December 2026 6

SHINING STARS

WICCF

YOUNG CARERS NEWSLETTER

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

Shining Stars includes:

- factual information
- puzzles
- competition
- recipe
- crafting corner
- jokes and riddles.



- ★ 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

GOOD NEWS! Competition UPDATE

Congratulations to Ross Macleod from the Isle of Lewis, who was the winner of the competition in the June issue of Shining Stars, our newsletter for young carers.

Thank you to all WICCF Young Carers who entered our competition
'Guess the Chocolate' Answer: A Double Decker
Ross's name was pulled out of 'the hat' with all the correct entries.



Ross Macleod, pictured with his £50 Amazon Gift Card

CHECK OUT THE 'CAN YOU GUESS WHAT IT IS? ' PICTURE QUIZ COMPETITION FOR YOUR CHANCE TO WIN A £50 AMAZON GIFT CARD

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

SHINING STARS

FYI

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

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.

Sign Up

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

WESTERN ISLES COMMUNITY CARE FORUM

please contact the office: 01859 502588 info@wiccf.co.uk

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

respitality in Western Isles (Eilean Siar)

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@wiccf.co.uk



Competition TIME

PICTURE QUIZ 'CAN YOU GUESS WHAT IT IS?'

WIN £50 Amazon Voucher

Enter to win



GOOD LUCK!!!

Contact WICCF with your guess
one entry per Young Carer

01859 502588
info@wiccf.co.uk

Closing date:
mid-night on Friday 29th January 2027

If nobody gusses 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.

Apply Now!

Time Out

SHARED CARE SCOTLAND Short BREAKS fund

There's still time to apply for a 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

RECEIPT IMPORTANT TOTAL:

Grants will be issued approximately 4 times over the course of the year.
If you would like to apply for a grant of £350, please contact the office for an application form.

The Shed Project

Everyone needs somewhere to belong, someone to talk to and opportunities to enjoy themselves. Based in Stornoway, The Shed Project offers welcoming spaces and support for young people and families. If you help look after someone at home, we would love you to know about the support available.

Youth drop-ins - time to connect and unwind

Looking for somewhere to meet friends, enjoy activities or simply relax? Our youth drop-ins offer a welcoming space to spend time with others and get to know our friendly team. Whether you want to join in or take things at your own pace, there is a place for you. For young people with caring responsibilities, having time for yourself matters too. Get in touch to find out about current sessions and which age groups they are for.

Youth mentoring - someone to listen

Sometimes it helps to talk things through with someone you trust. Our youth mentoring offers individual support to help young people build confidence, recognise their strengths and work through challenges. You might be worried about school, friendships, home life or what comes next. We take time to listen and explore what would help you, working together on goals that matter to you. If caring responsibilities are affecting how you feel, you can talk to us about that too.

Safe Families Western Isles - support for your family

Family life can be challenging, and a little extra support can make a difference. Safe Families Western Isles works alongside families with children aged 3–15, including parents, grandparents and other carers. Our trained volunteers, known as Family Friends, offer regular, friendly support shaped around each family's needs and goals. This could mean someone for a parent to talk to or positive activities and encouragement for a child, helping families feel more connected and supported. Families can contact us directly or be referred by a professional, such as a Health Visitor or Social Worker.

If you are a young person, parent, carer or professional, please get in touch to discuss what support might suit you or your family.

Find out more

Contact: Christeen Macdonald, christeen@theshedproject.org.uk

Follow us: https://www.theshedproject.org.uk/



MARK IT IN YOUR DIARY!

Young Carers Action Day

Wednesday 10 March 2027

Young Carers Action Day is an annual awareness day for young and young adult carers.
The theme for 2026 was "Fair Futures for Young Carers".
The day calls for action to ensure young carers have the same opportunities to learn, grow and thrive as their peers, with the right recognition, support and chances to reach their potential.

Young Carers Grant

A yearly payment of £405.10 for young carers in Scotland

To apply for a Young Carers Grant

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.

Apply online: How to apply - 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

APPLY NOW

Things to know...

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.
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.

