



## 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.

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# Young Carers Action Day 2022

## Party Time

**We certainly pulled out all the stops to celebrate in style on the 16th March!**

Young Carers Action Day is a very important date in all Young Carers diaries and this year was no exception.



Each year a new theme is decided by Young Carers themselves. As the theme for 2022 was *Taking Action on Isolation*, we decided to bring as many of you together as possible for a fantastic evening of entertainment.

Over 70 of you hurried home from school to attend the party extravaganza, which included the infamous 'Funky Chicks,' lots of dancing, prizes, fun and a fantastic snow machine. There was also a photo booth, art and a board games area, not to mention the absolute cherry on the cake... an ice cream van! And let's not forget the actual cake provided by [Free Cakes for Kids Bromley](#); It was truly magnificent and very tasty!



*"Thank you so much for today. Florence had such a wonderful time. She's sitting eating her cake as I write this!! She was particularly impressed that it's a rainbow cake!!!!"*



*"I had lots of fun today at the party, I just wanted to thank you for the support you have given me, it was so lovely to come together and dance around"*



We were all delighted when Young Carer Harriet took to the stage to read her beautiful poem about isolation. Thank you Harriet for sharing your poem. [Watch it here](#).

Everyone certainly had lots of fun. Same time next year?

We would like to thank [Amrita Hall](#) for allowing us to use their beautiful venue for free. It really is a very special place with a lovely welcoming atmosphere. Further thanks go to [Bromley Party Shop](#) for the huge helium balloons at a discounted price. Some lucky Young Carers went home with the lovely balloons at the end of the night.

## Young Carers Action Day 2022

### Lights, Camera, Action!

**Eight Young Carers, aged 16 plus, were excited to be invited to a filming and editing masterclass organised by advertising agency Brooklyn Brothers as part of the Young Carers Action Day 2022 celebrations with the Carers Trust.**

Our Young Carers spent the day at the Brooklyn Brothers' stunning offices in Liverpool Street, where they were treated like superstars.

The atmosphere was relaxed and fun and Young Carers had a chance to immerse themselves into 'city working' whilst networking in the world of advertising.

*"This has made me want to work in London for sure"*

New skills were acquired, exciting opportunities revealed and future ambitions made. We think the adverts are simply brilliant!



*"This is so cool"*



Watch them here:

- <https://www.youtube.com/watch?v=vyet-tZRNMc>
- <https://www.youtube.com/watch?v=meSIFJJOxB8>
- <https://www.youtube.com/watch?v=ReboMs3CaYk>
- <https://www.youtube.com/watch?v=sp-PYbEkvr0>
- <https://youtu.be/IP70XJBhzCY>



## Art & App Get Together

**We were delighted to welcome over 30 Young Carers for a fun-packed 'Time Together Tuesday' session even though it was, in fact, a Wednesday as the Young Carers enjoyed reminding us!**

Young Carers took part in decorating bags, making masks, glitter art and playing board games, all whilst forming new friendships and having fun together.

*"My child had a great time, and it was really beneficial for her to have something just for herself"*

Thanks to Annabel, our newly appointed app ambassador, for sharing with her peers her knowledge and insight into your BWYC app. She supported other Young Carers with downloading and using the app to its full advantage.

**Would you like to join our app redevelopment group?** Do let Lorna know if you would like to join our new BWYC App steering group.



## Wonderful Half-term Workshops



*“It was really good for Oscar to make new friends and have time away from his brother”*

Thanks to [Beckenham Place Mansion](#) for use of their beautiful space for the week.

*“Thank you for being so patient and understanding with Alexi”*

### Mousetrap Workshop

Young Carers enjoyed themselves learning new theatre and drama skills during this fabulous three-day activity. Our brief to Tash at [Mousetrap](#) was to deliver an event based around this year’s Young Carers Action Day theme ‘Taking Action against Isolation.’

Young Carers successfully created a production about tackling isolation and coming together. New meaningful friendships were formed throughout the week and on the final day, over 30 parents and guardians enjoyed Young Carers performing their final ‘masterpieces.’

*“Increased confidence and she decided to audition for the school play this week”*

### Create Art - Money Matters Workshop

Secondary-school-aged Young Carers enjoyed the art of zine making all whilst learning key skills around money: How to save it, how to spend it wisely and how to invest the money that had been saved! Comparing supermarkets prices proved to be informative and the empowering ‘Needs vs Want’ lesson was thought provoking and caused some deliberation amongst those attending.

*“My child enjoyed her three-day art course, and it gave her something to look forward to and something to talk about. Also gave her a slight confidence boost meeting people her own age and having to start up a conversation”*

*“Mason made new friends, went out with a smile and come home with a bigger one. He deserved this so much”*

**We are very fortunate to have developed fantastic relationships with the guys and gals from [Mousetrap](#) and [Create Art](#) which evolved from our lockdown Zoom sessions.** During half term, over 20 Young Carers attended the two different workshops at Beckenham Place Mansion. Holding both workshops at the same venue worked out to be an unintentional bonus - Young Carers were able to spend time at lunch mixing together and meeting other Young Carers that they may not have met otherwise!



