

Funding for Breaks for Young Carers

Short breaks fund

The 'Creative Breaks' Fund is available to help carers and young carers, who are caring for someone over the age of twenty, to have a break from their caring role. It is funded by the Scottish Government and in Fife the funds are administered by Fife Voluntary Action.

The aim of the fund is to give the carer a break and/or allow them to take part in activities that they can't normally enjoy because of their caring role. Carers can apply at any time but this round of funding will end in September.

Some examples of activities that may be funded are:

Overnight hotel stays, gym and cinema passes, computing equipment, transport costs and driving lessons.

Carers can apply for funding up to £500. If you are a young carer caring for someone

over twenty and need a break speak to your Support Worker, they can help you fill in the form.

The Family Fund provides funding for families who are looking after a child with a disability or serious illness. The fund have limited resources so they can't give all families support, they have their own criteria... Check out their website for more details.

<http://www.familyfund.org.uk>



If you'd like more information or support with an application for either of these funds contact your Support Worker or Nina Collins, FYC Development Worker on 07541288918 or email nina@fifeyoungcarers.co.uk.

Issue 18

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Sainsburys Kirkcaldy support young carers

Sainsbury's Kirkcaldy chose Fife Young Carers as their Charity for 2013-14. As well as donating a fantastic buffet for our junior Christmas party in December they also collected toy donations at Christmas.

Throughout the year the store have also been busy raising money for a respite trip. Our Focus Group surveyed members of the support groups and it was decided to send some lucky young carers to Alton Towers. Jake Leitch who is a member of the Focus



Group was delighted to collect a cheque from Sainsburys for £1780 in behalf of young carers. This will allow FYC to take 14 young carers to Alton Towers in July!!! The store also donated some snacks and drinks to be used at outings or groups.

We'd like to thank all the staff at Sainsburys for their hard work over the year and everyone who donated to the fund. The trip will ensure these deserving young people get a break from caring.



Arthritis...what's that then?

Arthritis is a painful condition which affects the joints, such as knees, hips and ankles. As well as painful joints skin around the joint can become painful, swollen, hot to touch and red.

The pain of arthritis can either be sharp and stabbing or a dull ache and can vary from day to day. Some people say the cold and damp can make their arthritis worse.

Not being able to do ordinary everyday tasks can be frustrating and combined with the constant pain it can make people tired, upset and angry.

In this article we are going to look at two types of Arthritis, Osteo and Rheumatoid. Arthritis can be caused either by the tissues between the bones gradually wearing away causing the bones to rub together (known as osteoarthritis), or by the body's immune system attacking a joint causing swelling and pain (known as rheumatoid arthritis).

Osteoarthritis usually affects people over 50. Repeated movements of the same type, being overweight or a previous injury to the joint can all be causes. Rheumatoid arthritis can affect younger people, more usually women, and researchers think it may be inherited.

People with arthritis can get access to a variety of treatments to help deal with and manage the pain. Painkillers reduce the pain while anti-inflammatories reduce the painful swelling around the joints.

Physiotherapy and exercise can help reduce the pain from arthritis and stop the symptoms getting worse.

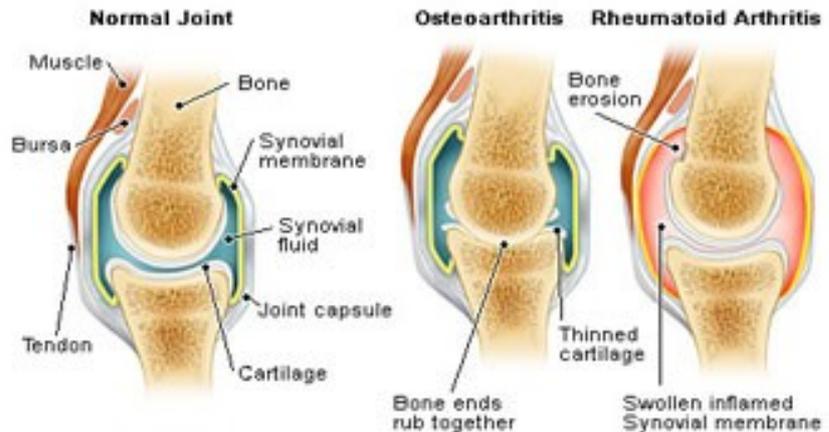
Sometimes surgery is an option, especially for patients with osteoarthritis in the joints, such as the hip and knee. The joint can be removed and replaced with an artificial one, which helps the person lead a more pain-free life.

