

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 more!

What have we been up to?

The Young Carers Service has been busy with many activities going on to give young carers in Bromley a well deserved break away from caring! We have had a packed summer with lots of activity days and workshops keeping young carers entertained and well supported over the long summer break.

'My Dreams and Ambitions' Workshop

Young carers aged 14+ had a workshop which helped them begin to think about and start to plan for their future. We discussed areas such as going to university, getting a job, moving away from home and your caring role and future finances. Some young carers were able to identify potential barriers they may face in achieving these dreams whilst being a young carer. We were able to discuss some possible solutions as a group and offer each other encouragement and advice.



"I feel more relaxed about my future now knowing there is support available to me"

"Going to this workshop has given me me a better insight on preparing for the future."

Transition support

Do you want to go to university but not sure how you can do this as a young carer? Do you want to find a job after school but don't know how to do this? We can help you!



All young carers have a right to support to prepare for adulthood, this is called transition support. Bromley Well Young Carers offers transition support to young carers aged 14-19 to help you start to think about your current life, your future and the things you want to achieve. Matt and Ellie can work with you to look at different areas in your life such as access to education and employment, housing, finances, mental health and wellbeing, social opportunities and support from Young Carers services. We will then be able to look at the areas where you need support and help you achieve all of the hopes and dreams you have for the future! Please get in touch with Ellie or Matt if you would like to get this support.

[> Click to read some transition support success stories](#)



Summer Fun!



Oxygen Trampoline Park

At the start of summer, young carers age 11+ enjoyed a day trip to the O2 arena and Oxygen Trampoline Park. For many, it was their first time travelling through London on the DLR and seeing the sights of Canary Wharf. At Oxygen Trampoline Park, everyone enjoyed practicing their tricks and flips and the competitive ones battled it out on the Ninja Warrior course.



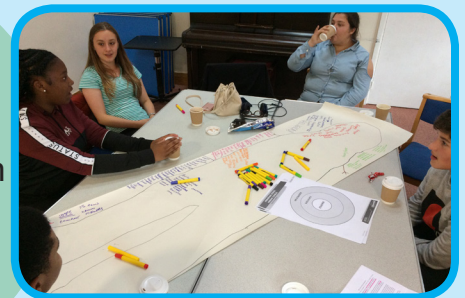
“Oxygen was great because I got to try something new that I’d never done before”



“I loved this activity because I got to be myself”

Chill Out Afternoon

A group of secondary age young carers joined us for a workshop and chill out afternoon. We did a ‘Stress Busting’ workshop where we discussed the times we feel stressed and the things we do to help us manage these stressful situations. We also looked at ways to improve our wellbeing and be more positive. We ended the afternoon with some team games that had everyone laughing and a trip to McDonald’s.



Caring for a Parent Workshop

Young carers of all ages attended a group session for those young carers who are caring for a parent at home. This session gave young carers a chance to connect and identify with others in a similar position to themselves. The group enjoyed some discussion activities which helped them identify similarities in their caring responsibilities and had fun doing some group artwork.



“This session was good because it helped me see it’s not just me in my situation and I got to make new friends”

Downe Scout Activity Centre

24 young carers enjoyed a day out at Downe Scout Activity Camp. This was our big summer trip for the primary age young carers and was made possible thanks to a generous donation from a local company. At Downe the young carers got to have some new experiences trying out zip wiring and archery. There were lots of nervous faces as people climbed the ladder for the zip wire but with team encouragement everyone made it off the edge. The day was filled with smiling faces and excitement with many not wanting the day to end!



"It was a magical day out"

"Today was fun fun fun because of how nice everyone was and the activities were really good"

Buddha Kitchen Meal

At the end of the summer holidays, young carers 11+ enjoyed an all-you-can-eat buffet at Buddha Kitchen with everyone making the most of the dessert section! After the meal we had a chill out in the park where young carers chatted about their summer holidays and their thoughts on going back to school. A great way to end a summer of activities!



"Going to activities with Young Carers has made my summer 100% better"

Multi-Sport and Woodland Activities Day

Primary age young carers came to a Multi-Sport and Woodland Activity Day at Bromley Common Cricket Club. A big thanks to TeachSport for putting on such a great event for us and to Coach Lewis for the brilliant games and activities that kept everyone entertained throughout the day.

"I loved being able to try different things"



"Going to young carers this summer has made me feel good because I have been able to go out and socialise"



Save the date!

October Half Term

Thursday 24th October 10-1pm
Halloween Forest School- age 4-11 (Primary)

Tuesday 22nd October 10:30-4:30pm
The Reach Climbing Wall -age 11+ (Secondary)

November

Date/Times TBC
After School Workshop and Christmas Decoration Making age 4-11 (Primary)

December

Saturday 7th December 12-2pm
Young Carers Christmas Party - age 4-11 (Primary)

Saturday 7th December Times TBC
Ice Skating in London- age 11+ (Secondary)



kooh
Need to talk?
 We're **online** until 10pm



- Chat to friendly counsellors online 365 days a year
- Read self-help articles written by other young people
- Join peer-to-peer support forums

Useful App

Chill Panda - FREE
 Learn to relax, manage your worries and improve your wellbeing. The app measures your heart rate and suggests tasks to suit your state of mind. Tasks include simple breathing techniques and light exercises to take your mind off your worries.



