
**Bromley Well**

**EXCELLENCE  
FOR CARERS**

Carers Trust Quality Award

## 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.

Bromley Well has been awarded the Carers Trust Excellence for Carers Quality Standard.

The award demonstrates Bromley Well's commitment to providing consistently high quality services to unpaid carers.

## IN THIS ISSUE...

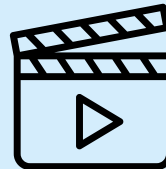
- **Animation Workshop**
- **Barbie & Nando's trip**
- **Everybody JUMP!**
- **Transition Fun Day**
- **Goodbye from Lorna and lots more!**



## Animation Workshop

Young carers were delighted to come together to develop some fantastic animation creations.

Our three-day workshop facilitated by Create Art was a huge success - Lego, plasticine, drawings, you name it, it was animated! Three-day workshops are important for new friendships to form and develop an outcome that is a constant at these brilliant events. Staff are also able to form a far more meaningful connection, which enables an understanding of the types of support required to ensure that young carers can enjoy their childhoods alongside their caring role. Thanks to everyone who attended.



"I have learnt loads of new stuff and have loved making new friends, can I come to AirJump to see them again?" YC

**CHECK IT OUT**



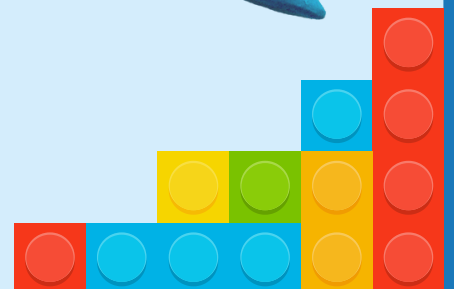
Animation at work

We have Movement!



"My girls absolutely love the young carers activities and are making some great friendships there"  
Parent /Guardian

"I made friends and socialised which is something I find really difficult to do usually" YC





## Barbie Movie & Nando's trip

Hi Barbie! Hi Ken! Hi Young Carers! A treat was in store on the day we went and saw the fantastic new movie, Barbie.

Nobody would miss Lorna and Hannah as bubble wands were being waved to mark the spot that we were meeting at, not forgetting, of course, that the attire was **PINK** and glitter.

Popcorn snack boxes at the ready, we enjoyed the movie and the songs – we do love a sing at BWYC!

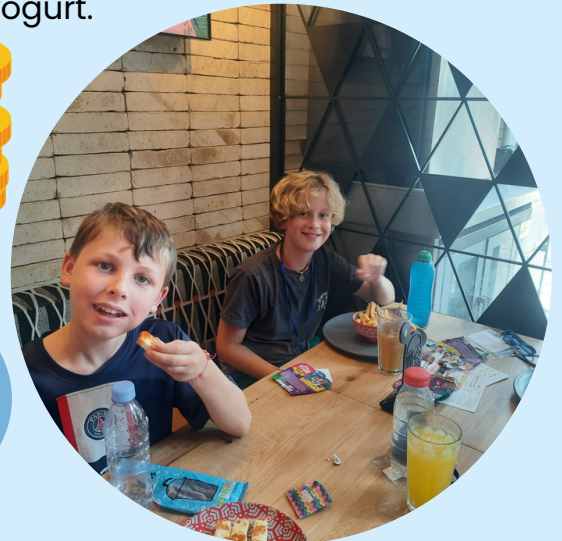


"So thankful that my son was given the opportunity to attend this event, he made friends and had a great time"  
Parent/Guardian

"Molly really enjoyed it and made two new friends, thank you so much"  
Parent/Guardian

"I loved having a budget to spend in Nando's" YC

Then off for a very short walk to Nando's where young carers were given a task that, for some, was a first – a budget to spend. Young carers were able to pick whatever they wanted within the budget constraints and not a penny more. A lot of maths and working together was undertaken to achieve the most amount of food that could be ordered together with sharing desserts. Everyone left with full tummies and because, of course, you are such a lovely bunch, Nando's staff gave us free frozen yogurt.



## Everybody JUMP!

Did someone say Jump! We booked the entire space at Air jump, Orpington and proceeded to fill it to capacity. You all had a fabulous time bouncing around making new friends and catching up with old friends.



WOW!!!



Of course, the fun didn't end there, we then went to the café for a lovely pizza tea. A lot of FUN and a lot of LAUGHS!



