

## Young Carers Newsletter

BWYC  
Bromley Well Young Carers

## Welcome to our Young Carers Newsletter

Bromley Well Young Carers service supports young carers aged 4-19 who are helping to support or care for a parent, sibling, friend or relative at home.

The Young Carers Team has been busy over the past few months - read on to find out more!

## What have we been up to?

The Young Carers Service has been busy with many activities going on to give young carers in Bromley a well deserved break away from caring! We have celebrated Young Carers Awareness Day, had many activity days including a spine tingling day out at the London Dungeon and workshops to help us learn ways to cope when we feel stressed.

## Young Carers Baking Bonanza

12 young carers joined us for an afternoon of baking! They designed and made their very own pizzas as well making some scrumptious cupcakes and decorating them with icing and lots of sweets! A big thank you to Judy Kimmins for running this session and for making it filled with lots of new experiences. Everyone enjoyed having a break from caring and got to learn new recipes and skills to take home.

*"I loved making and eating the pizza. I've never made one before, it was fun"*



## 'My Stress Bucket' Workshop

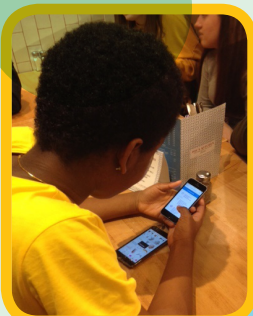
To support young carers mental health for Young Carers Awareness Day 2019, we ran a stress workshop. Young carers aged 4-11 got the chance to share the things that make them feel stressed as a young carer and put them into the 'Stress Bucket'. We discussed our stresses and realised that lots of us shared the same stresses. We then added the things that help us feel calm into the bucket and shared these with the group. Everyone felt much better after sharing their stresses and went home with lots of new coping strategies to help them feel relaxed and calm.



*"I liked learning new ways I can relax when I feel stressed at home"*

## Young Carers Forum

The YCs at our Forum in March were the first to download and explore the new Young Carers App! They were able to feedback on the features and complete the new young carers self-assessment. They also helped us plan some exciting life-skill based workshops which will give them skills to prepare for adulthood and support them in their caring roles.



## How young carers has helped me...

**Hannah, 13 is a young carer for her sister.**



*"Coming to Young Carers has helped me in so many ways. I have made so many new friends through coming to the activities, and Young Carers has given me a safe space that I know I can go to to discuss the daily struggles of being a young carer. The fun activities also mean that people like me can get out of the house and enjoy ourselves, without having to think about the responsibilities that we have at home."*

[>Click here to find out more about BWYC and to refer](#)

# Half-Term Activities

## Circus Skills

During February half-term we had the return of our very popular circus skills activity day. We had 16 young carers aged 4-10 learning to spin plates, juggle, and ride unicycles. Lots of new friendships were made and it was amazing to see all the young carers getting on so well and supporting each other. Everyone did really well trying new experiences and mastering some tricky circus skills.



## Day Trip to the London Dungeon

During February half-term, young carers aged 11+ enjoyed a trip into London to the London Dungeon experience. There was a mixture of excitement and anticipation as no one really knew what to expect. A great time was had with lots of shrieks, screams, and scares along the way. Thankfully everyone made it out in one piece and we finished off the day having a delicious lunch at Honest Burger. Everyone had a fun day away from caring and went home with lots of facts and spine tingling stories to share.



*"Today was exciting. We got to learn about history and I got to make new friends"*



## First Aid

15 young carers took part in a half-day emergency response course run by Andy at NIS First Aid Training. The young carers all enjoyed a new experience whilst also gaining knowledge and understanding of vital lifesaving skills. Well done to all involved, you all worked really hard!



*"I feel more confident now that I would know what to do in a first aid situation."*

*"I really enjoyed today. It was fun and extremely useful"*



## Young Carers Awareness Day 2019

Thursday 31st January was Young Carers Awareness Day (YCAD), run by the Carers Trust. This year's theme was **young carers mental health**.

Ellie and Matt visited lots of primary and secondary schools to do assemblies and speak to staff to help raise awareness of young carers and the support available to them. We also did lots of tweeting and got articles posted in the local newspapers.

[>Click to read our twitter](#)

[>Click to read the news article](#)



On YCAD we joined Bullers Wood Girls School for a series of assemblies to raise awareness of young carers, the great job they do, and the impact caring can have on a young person's life as they try to juggle being a young carer with school and a social life. Thank you Bullers Wood Young Carers Group

for sharing your stories and having your voices heard to raise awareness!

To support young carers mental health, we visited Tubbenden Primary School in Orpington to deliver a workshop to their Young Carers Group. After discussing how we felt about being a young carer, we made stress balls and learnt some useful breathing techniques to help us manage any difficult feelings we may have in the future. Thank you Tubbenden Primary for having us and for celebrating Young Carers Awareness Day!



*"I feel really relaxed now. The stress ball is fun to play with. I will use it lots at home"*

*"It was nice to talk and know my friends have a brother or sister like me"*

Look out for events and activities we have planned to celebrate this week.

