

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 very busy over the past few months - read on to find out about what we have been up to!

What have we been up to?

School Outreach

The Young Carers Team had a fantastic morning at St Olave's Grammar School running a workshop for 120 Year 10 students to help raise awareness of young carers and highlight the support available to them.

We received great feedback from this session and hope to run many more outreach sessions in other schools in the future!

Thank you St Olave's!



St Olave's Grammar School historic crest



Care in the air

In January our young carers aged 8+ got to enjoy an adrenaline filled morning at AirJump followed by lunch at Nando's. After lunch we had a focus group to discuss future activities and our Young Carers App. Some great ideas were shared by all! Lots of fun was had and lots of new friends were made!

Half Term Fun!

In February half term 16 young carers aged 4 to 8 enjoyed an action packed activity day. The day began with a pizza lunch followed by a trip to the cinema to see 'Early Man'. The day was finished off with a visit to Mission Cafe for some competitive games, puzzles and colouring. A great day was had by all and provided some of our youngest young carers with the break they needed from their caring responsibilities!

Thank you to Mission Cafe, Bromley for having us!



*Mission Cafe,
Bromley*

The older young carers enjoyed a trip to Creams in Bromley where we all got to indulge in pancakes and waffles before heading to Bromley Y for a 'Mindfulness and Relaxation' workshop. The young carers had a great time and left feeling totally relaxed after doing some visualisations and art therapy.



Creams, Bromley



*The BWYC
Bake Off*



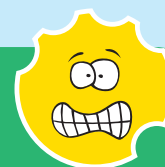
March saw our first Bromley Well Young Carers Bake off. A group of 10 young carers battled it out to become our Star Bakers! The young carers had a great afternoon designing and baking their own bread and cupcakes. Everyone produced such creative bakes, the judges had a really hard decision on their hands!

In the end we crowned our two Star Bakers, Elsie and Courtney! Well done girls!

Even with the element of competition, all of the young carers had a fun day.

Ronnie said "It doesn't even matter if I don't win today, I've had a great day anyway!"

Stress Busters of the month!



Being a young carer can sometimes be very stressful. Try this useful stress buster to help you feel calm and relaxed.

Slow Breathing

Try breathing in for 8 seconds, holding it for 2 seconds, and then slowly breathing out for 12 seconds. Do this 3 times.

About our activities

The young carers service is funded to run 12 leisure activities for young carers every year. These 12 activities run monthly and are shared between the different ages of young carers we support. We know how much you all love coming to our activities so in the future we hope to be able to put on lots more activities for you!

Unfortunately, this does mean that there is not an activity every month for all ages. Priority for activities will go to young carers who have not previously attended an activity with us before. This is because we want all of the young carers we support to have an equal opportunity to have a much needed break from their caring responsibilities.

If you are known to Bromley Well Young Carers, you will always receive an invite to any activities either via email or in the post.

For more information please contact Ellie on **07598828070** or email eleonor.morris@bromleywell.org.uk

BWYC
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Bromley Well

Young Carers Forum

Come and join us at our Young Carers Forum and activity day!

BOWL UP!



FOCUS!

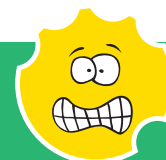


Young carers age 10+, it's time to have your say!

Come and join us for an afternoon of bowling, a 'having your voice heard' workshop and our Young Carers Forum. It's all happening on Thursday 12th April, 11.45 to 3.30pm. Have your say on the support you need and the activities you would like to come to.

Interested in coming? Give Ellie a call or text on **07598828070**.

Stress Busters of the month!



Listening to music

Listening to music can also be very relaxing. Try putting your favourite music on your mobile phone and having a quiet sit (or a dance round the kitchen).

News

Josie and Jamie's Story

The Carers Trust has a series of stories by Young Carers. Brother and sister Josie, 11, and Jamie, 9, are two young carers who help their parents care for their sisters.



[Read Josie and Jamie's story here](#)

Number of young carers in UK soars by 10,000 in four years

The number of recognised young carers in the UK has risen by more than 10,000 in four years. The most recent government figures show that in May 2017 there were 41,870 16-to-24-year-olds who qualified to receive the carer's allowance, compared with 31,080 in 2013 – an increase of 35 per cent. Those aged 16 and 17 saw an even bigger rise during the same period – up by 54 per cent from 1,400 to 2,150.

Laura Bennett, head of policy at Carer's Trust, told The Independent: "It's good that there are more people getting the allowance. It helps support them with the extra costs of caring which can avoid them missing out on other things."

[You can read more here](#)

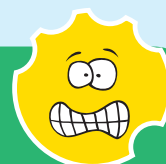
Are you 18 and registered to vote? Identification is now required to vote in Bromley

Bromley is one of five areas that is taking part in a new pilot scheme for the local elections. This means if you are voting, you will need to take some personal documents as proof that you are able to vote. This is a big change and may be a surprise if you don't yet know about it. More details and a list of documents you can take can be found on the council's website.

[Visit the website](#)



Stress Busters of the month!



Mindfulness thought...

Grasp your hands really tight and hold for 5 to 10 seconds, then release and pay attention to how your hands feel. Keep your attention focused on the feeling for as long as you can.

Save the date!

Carers Week 2018

Monday 11th – Sunday 17th June

Look out for events and activities taking place during this week!



Bromley Well

Funded by:

