

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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Sewing School Workshop



We hold regular forums whereby young carers share with us their wishes on what they would like their young carers service to provide. We were thrilled to be able to deliver two fantastic sewing workshops as a direct result of forum feedback!

"Lauren has requested a sewing machine for her birthday. She's usually reluctant to try new things so I'm very surprised and happy that she wants to continue sewing"

Young carers were dazzled with the glorious sewing school filled with bobbins, beautiful material and sequins galore - the venue alone was a sight to behold.

Everyone learnt how to use a sewing

machine. Enhancing and developing their skills was key to producing their final piece; each young carer took home a handmade bag and a skills certificate. *"Both girls loved it and it has inspired them positively. They now consider it as a hobby and possible future career - thank you!"*

Needless to say, a fun-filled day was had by all of those that attended. Thank you to KHY Sewing School for having us.

"Dolly loved meeting all the young carers and making her tote bag she has asked for a sewing machine for Christmas and wants to make teddy bears, bags and pillows to sell and donate the profits to BWYC"



Wellbeing Workshop

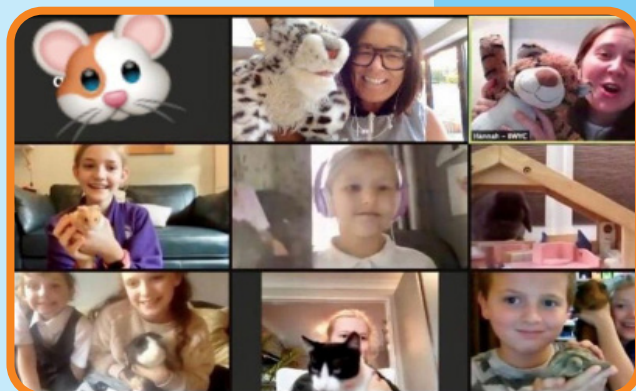
BWYC were thrilled to collaborate with Bromley Lewisham and Greenwich Mind to deliver an afternoon of wellbeing workshops.

Two individual sessions targeted at both primary and secondary school aged young carers, ensured that the workshop was accessible to all. The main objective of the workshop was to introduce young carers to various strategies to support their mental wellbeing on a daily basis. Young carers enjoyed designing gemstones, making pin wheels and decorating tote bags as a way to creatively express and share their feelings. A great time was had by all.



"They really enjoyed the workshop; it was well worth while and they met new friends too!"

October Pet Corner Club



We couldn't have a half term without a pet corner club! This one certainly did not disappoint.

Can you spot your pet's name here? We met Timmy; Pixie; Amber; Bruce; Twinkle; Sparkle; Raphael; Spike; Kitch; Poppy; Justin; Winnie and Gus! Phew, that's a lot of pets! We haven't had any unicorns as yet... However, we do always have Lorna and Hannah's trusted teddy bears. Pet Corner Club is a regular in the Bromley Well Young Carers diary - keep an eye on emails and socials for future dates.

Self Care Week

Self Care Week is an important date in the young carers diary and this year was no exception. We organised a plethora of activities, including a very colourful cookery workshop, a special edition pet corner club and a bonanza edition book club to share top 'Self Care Tips'. See some of the highlights [here](#).

Cookery Workshop

Young carers enjoyed learning how to chop, grate, mix and make these yummy 'Spiced Potato Cakes'.



SCAN ME

Scan the QR code to find out more about @naanimaaskitchen

Healthy eating and using ingredients to add lots of flavour are a key factor in how 'Naani Maas Kitchen' like to deliver these informative sessions. Young carers learnt valuable cooking skills, whilst tasting new spices and ingredients throughout. Copious amounts of fun and laughter made for a brilliant workshop for all those that attended.

Cooking is a great way to take care of yourself and keep both your body and mind healthy. "I

loved it, I didn't know if I would like the spices, but I did"

Listen to some of Bromley Well Young Carers [here](#) sharing their valuable tips on how they take care of themselves all year round.

Thanks to the Rotary Club Beckenham for their kind donation which helped towards funding this lovely workshop.



"Thanks for a great workshop, the girls had a blast as ever"



Special Edition Pet Corner Club

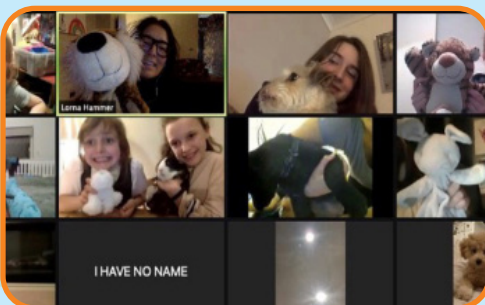
We all know that this is the highlight of a lot of your zoom diaries.