*Teamwork makes the dream work!*



*“My daughter totally loved it!”*



## It's Showtime: Fabulous Theatre Trips

### Wicked

**Back in January, 16 Young Carers joined us for a stupendous evening at the Apollo Theatre in London. Young Carers certainly dressed to impress as this was a long overdue treat promised during lockdown following a three-day Mousetrap Zoom workshop.**

A "wicked" evening was had by all and, for some, this was their very first trip to see a West End production. It was a late night, but all those smiley, happy faces confirmed that it was well worth being a little tired!

*"My daughter can be very introverted so events that include face-to-face contact are very good for her. She was very excited to tell me about it on her return home"*



*"That was WICKED!"*



*"Eva had THE best time. Musicals are her favourite thing and we have had the soundtrack on repeat ever since the trip" Thank you!"*

*"Amazing trip, so grateful to the Young Carers Team. AG made couple of new friends and was buzzing for days after the trip"*

### Alice in Wonderland Pantomime

**We were delighted to attend as guests of Price Waterhouse Coopers in January at the Peacock Theatre, London.** What a treat it was to dance and sing along throughout this fantastic production as 17 very excited Young Carers joined us for an evening of frivolities. We even had our very own 'Tea Party' on the coach home whilst enjoying the lovely London lights. A brilliant evening that will certainly remain in Young Carers memories for a long time...



*"Both girls absolutely loved the trip and have not stopped talking about it since!! They said that they made friends, got to dance, and even told me that the kids beat the grown-ups!! Thank you so much!"*

*"Well organised. I knew she would be looked after. She came back buzzing!"*



## It's Showtime: Fabulous Theatre Trips

### Mamma Mia

**Here we go again... how wonderful that our Young Carers were able to enjoy another lovely trip to London to dance and sing in the aisles of the Novello Theatre.**

Having spent three days together during February half term learning theatre and drama skills, Young Carers were excited to take time out once again to share pizza, chat and have fun, before heading off to take their seats for the performance.



*"We had so much fun"*  
**[Watch the video review here!](#)**

## Welcome Baby Grace & Welcome Julie

**Young Carers Support Worker, Hannah, has given birth to a beautiful baby girl.** Both are doing well and Hannah and Grace may well be making a surprise appearance during a summer activity.



**Introducing Julie Cook, who is covering Hannah's role while she is on maternity leave.** Julie was previously employed as the



Children's Wellbeing Coordinator for Bromley Mencap (the role ended in December 2021) and is enjoying meeting you all.

Julie likes spending her spare time with her family – two teenage boys, her husband and their two-and-half-year-old golden retriever. Julie enjoys walking, travelling and spending evenings playing games. She also enjoys sewing, Zumba and meeting up with friends for a chat!

**Julie works three days a week. Her usual working days are Tuesday, Wednesday and Thursday. [Julie.cook@bromleywell.org.uk](mailto:Julie.cook@bromleywell.org.uk)**

## Young Carers App

### Have you downloaded your Bromley Well Young Carers App?

By using the app, you are in control of checking out what activities and workshops are coming up in the **'What's Happening Section'** and of course reading the BRILLIANT newsletter in the **'Downloads'** section.



The app has loads more features that support you all, including an **'About Me'** section. This section really helps Lorna and Julie make sure that we are organising workshops that will support you all!

*Would you like to join our app redevelopment group? All Young Carers are welcome to join and give us valuable feedback. Please let Lorna know if this is something that you are interested in.*

And remember to contact us if you need help downloading the app!



## Emotional Support

If you have any concerns about your mental health, your caring situation or you just want to talk, we are here for you.

**If you would like a 1-1 emotional support session, call or text us!**

Lorna: 07598 828070 Julie: 07594 091769

For more support: <https://community.themix.org.uk/>  
<https://www.kooth.com/>

## 16+ WhatsApp Group



### Have you joined the 16+ WhatsApp Group?

If you're a registered Young Carer aged 16 -19 contact Lorna or Julie to be added to the Young Adult Carers WhatsApp Group.

This group is a safe space to chat, receive additional support around transitioning, employment, what's on at BWYC and more!

## BWYC Social Media

Follow us on our social media platforms for up-to-date posts on what's happening at BWYC! Click on the links below.



Instagram: **Bromley Well Young Carers**



Twitter: **BromleyWell\_YC**

For more information check out our website: <https://www.bromleywell.org.uk/our-services/young-carers/>

# What's On

## Coming Soon!

Easter Egg Gathering – Thursday 14th April  
between 1.30pm-3.30pm

The Lion King, Lyceum Theatre –  
Tuesday 3rd May

Pet Corner Club – Date TBC

Yoga – Date TBC

Art & Forum – Date TBC



## Carers Trust Grant Age 16+



There are grants available from the Carers Trust, Carers Grant Fund for any carers, aged 16+. Carers can apply for grants of up to £300 for items or activities that will benefit them in their caring role. This grant can be used for a range of things including driving lessons, household items and respite from your caring role.

**If you are interested in applying for this grant please contact us!**

*“Thank you so much for your assistance with this grant; it will help with my goals in further education, and it is through your assistance that I was able to achieve my grades to make it into college! Thank you so much on behalf of the \*\*\*\* Family and I’ll use the money to buy the resources to achieve my goals and I’ll send updates of my progress. PS: Big shout to Lorna for all her help and support in the Young Carers programme and has been a tribute to my current success”*

*“OMG thank you so much for all of your help – this is great news. I am now able to use the money for travel, this will mean that I don’t miss out and will be able to join my friends on fun trips out!”*

### CONTACT US

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