail.com

There are breaks available on the mainland and there are some breaks which WICCF have secured locally for Carers living in the Western Isles.

Current Offers of Respitality in the Western Isles

Pampering

PJ Hair Designs, Lewis
Gracie, The Barbers, Lewis

Accommodation

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

Activities

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

Dining Out

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

2026 Carers Manifesto

The National Carer Organisations have launched the 2026 Carers Manifesto – a call to action for all political parties ahead of the Scottish Parliament elections to commit to supporting unpaid carers and young carers.

694,000 unpaid carers in Scotland

27,000 young carers under 18

3 in 5 of us will become a carer in our lifetime

Our vision:

All Scotland's unpaid carers should feel valued, included, and supported as equal partners in care.

With three key themes:

1

Support Unpaid Carers

2

Help Carers stay well

3

Ensure financial security

The manifesto sets out 10 policy asks, including a Minimum Income Guarantee, mandatory Young Carer Awareness Training, and ending social care charges.

Supporting unpaid carers is not just a political priority it's a moral imperative.

<https://carers.org/policy-and-strategic-influencing-in-scotland/2026-carers-manifesto-a-supporting-unpaid-carers-and-young-carers>



Puzzle Time



WORD SEARCH

Find the words listed below and circle them.

Christmas



- SNOWMAN
- PRESENT
- BAUBLE
- WREATH
- REINDEER
- CRACKER
- HOLLY
- SNOWFLAKE
- LIGHTS
- TREE
- TINSEL

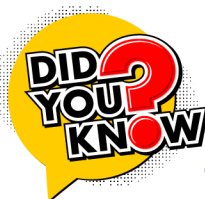


S	T	R	E	I	N	D	E	E	R	B	E
C	I	R	T	E	B	A	U	B	L	E	K
R	N	H	P	R	E	S	E	N	T	N	A
A	S	A	A	E	E	S	T	H	G	I	L
C	E	P	U	T	L	E	B	C	D	N	F
K	L	P	A	E	M	B	N	U	H	A	W
E	B	E	U	E	B	B	R	R	A	R	O
R	R	A	H	O	L	L	Y	I	W	B	N
W	I	C	C	F	N	A	M	W	O	N	S



36 Billion Cups of Tea are drunk per Year in the UK!

That's 100,000,000 cups of tea each day!



The shortest flight in Scotland from the tiny island of Westray to the (even tinier) island of Papa Westray is just 53 seconds!



The world's first speeding ticket was issued in 1896 in Kent, England, to a vehicle travelling 8MPH

Hummingbirds are the only known birds that can also fly backwards



A Briton named Harvey Kennedy invented the world's first shoelaces in 1790



Koalas can sleep for up to 22 hours a day

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.

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.

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

POINTERS YOUNG CARERS WESTERN ISLES

For Young Carers
aged 8-18 years

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 do we do?

Sports Surfing Art Projects
Chilling Baking Music
Adventures

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



Looking for an idea for a Christmas Present?

How about

CARE TO COOK?



A recipe book packed with easy to make recipes.
On sale in local shops or direct from WICCF at £10 plus £2 P+P

Lewis: Cross Stores, Bethesda Charity Shop, Baltic Book Shop,
Campbell's Filling Station, Lochs Filling Station, Buth an Rubha,
Uig Community Shop, Commun Eachdraidh Nis

Harris: Harris Tweed Shop, Ardhasaig FS, An Clachan

Uist & Eriskay: Bayhead Shop & FS; Hebridean Jewellery; MacGillivray's, Benbecula;
Maclean's Butchers, Balivanich; Post Office, Daliburgh; Eriskay Shop

Barra: Padula's, Castlebay



Young Carers Grant

Young Carer Grant is a yearly payment of £390.25 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
only available in Scotland.

Carer's Allowance Supplement
only available in Scotland.

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