Therefore, we had

to organise an extra 'Special Edition' of this brilliant little club we have created – in celebration of self care week. It's been proven that the companionship of a pet offers a great way to reduce anxiety and stress, furthermore, they can be a great source of comfort and motivation.

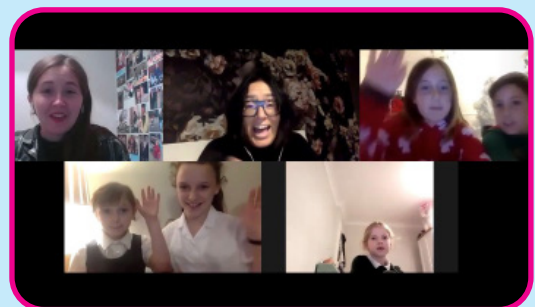
Need we say more!

Listen [here](#) to some of the BWYC pet corner club members sharing their self care tips.



Bonanza Book Club Edition

We are thoroughly enjoying our latest book 'The Danger Gang' by Tom Fletcher. Young carers join us each week to catch up on the latest antics that occur in this wonderful town called 'Freaky'. We are always impressed with the fantastic reading skills that you all share with the group, it really is impressive to read out aloud on Zoom. Reading is a brilliant self-care strategy and one which we all agree works wonders for us all.



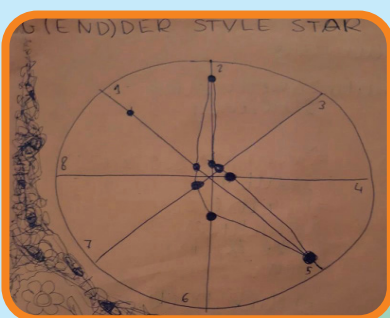
Click [here](#) to hear some BWYC sharing their self care tips.

LGBTQ+ Workshop

Exploring all aspects of the LGBTQ+ community and having meaningful discussions around gender identity were just some of the topics covered during this empowering workshop. Santi from Gen(der) swap is incredibly knowledgeable and created a safe environment where young carers could share their experiences, explore ideas and become an ally.

Young carers joined us at the Mansion, Beckenham Place Park on a wintery evening to enjoy lots of free merchandise and helpful booklets.

"I absolutely loved tonight. The atmosphere was relaxed and fun and I felt that it was such a safe space to learn and ask questions"



"I really enjoyed the workshop and felt extremely comfortable talking about my gender identity"

We each created a 'Style Star' which was insightful and lots of fun, it is amazing just how unique we all are.

This was followed by an evening of pizza and desert of course!

During the post-workshop feast, we were able to imbed what had been discussed by continuing the stimulating conversations that everyone had been so engaged in.

As a result great friendships and allyships were formed across the young carers community.



What's on 4 Kids Award Winners



"Well done Bromley Well Young Carers – We are so proud of all the work you do supporting young carers in Bromley"
- Bromley Mencap

shed when the winner was announced. Thanks to every single young carer, this is your award, and we would like to dedicate it to you ALL.

We only went and won this prestigious award.

@whatson4kids have been running the awards ceremony to celebrate the achievements of 'What is on for Kids' nationally for 15 years. This year was our year!

Bromley Well Young Carers were nominated in the **'Most Loved Charity or Not-For-Profit Community Group'**.

"We are so proud to see our charity members receive the recognition they deserve and you most definitely deserved to win this. Well done"

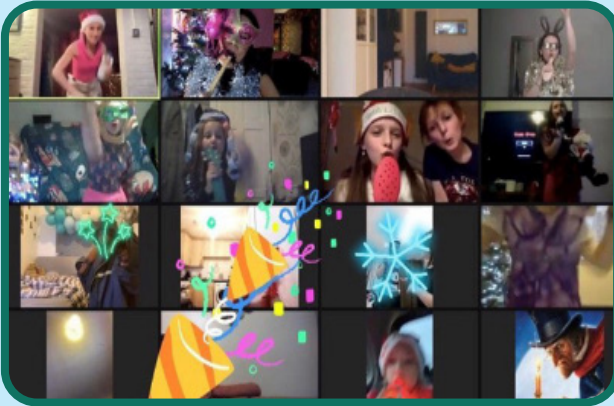
- Bromley Children & Families Forum

We were thrilled to be nominated and obtain a place in the final, but to WIN... Well, we could not have been happier.

Lorna and Hannah attended the awards ceremony at the Harry Potter Warner Bros Studios. The evening was delightful, a few tears of sheer joy were



Christmas Party 2021



"Thank you for that Christmas party. We all thought it was brilliant and it kept both my children entertained. Difficult circumstances but we thought that you all did brilliantly."

Thank you"

energy, it was then time for the BWYC talent show.

