



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.

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### Coordinator's update

Well, what a busy summer it has been for our Young Carers!

Firstly, a huge congratulations to all our Young Carers who received their exam results. We know this can be a challenging time, especially when balancing schoolwork with your caring responsibilities. Please remember, if it ever feels overwhelming, BWYC is here to support you. Over the summer, we've enjoyed some fantastic events across the borough. A big thank you to everyone who attended, your participation is crucial in helping our service grow and allowing us to continue bringing you even more exciting opportunities in the future.

Let's keep looking out for each other, making memories, and showing the world just how amazing Young Carers can be.

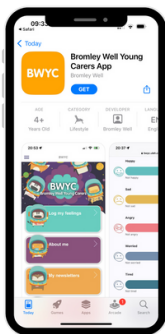
## Service updates

### Young Carers Across Bromley – Connecting & Growing Together with the BWYC APP!



It's been fantastic connecting with so many new Young Carers and their families! We've also made some exciting updates to our app that we can't wait to share with you.

We know many of our Young Carers care deeply about our planet, so we've listened to your feedback and made some eco-friendly changes, our event **feedback forms**, and **transition forms** will now be completed **via the app**. You can find both forms directly on your **Young Carers App**. If you have any issues, we'll be happy to guide you through the process, and we'll always give you a friendly reminder after each event.



To sign up to our Bromley Well Young Carers email list follow the link:  
<http://eepurl.com/ihVws>  
 Please make sure you sign up!

Sign Up

So, look on the **app**, see what you think, and let us know, we'd love to hear how you find the changes!

The app is also a fantastic tool for keeping track of **upcoming events** and checking in on your wellbeing. We're thrilled to see so many of you getting involved and making the most of the support and opportunities available.

### School Visits & Expanding Our Young Carer Champions



BWYC are keen to visit more schools over the coming months, so remember, if we haven't been to your school yet, drop us a line! We'd love to come along, meet you, and spread the word about our Young Carers community.

As you know, we're passionate about reaching every school and every Young Carer in our borough, helping our caring community grow stronger and more connected than ever.

**We are visiting local schools**

**Spread the word!**

**Let us know if your school is interested**

# Events

## BWYC Events update

### Youth Club Updates

A big thank you to all the Young Carers who have taken part in our **Youth Club pilot**! We've received some fantastic feedback from you all, and it's been great to see the enthusiasm and energy you've brought to each session.



We'll share an update after our final Youth Club at the **end of September** to let you know the outcome and plans for the future.



### Go Karting and Picnic Event – Thursday 24th July

What an incredible day at the Karting track! We spotted some potential future Lewis Hamilton's and Lando Norris's out there. The high-energy racing was followed by a slightly damp picnic, but, as always, our Young Carers didn't let a little rain spoil the fun. Their smiles and laughter made the day shine regardless of the weather!





# Events

## BWYC Events update

### Horse Riding at Timbertop's Equestrian Centre – 28th July (Ages 4–11)

A huge well done to both of our riding groups, you did amazingly well! For some of you, it was your very first time on horseback, but from the fantastic feedback we've received, it certainly won't be your last. We know this was a very popular activity, and unfortunately, some Young Carers couldn't attend on this occasion. But don't worry, we'll be running this event again, so hang tight and **keep an eye on the app for future dates**.



### Paddleboarding – Beckenham Place Park – Monday 4th August



Water, water, water, oh yes, and plenty of fun too! Once again, our Young Carers didn't fail to wow us with their adaptability and "give it a go" attitude. Fantastic effort, everyone! Keep your eyes on the app for details of the follow-up session.



