

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 about what we have been up to!

What have we been up to?

Easter Fun!

Young carers aged 4-10 joined us for an Easter Activity day filled with a morning of arts and crafts and an afternoon of circus skills. Lots of fun was had by all spinning plates, juggling fire sticks and attempting to ride unicycles! The young carers were all able to show off their new skills during the presentation at the end. It was great to see some familiar and new faces and lots of new friends being made.

"Today was amazing especially doing the crafts"



"I feel good for having a break and am more happy than I normally am"



"Coming to Young Carers is fun! It takes your mind off home and we meet new friends"

Young Carers Forum



In April we had our 'Bowl up, Speak up, Focus Day' in which we held the quarterly Bromley Well Young Carers Forum. Young carers aged 10+ began the afternoon with some competitive games of bowling. There were many strikes and everyone had a great time getting to know new faces and reconnecting with others they had met at previous activities.

Before the Forum, the young carers had a workshop with June from Bromley Y which focused on how we can speak up and have our voices heard. The young carers were then fully prepared for the Forum and were able to discuss and brainstorm some really creative ideas and designs for our Young Carers App while we sipped on strawberry milkshakes and hot chocolate!



"I enjoyed today because I made new friends"

"I really enjoyed giving my opinion and I hope the App works well"

May Half Term Fun!

In May half term 35 young carers had the wettest and muddiest day out at Forest Fun Club! There was lots of tree climbing, mud pie making and swamp splashing! After a campfire lunch and the chance to toast marshmallows, the young carers were let loose on a scavenger hunt. Everyone left the day completely exhausted and totally filthy! Lots of new friends were made through excellent teamwork and so many new experiences were had.

Thank you Kathryn and Forest Fun Club for such a fun and creative day!

"Forest school was fun because I had lots of free time to do what I want"

"I was able to learn how to spend a day out rather than inside playing with electronics"



Forest Fun Club, Pickhurst Infant School



"Forest fun day was the only day out I had this half term. I really enjoyed it."



Age 12+ young carers enjoyed a trip to Franco Manca in Bromley where a competition was had to see who could eat the most slices of pizza. The young carers enjoyed the time to just relax, chat and catch up on each other's half terms. Once full of pizza, we headed down to Bromley Y for a 'Managing your emotions' art therapy workshop. The young carers all loved getting creative by exploring their inner strength and resilience through painting. We all left the workshop totally relaxed and positive.

"Today I learnt useful techniques I can use when I am anxious"

"I left feeling really relaxed"



carers week 11-17 June 2018

On the Wednesday of Carers Week we held a celebration evening for Young Carers aged 4-11. This took place at The Lodge in Norman Park. Young Carers had great fun celebrating Carers Week with some outdoor games, football, parachute games, as well as a quiet corner of mindfulness colouring for those that needed a rest! After eating lots of party food, young carers had a workshop on 'Releasing Our Emotions'. This involved them writing down some thoughts, worries or emotions that they wanted to let go of and putting them inside a helium filled biodegradable balloon which we would then release to the sky together.

We all watched as those thoughts, worries and emotions floated away, leaving us feeling lighter and calmer.

What a great end to a great evening!



"It was great to have a day out of the house!"

"I had a cool day. The climbing wall was higher than I thought it would be, but I was proud of myself when I got to the top"

On the Saturday young carers aged 12+ had a trip to The Reach Climbing Wall in Woolwich. During the train journey there was an atmosphere of nervous excitement, as no one really knew what to expect or just how high these climbing walls would be! As the session started it was clear these walls were no pushover and some young carers were having second thoughts! However spurred on by each other's encouragement and success, every single one of them made it to the top proving that when you put your mind to it you can achieve even the most daunting tasks! Thanks to all those young Carers who came and made it such a day to remember.



Save the date!

14th July 12-4:15pm- Young Carers Activity Day!
Zizzi and Bowling ages 4-11

26th July 1:45-4:30pm- Big Fish to Little Fish
Thinking about starting secondary school get together.
Young carers in School Years 5/6

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



Bromley Well Young Carers is now on Twitter!

Follow us to find out about the latest news and events.

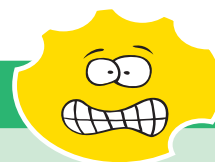
@BromleyWell_YC

Mindfulness Tip

**Does your brain feel full of thoughts and worries?
Do you find it hard to concentrate?**

Try finding a quiet corner, put some headphones on and just spend 10 minutes doing some mindfulness colouring, focus on making the colouring as neat as you possibly can. You can set an alarm or timer so you don't even have to think about how long you have been doing it for or when to stop. This can help calm our minds down and make us feel more relaxed.

You can find some nice mindfulness colouring sheets here



News

New Staff



Hi, my name is Matt and I am the new Young Carers Support Worker. I am excited to be part of this fantastic service and hope to make a real positive impact with the young people that we aim to support. I have worked in SEN secondary education for the last six years, providing behavioural and pastoral support to break down barriers young people may have had to their education. I now look forward to transferring my skills to help the young carers of Bromley and their families.

Outside of work I am a big sports fan and a keen cyclist, I can often be seen riding around the lanes of Kent searching out new coffee stops!

Good news story!

Following our school outreach, Bullers Wood School have set up their own young carers group! This group runs weekly and gives young carers at the school a fun and safe place to chat and be with other young carers.

We were lucky enough to be able to go along and meet some of the young carers at this group and discuss ways we could work with them in the future to offer advice, workshops and support.

It is great to know that young carers in the Borough are being supported in school and out of school! Hopefully we can be encouraging lots more schools to do the same in the future!



Kate's Story

The Carers Trust has a series of stories by Young Carers. Kate is 17 years old and cares for her mother, who has arthritis, and her 15-year-old sister and four-year-old brother who both have Autism Spectrum Disorder.



[Read Kate's story here](#)

Carers Action Plan 2018-2020

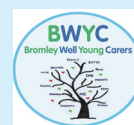
The Department of Health and Social Care has released a two year action plan aiming to improve the awareness, support and services available to carers.

A specific focus is on supporting young carers by improving the identification of young carers, improving their educational opportunities and outcomes, improving access to support services and providing support during transition for Young Adult Carers.

[Read the Carers Action Plan](#)

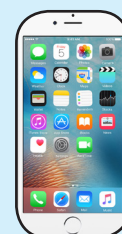
Young Carers App

Look out for our Bromley Well Young Carers App coming out very soon!



We are currently using all the fantastic ideas we got from the Young Carers Forum to develop our Young Carers App!

This app will allow you to see what fun activities we have coming up, alert you to the latest news and provide you with lots of coping strategies, activities and tips to help you manage your emotions and your caring role.



Bromley Well



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