Lots of professionals might be involved in treating a person who is suffering from arthritis, here are some of them:

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Rheumatologists are doctors with

There are many types of Arthritis, such as Osteoarthritis and Rheumatoid Arthritis, which cause painful joints such as knees, hips and ankles.



specialist knowledge of Rheumatoid arthritis and its treatments.

Orthopaedic surgeons have specialist knowledge of working with joints and can advise someone with Osteoarthritis about surgery available to them.

Occupational therapists will decide if the person with arthritis needs special equipment to help them be independent at home.

Physiotherapists are trained to help someone learn how to do physical tasks, such as picking things up or walking. They'll help the person with arthritis become more mobile and independent again by giving them lots of exercises to do.

There are lots of practical changes that someone with either type of arthritis can do which might help them manage to live with their condition: Here's some simple examples:

- Push doors open with shoulder rather than hands.
- Spread the weight of an object over many joints - use both hands to carry shopping or use a shoulder bag.
- Avoid gripping things too tightly - hold items as loosely as possible or pad handles.
- Shift rather than lift items - slide

heavy pans along a kitchen unit.

Try not to sit in the same position all day - take regular breaks and move around.

Healthy Eating and Arthritis:

Research hasn't been able to prove that any particular food makes arthritis symptoms worse but there is some evidence that eating oily fish can help. People who have arthritis should eat fish like salmon, mackerel, sardines, trout and herring twice a week. The types of oil found in these fish have been shown to help reduce inflammation.

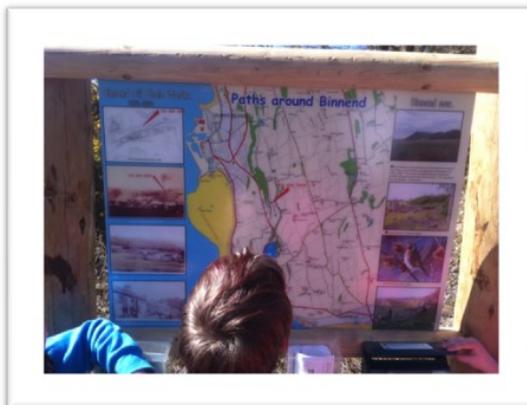
Keeping mobile:

Daily exercise is advised for arthritis sufferers as it helps keep joints moving and reduces stiffness - swimming and cycling are good examples. It's best to start with a small amount and build it up slowly. GPs and physiotherapists can give advice about exercising when someone has arthritis. If you'd like some more information/leaflets contact Nina Collins, Development Worker FYC.

nina@fifeyoungcarers.co.uk

Information from Arthritis UK & NHS Choices.

Nature Nurture Project



Young Carers from Fife have been delighted to take up the opportunity given to them to get closer to nature by the Ecology Centre. The groups spent two days at the centre and thoroughly enjoyed their time there. The programme is all about giving young people the chance to learn more about nature and to build confidence and self-esteem.

On the first day, Claire, the Ecology Centre's Education Manager, talked to the group about what's 'natural' in nature and what's man made. She showed them how to find insects and grubs (yuck?) and listen for things they might not always hear in nature. They also enjoyed a lovely bowl of vegetable soup made with vegetables grown at the centre.

On the second day the group was taken up the Binn Hill at Burntisland which they were amazed to find out is an extinct volcano.

Here's what the young carers thought of the time they spent there:

"....aye, it was good to find out where different insects were hiding, under stones and logs. I'm going to look in my own garden when I get home!"

"I've never been here before and it was great fun"

"The best bit was learning about all the things living outside"

"I loved the pond dipping, I felt sad when it was time to leave but I could come back sometime"

FYC would like to thank everyone at The Ecology Centre for this fantastic opportunity.

The Ecology Centre are holding a variety of sessions over the summer holidays including Willow Lantern, flag and mask making. Sessions are free but you need to book...call 01592 891567 between 9am & 5pm.

See Ecology Centre website

<http://www.theecologycentre.org> for more details.

Back Page News

Carers Week 2014

Thanks to all the schools across Fife who got involved this Carers Week to help identify hidden young carers. Primary Schools were encouraged to log into the Eryc & Trayc resource online (<http://www.erycandtrayc.com>), while many secondary schools took part in our Carers Week Quest Quiz.



Dawn Murray FYC Schools Worker
with Carers Week Info Stand

**Fife
Young
Carers**

Have moved!!

As of the
2nd June 2014 our new
address is:

Fife Young Carers
Ore Valley Business Centre
93 Main Street
Lochgelly

Fife

KY5 9AF



01592 786717 ext 115 or 116

Want to share your news?
Contact Nina:
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