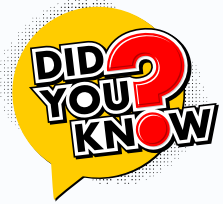




Welcome to the fifth edition of **Shining Stars** our newsletter for young carers it was launched during National Carers Week 2024.

This issue will include:

- factual information
- news and updates
- puzzles
- competitions
- a recipe
- interesting fun facts.



8th - 14th June, 2026

## Competition UPDATE

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



CHECK OUT THE 'GUESS THE CHOCOLATE' COMPETITION FOR YOUR CHANCE TO WIN A £50 AMAZON GIFT CARD

Congratulations to Lily Mai Walker from Lewis.



Lily Mai is pictured with her £50 Amazon Gift Card



## 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.

# DON'T MISS OUT!

It's all available for FREE!!

It's nearly the summer holidays – thinking it would be good to do something different?  
Please get in touch with Catherine to check what's available on Respitality.

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.



“ Absolutely amazing, to get away from the situation, from your caring role and have a chance to relax. ”

There are breaks available nationally to all carers and there are also some breaks which WICCF have secured locally for the benefit of carers living in the Western Isles.

## Pampering

PJ Hair Designs, Lewis  
Gracie, The Barbers, Lewis

## Dining Out

Croft Bistro, Lewis  
Skoon Café, Harris  
North Harbour Bistro, Scalpay  
Temple View Hotel, North Uist

## Accommodation

Stornoway Bed and Breakfast, Lewis  
Isle of Eriskay Glamping Pods

## Activities

Cinema Tickets  
Designs on Benbecula  
Essence of Harris - Candle Making

If you would like to discuss or book a Respitality break please contact Catherine:



07487 540173



carersupport@gmail.com



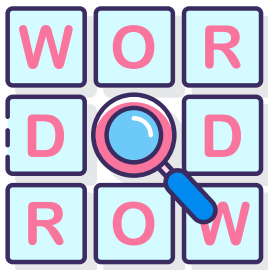
Pictured above Duncan MacQuarrie, Area Manager alongside the Uist Team



WICCF would like to extend a BIG THANK YOU to MOWI for their kind donation of £500 towards our Respitality Project.

Caring, whilst rewarding, is exhausting and stressful and can also involve 24/7 care.

Thank you Mowi for supporting carers in the Western Isles to get further breaks via Respitality.



# Puzzle Time



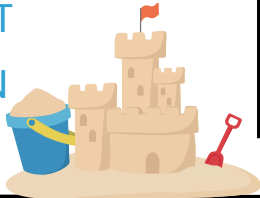
## WORD SEARCH

Find the words listed below and circle them.

# SUMMER



- SAND
- BEACH
- SEA
- WAVES
- SWIM
- SHELL
- SUN
- CRAB
- SAND CASTLES
- PICNIC
- HOT
- FUN



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



## 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.

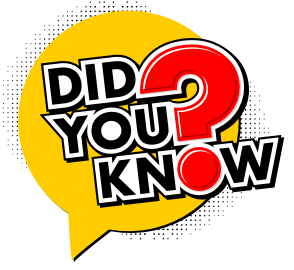
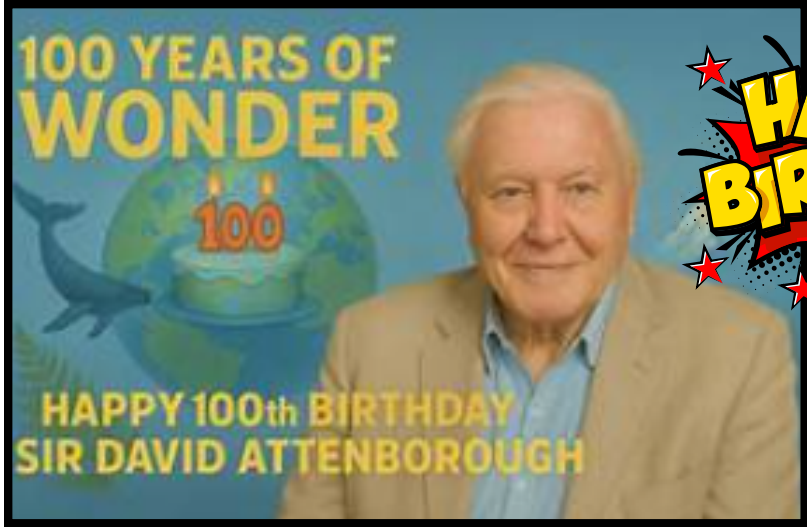


Young carers can claim vouchers, tickets to events and prizes through our free Young Scot Membership.