Would you like someone to talk to?

Please remember that Ellie and Matt are here to offer you emotional support and someone to talk to if you need it. If you have any concerns about your mental health/your caring situation or if you just want to talk about things going on in your life, we are here for you.

If you would like support, call or text Ellie 07598828070 or Matt 07594091769

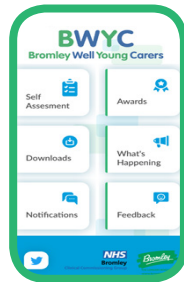


Young Carers App

The Bromley Well Young Carers App is available for all Bromley Well young carers!

The App is FREE and is available for download from the App Store for IOS and Google Play Store for Android. We just need an email address to give you access. For more information or to sign up text or email Matt **07594091769** matthew.vollar@bromleywell.org.uk

The App is available for download on the App Store for IOS and Google Play Store for Android. Check out the App guide to find out more > **YC App Guide**



Young Carers Podcast

For Carers Week 2019, four young carers age 12-15 at Edinburgh Young Carers wrote and crafted 5 podcasts about Young Carer's issues such as school, challenges and misconceptions.

> **[Click here to listen to the podcasts](#)**



Five ways to wellbeing

connect

Talk with someone in your family or group of friends and really listen to what he or she has to say. Perhaps ask about something that happened at work, at a club or perhaps how he or she is feeling today and why that is.

Be Active

Do something active with your family or friends like going for a walk or playing a game that gets you moving.

Take notice

Take a bit of time to notice things around you, perhaps have a mindful moment, notice what you can see, hear, smell, feel. Perhaps notice what the people around you are up to, how they are feeling or acting.

Keep Learning

We're learning new things all of the time. See if you can find out about something new, or an interesting fact, perhaps learn a new skill.

give

Think of an opportunity to show kindness to someone else. Being kind to others actually makes you feel good so it's a kindness for you as much as the person on the receiving end!



News

Bronze Award for Tubbenden Primary School!

A huge well done to Tubbenden Primary School, Orpington who have achieved their Young Carers in Schools Bronze Award from The Children's Society. The school has received this award for providing excellent services and support to the young carers at their school, 'The Support Heros'. The Super Support Heros are an amazing group of children who are carers for a family member. At Tubbenden Primary School, The Super Support Heros are given termly outings so each child can socialise with friends and do things that other children their age do. They are also offered emotional and practical support, individual support on a one-to-one basis, and lots of opportunities to meet other young carers at their school. Well done Tubbenden Primary School and The Super Support Heros. Next step, Silver Award!



[> Click here for more information on the Young Carers in Schools Award and how to get involved](#)

Radio 4 One to One Talks

In a new radio series on Responsibility,



Lucy Mangan talks to Bea Harvie who, at the age of 13, became a carer when her father got ill. Bea talks about the highs and lows of being a young carer. She also talks about how being a young carer has made her who she is today.

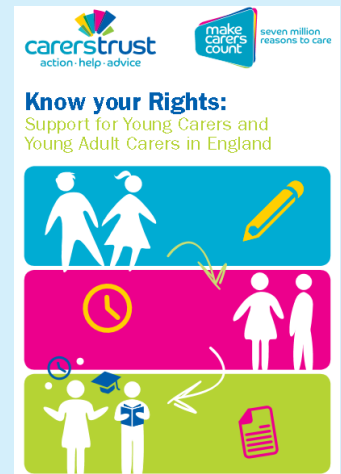
[> Click here to listen to the talk](#)

Contact us

Young Carers Service- 0208 466 0790
 youngcarers@bromleywell.org.uk
 Call or text us on:
 Ellie - 07598828070
 Matt - 07594091769

Young Carers- Know your Rights

As a young carer, you have a right to be supported and get all of the help you need. You have these rights whether you look after someone everyday or from time to time or if you do a lot of or a little caring. Your needs are important. That is why there are laws that make sure you get the support you need. There are different rights for young carers and young adult carers and different support depending on their age. Read this guide to find out what rights you have as a young carer and how to get more support.



[> Know your Rights](#)

Eye of the Storm Musical

Eye of the Storm is an award winning new musical which is about to tour the UK and looks at the lives of young carers.



Eye of the Storm tells the story of Emmie, who lives in a mobile home in Aberdare and is a young carer for her mother who has bipolar disorder. Artistic director Geinor Styles explained the idea for the musical came from her discussions with dozens of young carers across Swansea and Neath in Wales. She said, "I hadn't known about young carers - I was absolutely astonished, so I wanted to tell their story. I need people to understand that what they do is extremely important, and society should be grateful for what they do."

Lauren and Shriyana are two of the 30,000 young carers in Wales, whose stories helped create the musical. Watch the video to listen to their stories.

[> BBC News Article & Video](#)

[> Eye of the Storm Trailer and story](#)