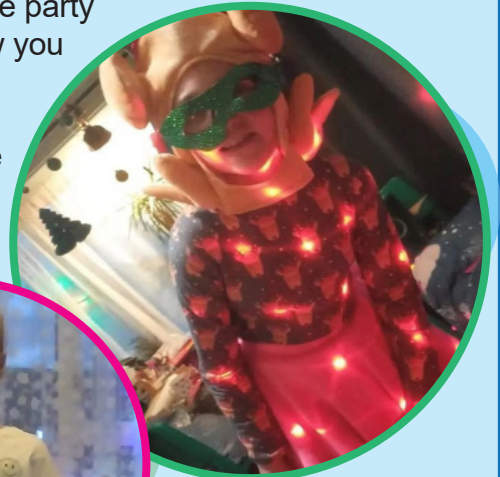
Nine young carers enthralled their audience with poems, singing, magic tricks and more. The party ended with even more dancing, merriment and lots of Christmas cheer.

"Thank you ladies, Ava-Grace had a wonderful time. The party really got her in the Christmas mood"

Dancing, singing, playing games and some splendid performances in the young carer's legendary talent show, all made for a rather fabulous fun filled party this year.

Young carers were delighted and surprised when The Funky Chicks joined us to 'Get the party started'. Who knew you could learn a new Christmas dance routine and play hide and seek on Zoom! Having completely used all our

"Thank you so much for today, you are all truly amazing for doing that over Zoom"



"Thank you all so much. My daughter Shanice enjoyed herself especially The Funky Chicks, it was lovely to see you all!"



Carers Trust Network Partner News

Bromley Well Young Carer, Alex has been registered with the service since October 2018. His support worker, Lorna has worked with Alex to utilise all aspects afforded to BWYC through their network partner status with Carers Trust.

Alex has enjoyed working with Carers Trust, shaping and forming the service and he has sat on various steering groups. Additionally, he has enjoyed reading and assessing grants. The knowledge and skills that he has gained are all transferable and will benefit Alex as he develops and shapes his career moving forward.

His most recent opportunity was to use his voice, share stories, shape and inform changes at an event at The Shard. The event was in partnership with Carers Trust and Movement to Work who are a coalition of employers (M&S, Tesco, Sage to name a few) who support young people into employment.

Unfortunately, due to Covid restrictions the event had to be cancelled, Alex looks very much forward to taking part in this fantastic event in the new year.



Listen to Alex [here](#) talk about his experience with Carers Trust. (Proudly wearing his Bromley Well Young Carers T-Shirt!)

Young Carers App



Have you downloaded your Bromley Well Young Carers App?

We loved seeing Annabel and Harriet here share with other group members what events are coming up at their young carers service.



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

The app has tons more features that support you all, including an **'About Me'** section. This section really helps Lorna and Hannah make sure that we are organising workshops that will support you all, so you really are helping us by downloading it.

Contact us for help downloading the app or for login details.

Thanks, One Bromley



Young carers were excited to be asked to take part in the short film. Some of our regular Pet Corner Club attendees stayed behind after our self-care week special edition club to say a big thank you to One Bromley. Watch the video [here](#).

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.

"It was really nice to finally meet you in person Hannah! Thanks for coming to school and having a chat with me"

If you would like a 1-1 emotional support session, call or text us on
Lorna: 07598 828070 Hannah: 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 Hannah 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/>

NEWS

Save The Date!



Alice in Wonderland Pantomime Trip

We're heading to the pantomime to watch Alice in Wonderland - courtesy of Price Waterhouse Coopers.

Date: Tuesday 18th January 2022
Time: 7pm - late **Location:** Peacock Theatre, London.

WICKED Theatre Trip

We're heading to the theatre to watch the untold story of the witches of Oz at the West End Musical Phenomenon - WICKED. For all young carers who attended and completed the entire Mousetrap Projects Zoom workshop.

Date: Wednesday 19th January 2022
Time: 7pm - late **Location:** The Apollo Victoria

Jamie Oliver Cookery School

Bromley Well Young Carers have been invited to attend Jamie Oliver's Cookery School!

Date: Tuesday 1st February 2022

Date: Tuesday 8th February 2022

Time: All day **Location:** Jamie Oliver's Cookery School

Mousetrap Drama Workshop

Three day drama workshop including a trip to a West End show.

Date: February Half Term - 15th/16th/17th

Time: tbc **Location:** Beckenham Place Park

Create Art Workshop

Three day art course focusing on change:matters. Young Carers will learn how to manage their finances.

Date: February Half Term - 15th/16th/17th

Time: tbc **Location:** Beckenham Place Park

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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Bromley Well

Funded by:



**South East London
Clinical Commissioning Group**



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