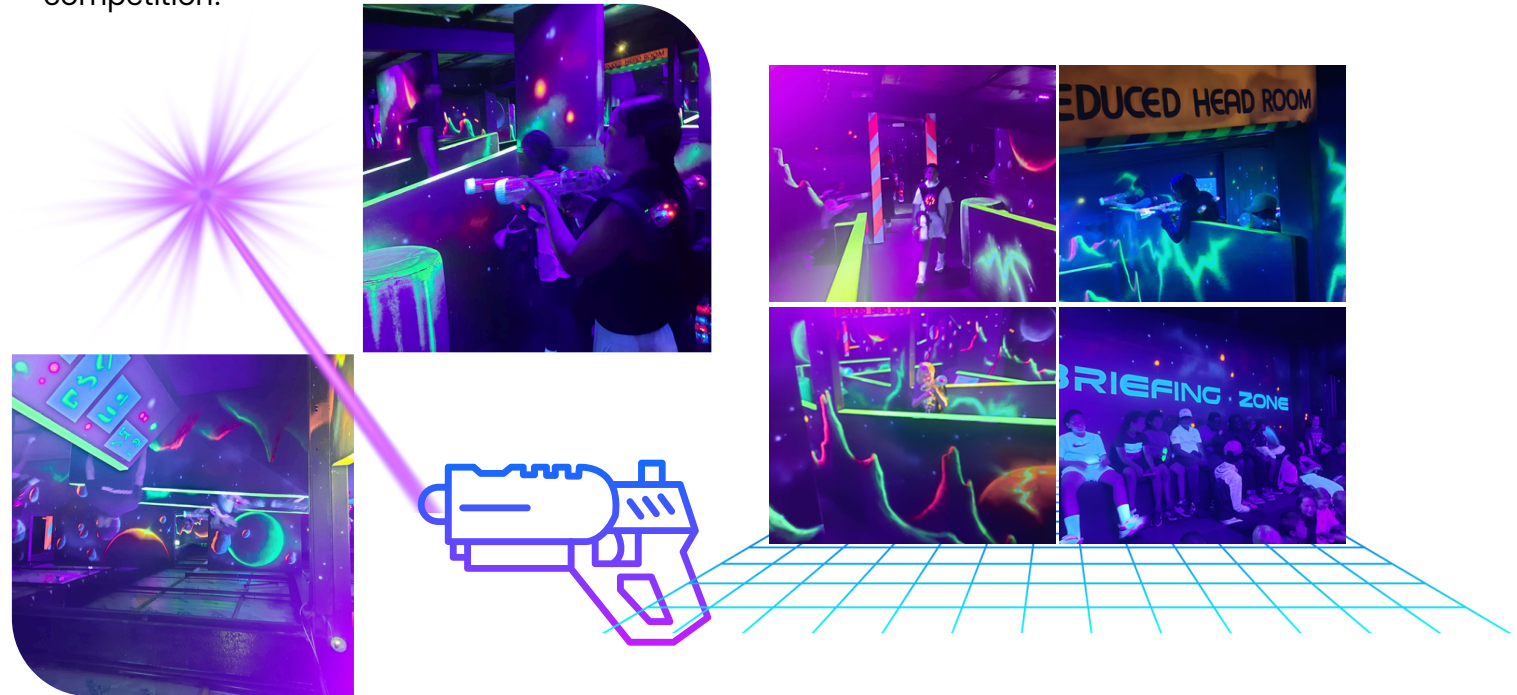


# Events

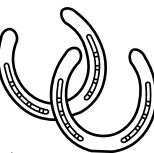
## BWYC Events update

### Laser Quest – Bromley – Friday 8th August

Our Young Carers had an absolute blast at Laser Quest, definitely letting off some holiday energy as they navigated the mazes. It was a fantastic day filled with laughter, excitement, and plenty of friendly competition!



### Horse Riding at Timbertop's Equestrian Centre – 12th August (Ages 11–19)





# Events

## BWYC Events update

### Goals – Beckenham – Monday 18th August



Another great event with our young carers! We certainly have more than our fair share of talented individuals, and once again you wowed us with your skills and football talent.

We heard from your feedback that you wanted football, and we delivered! Don't forget to let us know through the feedback forms on the BWYC App if you'd like to see more football sessions in the future.



# GOAL!

2 : 1



### Arts and Craft Forum – Community House Bromley – 22nd August

A great day was had by all, with fantastic feedback about the event and ideas for what you'd like to see more of. BWYC love running these sessions where we can create, make, and chat they give us such valuable insight from our young carers.



From bracelet making to canvas and bag art (to name just a few!), the activities were a huge success. Thank you all for being part of our Arts and Crafts Forum and for helping to shape your service with your valuable feedback.





# BWYC Team

## Meet Our Fantastic Bromley Well Young Carers Volunteers!

We are so grateful to our amazing volunteers who give up their spare time to support our events. Their enthusiasm, energy, and commitment bring so much to everything we do.

Thank you all so much, we truly couldn't run many of our incredible events without your support!

**Andrew Stammers**



**Grace Hudson**



**Linda Essam**



**Susan Sangster**



**Thank  
You**

# Young Carers Spotlight

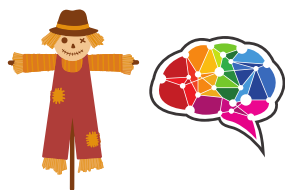
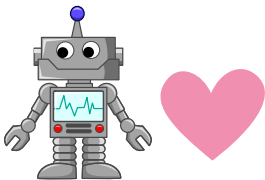


**Young Carer, Florence Rogers**

*My name is Florence Roger's, and I am a young carer with Bromley Well Young Carers.*

*The last couple of weeks at school have been really great. I took part in the school production of The Wizard of Oz, which was so exciting and such a fun experience. After that, we had prom, which made me feel so happy because I got to celebrate with all my friends.*

*Then came the last day of school, it was a mix of emotions. I felt sad to be leaving but also excited about starting my new school and the adventures ahead.*





## Resources

### Young Carers grant for aged 16+

BWYC offers dedicated transition support for young carers, designed to help you navigate important life changes. Whether you're moving to a new secondary school, starting university, or planning for your future, we're here to guide and support you every step of the way.

To access support, you can contact **Gina or Maria at [youngcarers@bromleywell.org.uk](mailto:youngcarers@bromleywell.org.uk)**, or head to the **BWYC App** where you'll find the Transition Forms.



### Transition Support for Young Carers

There are grants available from the **Carers Trust Carers Grant Fund** for any carers, **aged 16+**. Carers can apply for grants of up to £400 for items or activities that will benefit them in their caring role. This could be for a range of things including driving lessons, help to buy items for the home giving a break from your caring role. If you are interested in applying for this grant, please contact us!



**SAVE THE DATE**

Save the Date : All Details on the BWYC App.  
**October 30th Chislehurst Caves**  
**December 18th Beauty and the Beast - Churchill Theatre**

### Emotional Support

Please remember that we are available for 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** or would like to be signposted to other services, we are here for you.

**Gina/Maria. Email us:**  
[youngcarers@bromleywell.org.uk](mailto:youngcarers@bromleywell.org.uk)



## CONTACT US

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