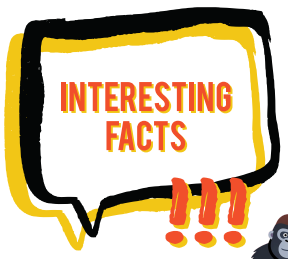
It takes a few minutes to sign up, and you do not need a Young Scot National Entitlement Card to get started.

<https://young.scot/>



Sir David Attenborough was born on 8 May, 1926, in Isleworth, West London  
The same year as Queen Elizabeth II!

Back in the day, there was a time when tennis balls weren't the vibrant yellow colour we're all used to - but did you know it was national treasure Sir David Attenborough who contributed to this change?



Shortly after the first Wimbledon color broadcast in 1967, Attenborough pushed for the tournament to change its balls from traditional white to bright yellow for easier visibility – a change that eventually stuck.



For The Life of Birds documentary, he travelled a whopping 256,000 miles – that's the same as travelling around the world ten times!

While filming, two young gorillas began tugging at his shoes. Attenborough later described the moment as "bliss."

He's thought to be one of the most well-travelled people on the planet

He doesn't own a car as he never passed his driving test

There's only one animal Sir David doesn't like...  
**RATS**



# 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 £405.10 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**



# Take a Break

**Closing date for Applications  
5:00pm on Monday 22 June 2026**

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.

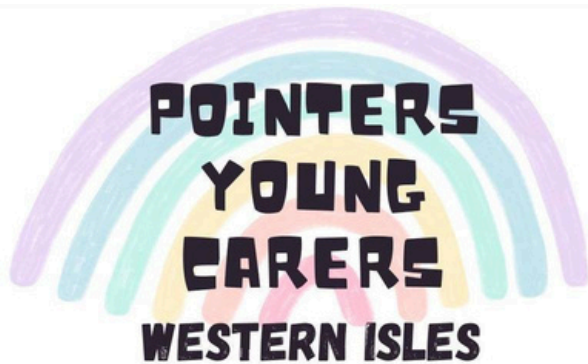
**DON'T MISS OUT!**

**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 10 July 2026. You may hear from us before 10 July, as we aim to make grant awards as soon as possible to support you quickly.

**APPLY NOW** >>

<https://takeabreakscotland.org.uk>



**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](mailto: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**



# BANANA LOAF



## Ingredients

- 225g (8oz) Self Raising Flour
- 1 x 1.25ml spoon (1/4 tsp) Bicarbonate of Soda
- Pinch of Salt
- 75g (3oz) Butter
- 175g (6oz) Caster Sugar
- 2 Medium Eggs
- 450g (1lb) Bananas



1. Preheat the Oven: Start by preheating your oven to 350°F (175°C).
2. Prepare the Pan: Grease your loaf pan or line it with parchment paper
3. Mix all dry ingredients
4. Cream the butter and sugar until pale and fluffy, add the eggs a little at a time alternatively with the dry ingredients
5. Bake for 50 mins
6. Cool on a wire rack

## Recipe Variations

- Add 100g (4oz) of Chopped Walnuts
- Alternatively add a tablespoon of melted Chocolate Spread and swirl in the middle of the loaf before baking

# Competition TIME

## PICTURE QUIZ

### 'GUESS THE CHOCOLATE'

Identify the chocolate  
Enter to Win



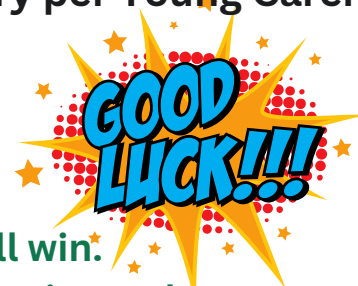
WIN  
£50 AMAZON  
Voucher

Closing date: mid-night on Friday 26th June 2026

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.

# 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

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

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 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](http://wiccf.co.uk)