Cooking Corner

Snowballs

Makes 10 snowballs

1 hour



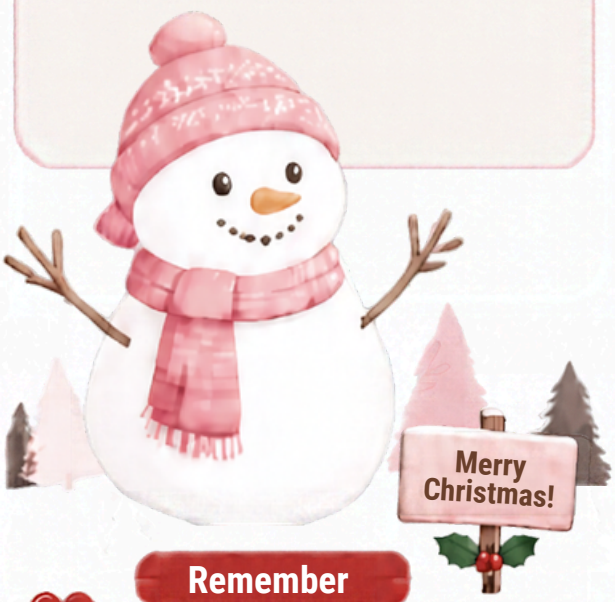
You will need

For the buns:

- 225 g self-raising flour
- ½ tsp baking powder
- ½ tsp salt
- 80 g caster sugar
- 80 g block margarine or butter
- 1 egg
- 1 tbsp milk

For the filling and coating:

- Seedless jam of choice
- 225 g icing sugar
- 2-3 tbsp boiling water
- 60-70 g desiccated coconut



How to make them

1. Heat the oven to 200°C (180°C fan / Gas 6). Lightly grease two baking trays.
2. Sift the flour, baking powder and salt into a bowl. Rub in the margarine or butter until it looks like breadcrumbs, then stir in the sugar.
3. Beat the whole egg and milk together. Mix into the dry ingredients to make a soft dough.
4. On a lightly floured surface, knead gently until smooth. Divide into 20 equal balls and place them on the trays.
5. Bake for 12–15 minutes, until risen and lightly golden. Leave to cool slightly.
6. Spread about ½ tsp jam on the flat side of 10 buns. Sandwich them with the remaining buns.
7. Mix the icing sugar with the boiling water to make thin icing. Roll each snowball in icing, then in desiccated coconut.
8. Put them in a muffin tin and leave to set for about an hour.

Remember

Ask a trusted adult to help with the oven, boiling water, ingredients and allergies. You can take a break whenever you need one.

You're not alone

If you need help or a listening ear, ask a trusted adult.
It is always okay to ask for help.



Christmas Craft Corner:

Make an Origami Penguin



You will need: one square sheet of white paper, a black crayon or pencil, and a red pencil for the hat.

Tip: fold the paper to make the Origami Penguin then unfold to add the colours, why not add a scarf or jumper?

1. 

1. Place the square paper with the black side facing down and turn it like a diamond.

2. 

2. Fold the left and right corners to the centre, then unfold.

3. 

3. Fold the top corner down to the bottom corner to make a triangle.

4. 

4. Fold the left and right sides inward along the creases to form the penguin's body.

5. 

5. Fold the bottom point up a little to make the beak, then fold the top flap down slightly.

6. 

6. Draw a white belly and eyes, add a tiny red Santa hat, and gently open the wings.

Waddleyou make one?

MERRY CHRISTMAS!

POINTERS YOUNG CARERS



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.

For Young Carers aged 8-18 years

What the young carers say about Pointers...

"It is important because it gets me out of the house for a few hours and it's fun."

"There are lots of activities to do and I've made new friends."

"If I am having a hard time, whether it be with school or at home, I always know there will be someone there willing to listen to what I have to say."

"The Carers group is important to me because it allows me to be me and also gives me a break in the role of helping with my brother."

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!

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.

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





Solar System Wordsearch

FUN FACT

Earth Day 2027 is Thursday, April 22, 2027



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FIND THESE WORDS:

SUN
MERCURY
VENUS
EARTH
MARS
JUPITER
SATURN
URANUS
NEPTUNE
MOON
COMET
STAR

Winter Jokes and Riddles



How did the snow globe feel after hearing a scary story?

A bit shaken up







What do you call a snowman without a carrot?

Nobody nose



Why was the snowman reaching into the bag of carrots?

He was picking his nose



What do you get if you cross a snowman and a shark?

Frostbite



What do you say to a stressed snowman?

Chill out



What do you call a snowman in the summer?

A puddle

