

Bromley Well

Young Carers

Bromley Well provides a service for Young Carers. The service supports Young Carers aged 4 to 19 to manage caring relationships whilst enjoying your childhood.

The service employs two full-time Young Carer Workers and provides:

- Opportunities to meet with other young carers, have fun, discuss any worries and try out new activities
- Emotional support
- Counselling by a professional counsellor
- Training courses
- Workshops
- On-line support
- Peer support groups
- Leisure activities
- A Young Carers Forum
- Support for preparing for adulthood

We have a Young Carers App, newsletter and website to help bring Young Carers together and learn more about activities available to you in Bromley.



To make contact or refer someone to the Bromley Well service please call freephone **0808 278 7898** or email spa@bromleywell.org.uk
www.bromleywell.org.uk

 **Bromley Well Young Carers**  **@BromleyWell_YC**

Once we receive your referral, our Young Carers team will contact you to arrange a meeting. Our Young Carers team can be contacted on 020 8466 0790 or by email to youngcarers@bromleywell.org.uk

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