"It was nice to attend my second ever activity, thanks"  
Young Carer

"Thanks as ever for providing such wonderful things for young carers to do, I really appreciate it"  
Parent/guardian



# Transition Fun Day

Transition from Young Carers to Adult Carer Services can be quite daunting, but we aim to support you through this process to make it as smooth as possible.

This wonderful day took a wellbeing theme. Young carers enjoyed a calming yoga class focusing on breath work to support mental health and wellbeing. They each created a 'futures mood board' in a fun and relaxing art session while singing along to Abba!



THE FUTURE  
IS BRIGHT



"It was very interesting, and I enjoyed chatting with some of the girls" YC.

Each young carer created a LinkedIn account with the support of volunteer, Victoria, and had a professional photograph taken to use if they wanted to for their profile picture.



Smile 😊

The day finished at the brilliant Beckenham Place Park Peckish Festival, where we enjoyed spending some down time eating food together. To top off this perfect day, everyone took home a wellbeing goody bag, including lavender oil, candles, Percy pigs and an inspirational notepad for 'Your future you' notes.

Thanks to all our speakers on the day - Ben, Peer Support Coordinator and Lucy, Mental Health Carers Advisor [@Blgmind](#)

"Thank you for such a fun day and making sure we know we will be supported and open to many other opportunities when we sadly have to leave young carers, we appreciate all your hard work, and it means a lot" YC.

## Goodbye Lorna!

Young Carers came together to say goodbye to Lorna, our Young Carers Co-ordinator, who has moved on to a new job.



Thank  
you!

My time working with you all has been awesome! You are an incredible bunch of young people that I am privileged to have known and spend quality time with. You inspired me to be better and to think outside the box for you all.

I took your thoughts and your ideas and hopefully turned them into fun and exciting activities and workshops, whilst always allowing you to be YOU. I have loved my journey as your Young Carers Coordinator; you are the BEST.



We will  
miss  
you



# Paddleboarding Activity



## Paddle & Picnic

50 young carers enjoyed a brilliant paddle boarding session on the lake this year which was organised as an extra activity and funded by young careers volunteer Lydia who ran the Marathon. Thank you so much Lydia 😊



This fun session was followed by a lovely picnic in the grounds of Beckenham Place Park. We enjoyed an impromptu talent show together with singing, dancing and playing football to squeeze the most amount of fun out of our glorious day.

**"I was nervous and didn't want to come, thanks for encouraging me to attend and pairing me with someone that you kind of knew I would like!"**  
Young Carer

**"Thanks for the fun day, I came last year for the first time and have been to loads of other stuff since that, I love having a break away from my caring role"**  
Young Carer.



## British Youth Music Theatre – Residential Camp

### Friends From All Over The World!

Two young carers enjoyed a week-long residential trip at the prestigious performing arts/musical theatre school.

British Youth Music Theatre's previous participants include Sam Smith and Ed Sheeran. The Girls thoroughly enjoyed their time, and a short video sent to Lorna at Young Carers confirmed that this really was the best thing they had ever done! They each came away with friends from all over the world.

They have shared their experience about the trip below:



"Thanks so much, I had a life-changing time"  
Young Carer

#### Lily's mum

Lily had the time of her life here – she made so many friends they felt like family. She grew in confidence and felt her talents were recognised.

They gave her the female main part, she sang a solo song that has been put together the day before, there was so much going on there she loved it.

This definitely gave her the time and boost that she really needed. Being a one-parent family and carer, I never could have paid for her to have this experience.

All staff were supportive and caring and were there to help each and every child when needed or if they seemed concerned. It felt so safe leaving my child there for the week.

Lily didn't want to leave, bless her. It was the happiest I'd seen her in such a LONG time x x  
Thank you to everyone who made this possible.





## British Youth Music Theatre – Residential Camp

### Ava-Grace (Young Carer)

When Lorna rang, I was so excited. I had no idea who would be there apart from my close friend Lily May, and I had so many butterflies in my stomach when we arrived.

We worked 12 hours a day and started rehearsing properly on the Wednesday.

I loved working long days because I was spending it with my mates! It was so fun when we ran through the whole thing and the songs were so fun.

The whole thing was such an amazing experience, and I would do it again in a heartbeat. I found myself getting closer with everyone. There weren't too many of us but that's what made us closer and we all became a little dysfunctional family. I loved mealtimes because it was when you could have a little rest and have a proper chat with your mates.