**Carers Week**

10 - 16 June 2019



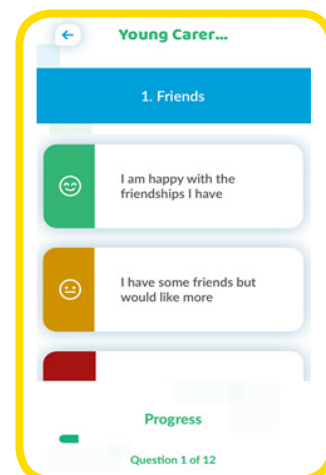
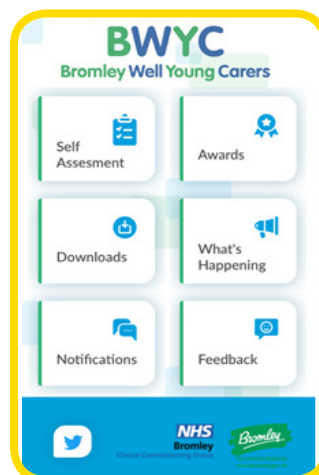
# Young Carers App

## BIG NEWS!

The Bromley Well Young Carers App has launched! It is now available for download on the App Store for IOS and Google Play Store for Android. All young carers aged 11+ who would like to use the App, please send an email to [matthew.vollar@bromleywell.org.uk](mailto:matthew.vollar@bromleywell.org.uk) to get a log in and password.



The App has some great features to support young carers including a self-assessment section, useful downloads and a support resources section. The App also gives you information and notifications when new information is added for upcoming events and activities. Check out the App guide to find out more  
[> YC App Guide](#)



## Save the date!

### April (Easter Holidays)

Wednesday 10th April 1pm-4pm

Peer Support Workshop and Creams - Age 11+

Tuesday 16th April 10am-2pm

Easter Forest Fun Day- Age 4-11

Thursday 18th April times 12pm-5pm

Cinema and Nandos- Age 11+

### May (Half-Term)

Wednesday 29th May (Times TBC)

Thorpe Park Trip- Age 11+

Young Carers Forum

Friday 29th May (Times TBC)

Activity and workshop day- Age 4-11

### June

Saturday 22nd June (Times TBC)

Carers Week Activity Day

Look out for flyers and information on all of the activities we have planned coming out soon!

Keep up to date on the App too!

## Would you like someone to talk to?

Ellie and Matt can give you one to one support at home or at school to talk through any worries or difficulties you are having and explore coping strategies to help you.

### ***Do you feel like counselling would help you?***

We can also provide young carers with professional counselling with Bromley Y, to help support you in your caring role.

If you would like support, call or text Ellie 07598828070 or Matt 07594091769



## Useful App

### WorryTime

This is a FREE app that helps you manage your worries. When you notice yourself worry, write it down in WorryTime and set a time for later that day to look over your worries. Once you have dealt with your worry, screw it up and flick it away!



## Useful Website

### Young Minds

Young Minds is the UK's leading young people's mental health charity. It's important for your mental health to take time out for yourself, relax and recharge the batteries. Take a look at the relaxation tips and stress busting techniques!

[> Young Minds website -Looking after yourself](#)



## News

### Good News Story

Huge congratulations to Bromley Well young carer Abigail, 9 who got to the final of the, 'Tell Us Something We Don't Know' competition. Abigail is a young carer for her brother who has Prader-Willi Syndrome. Abigail won multiple rounds before being selected as 1 of 8 children across 6 schools who made it to the final. Abigail decided to do her speech on Prader-Willi Syndrome (PWS) and was thrilled to make it to the final as it would help her share her story and raise awareness of the condition. Abigail displayed her skills in Makaton during her speech and was praised by the judges for being an excellent ambassador for PWS. None of the judges had heard of Prader-Willi Syndrome before and were amazed by the information and knowledge she had on the condition. Abigail has since received a certificate of achievement from the Prader-Willi Syndrome Association for her hard work and awareness raising. Well done Abigail!

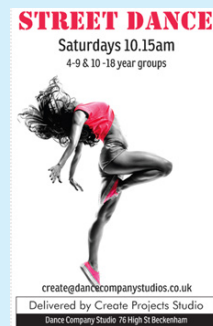


### NEW DATES: Free Dance Classes for Young Carers

Beckenham Dance Company Studio is offering FREE street dance classes to young carers! These classes are available to all young carers aged 4-18. No need to book, just turn up!

**These classes will be running on Saturdays at 10:15am from 23rd April-6th July. Half-Term w/c 27th May.**

**For more information call 0208 402 2424 or email [lauren@dancecompanystudios.co.uk](mailto:lauren@dancecompanystudios.co.uk)**



### Thank You!

A big thank you to the London Sea Cadets National Citizen Service Autumn programme who kindly donated self-care boxes and cards of thanks to some of our young carers, to thank them for all of the hard work they do supporting their family members at home. Their fundraising donation also allowed us to provide the young carers on the first aid workshop with a first aid book to take home so they can continue practising and learning valuable first aid skills.

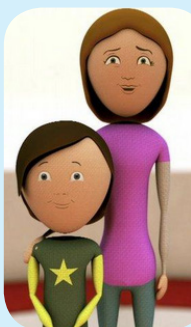
Thank you for supporting young carers in Bromley.



### A Young Carers Story newsround

'It's made me who I am'. Charlotte, looks after her mum who has depression. In this newsround video she talks about the moment when she realised she was different to her friends but how caring for a parent has made her who she is today.

[> Listen to her story](#)



### Contact us

**Young Carers Service-** 0208 466 0790  
[youngcarers@bromleywell.org.uk](mailto:youngcarers@bromleywell.org.uk)  
 Ellie - 07598828070  
 Matt - 07594091769

### Kooth - New Online Counselling Service for 11-19 year olds

A new online counselling service for 11-19 year olds is now available across south east London. The service was launched in Children's Mental Health Week. This new online counselling service will give young people access to FREE, anonymous mental health and emotional well-being support.

Visit the website here> [Kooth](#)

Read the launch article > [CCG article](#)