Rehearsals were just as fun, and it put a smile on my face because we were all in our element doing what we love with brilliant people. The teachers were so nice, and I learnt so much from them.

On the second night we had a cabaret night which was very fun. I have so many pictures and videos and I would say it's the best thing I've ever done, and I look back on it with the best memories ever!! I loved my room and feeling like I was at university and all the independence. I cried so much on the last day because I knew how much I would miss everyone. Some of my closest friends there were from places like Portugal and France! I am so grateful to BYMT and young carers for this experience.

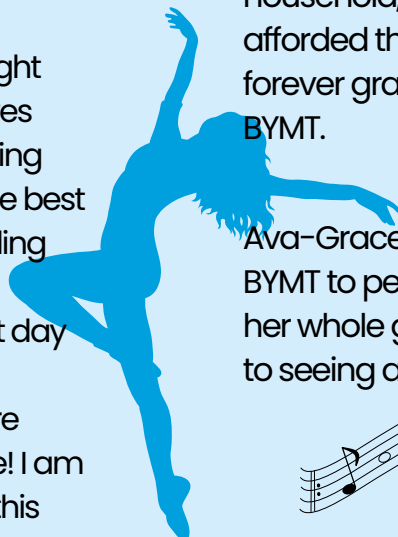
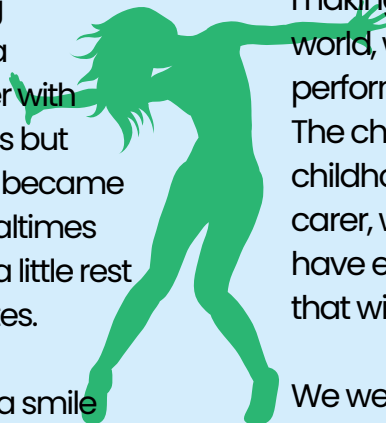
### Ava-Grace's mum

We spoke with Lorna about the opportunity. We discussed as a family as it was five nights away from home and a performance day. We knew that this was right up Ava-Grace's street. She was starting at the BRIT School in September and we thought how lovely to spend her summer doing something she loves – performing.

The experience was so much more; living independently, staying away from us and her caring duties, in her room making new friends from all around the world, working 12 hours a day on a performance and not moaning once! The cherry on the top was finding out her childhood friend, who is also a young carer, would be there – Lily-May. They have experienced something together that will bond them for life.

We went to watch the performance and I was moved to tears. It was so beautiful and moving and I could see the work they had put in. As a one-income household, we could never have afforded this experience and we are forever grateful to Young Carers and BYMT.

Ava-Grace has been invited back by BYMT to perform again in December with her whole group and is looking forward to seeing all the friends she made.



## Summer Internship

### A Successful Summer!

Young carer, Teni has enjoyed a successful summer internship at Carers Trust. Teni reports that she has learnt a lot and thoroughly enjoyed her time. Her role in the communication department has meant that she has been able to write blogs and contribute to the social media side of the organization. [Read her blog here.](#)



Young carer, Teni secured a summer internship at Carers Trust. Teni worked in the communication department, writing blogs, and contributing to the organisation's social media.

Among her experiences, Teni was able to visit the House of Lords at the launch event of the Youth Employment Toolkit during Youth Employment Week in July. She joined charities in celebrating the outcomes of global research into the barriers preventing young people from entering employment, and how to overcome them.

She wrote a blog on her experiences, and how she has hope that young people would eventually secure a place in their preferred role with the right amount of effort and support. She said that she was grateful to have met such 'lovely passionate people' and to advocate on behalf of young unpaid carers. Read her blog [here](#).



## Our Wonderful Volunteers



We would like to take this opportunity to thank our brilliant volunteers, without them we would not be able to run the splendid activities and workshops throughout the year.

A massive thank you to Louisa, Ian, Andrew, Barbara, Brenda, Claire, Louise, Lydia, Sue and Victoria.

**“As a young carer myself previously it has been great to volunteer at these events! You can truly see the positive effect BWYC events have on the young carers, building a strong community and providing some down time for them to have fun and relax!” – Volunteer**

If you would like to volunteer, do let us know at [Youngcarers@bromleywell.org.uk](mailto:Youngcarers@bromleywell.org.uk)

## CONTACT US

[youngcarers@bromleywell.org.uk](mailto:youngcarers@bromleywell.org.uk) | 0208 466 0790 | Hannah: 07594 091769

Funded by:



South East London

