

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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- BRAND NEW: Primary School hang out session on Zoom
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Young Carers Action Day Party

We celebrated in style this year with a party to top all 'Lockdown' parties. We kicked off with Gareth the Magician. He thrilled our party goers with magic tricks and jokes galore, copious amounts of fun and interaction was had by all.



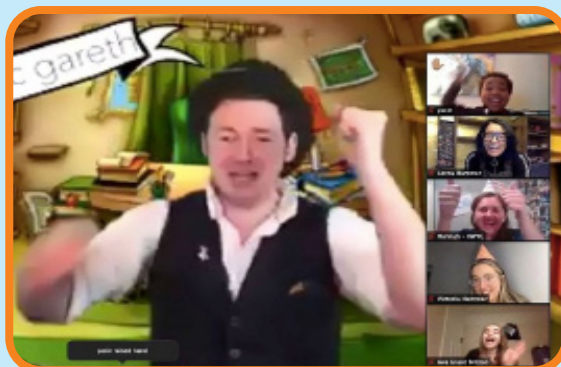
"Thank you so much for the party today, the girls thoroughly enjoyed it."

and bedrooms.

"Thank you guys for organising the party this evening. Ava-Grace really enjoyed it and enjoyed the magic and having a Tuesday night boogie!"

The theme for Young Carers Action Day this year was 'Protecting Young Carers Futures'. We gave young carers the chance to express themselves and attend the party dressed as their 'Future Self'. Needless to say we had a plethora of occupations - aeronautical engineer, *"Amber was at home so spent all day making her aeronautical engineer outfit!"*, a lawyer, policeman, vet & a princess (of course) to name but a few!

Each young carer had the chance to share their future dreams and wishes and to top it off as only Lorna & Hannah know how, we ended with dancing and singing around our kitchens, living rooms



YCAD Art Exhibition

Earlier this year, over 15 young carers took part in a three day art workshop. The workshop was facilitated for Bromley Well Young Carers by Create Art in partnership with Carers Trust.

It culminated in an exhibition on Young Carers Action Day. The theme this year was 'Protecting Young Carers Futures' and the art created was phenomenal.

Over 100 guests joined us on a live webinar, where young carers showcased their talent. The event was opened and closed by Gareth Howells, CEO of Carers Trust. Young carers Ayla, Teni, Fikunmi, Gabrielle and Elisha each spoke about their caring role, their art and the skills they had learnt on the three day workshop. It was incredible seeing the young carers speak so confidently to such a large audience. The comment box feature on the webinar was overwhelmed with words of encouragement, praise and admiration, needless to say we, at BWYC, were immensely proud.



"What a fantastic event. The Young Carers showcased were so articulate and talented. It brought a tear to my eye watching. Please pass my congratulations to all participants"

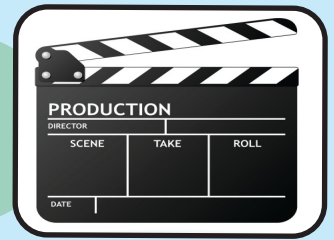
Film and social media workshop

A group of very enthusiastic young carers joined us for a really informative workshop on how to create and share short videos for social media.

The workshop was facilitated by Neil and Matt from Quilter through Daisy at Carers Trust.

Young carers learnt how best to shoot video using a mobile phone, including lighting, angles, editing and sharing to social media platforms - Instagram, Twitter and TikTok. Young carers kept Neil and Matt very busy with an abundance of questions around this topic! We were thrilled that you all engaged so well.

Young Carer Fikunmi, went on to create her [video](#) for the launch of Young Carers Action Day which took place this year on the 16th March. A big thank you to Neil, Matt and Daisy at Carer's Trust!



Let's Get Digital

Lorna & Hannah were delighted to be out and about last month delivering 'Chromebooks'

"Having access to equipment during what has been an incredibly difficult year, is absolutely paramount for young carers"
Lorna Hammer - Young Carers Coordinator.

Young carers Alex & Ella are now able to continue to engage in online learning, revise, research and catch up with friends. *"This will make a real difference as to how much work I am able to get done, and will mean that I can join zoom sessions"*

Lorna & Hannah had a chance to have a quick socially distanced catch-up too, which certainly put a smile on our faces!



Time Together Tuesdays

BWYC
Bramley Well Young Carers

TIME TOGETHER TUESDAYS

Date: Every other Tuesday
 Starting on Tuesday 4th May!
 Time: 4:00pm - 4:30pm
 Venue: Online via Zoom

WHAT'S ON?
 Come and join us every other Tuesday for a chance to play games, hang out and chat to other young carers your age!

Activities include:

- Drawing using Zoom whiteboard
- Group games e.g. Detective, Musical Statues, I Spy, Mystery Sound, 5 Second Rule
- Show and tell e.g. a favourite teddy, a favourite book or even something you're really proud of!
- And much more! Each week will be different!

This group is for primary school aged young carers

Please reply to this email by filling out the BWYC consent form below to

The place to be on a Tuesday is with Lorna & Hannah on a fun packed 'TTT' zoom!

If you are primary school aged and find yourself wanting a little company, come and join us!

Hannah has prepared lots of fun games and 'Get to Know You' activities that are super fun and informal. To date, we have been around the world, metaphorically of course, where we discovered both a geography and sporting genius amongst us!

Feel free to drop in when you can on these zooms, the code will remain the same and reminders will be sent out in advance. We look forward to seeing you all on a regular basis.

Book Club

What a momentous journey we have been on together. The kingdom of Cornucopia did not disappoint! The myth of 'The Ickabog' unravelled slowly each week, a moving story of power, hope and prevailing against the odds.

Book club continues to bring young carers together. They are able to read aloud or simply enjoy listening to others. It is a fun and interactive club full of discussion and thought provoking moments. Friendships are formed and we increase in confidence each week.

"Clara would usually have been a little nervous to attend a weekly club. I must just say though, that both myself and my husband are thrilled that she has engaged so well. Her reading has also improved too! Thanks"

As we go to print, young carers have the power in their hands to vote on the next book for our Wednesday zoom sessions. Look out for emails and our socials for the big reveal.

We can't wait to welcome more of you - Queen Lorna the Legendary and Queen Hannah the Happy. (You had to be there!)

"Thank you both for keeping this going! Toria loves it and her reading has come on leaps and bounds" - Parent"



Easter Egg Extravaganza

The chocolate eggs have long gone, however, the memories remain and we have the video to prove it! (Check it out [here](#))

The fun started with Lorna and Hannah cutting and creating social distance signs and markers. We were thrilled to greet numerous young carers and their families! They collected a free 'Easter Egg' and their very own, must have, Bromley Well Young Carers T-Shirts!

Lots of chatter and lockdown story sharing unravelled over the course of the afternoon. ***"It was***

so nice to see a real face rather than a zoom box, I had a really nice time talking to other young carers" said one **Young Carer**.

Needless to say the merriment continued well into the afternoon regardless of the somewhat chilly weather!

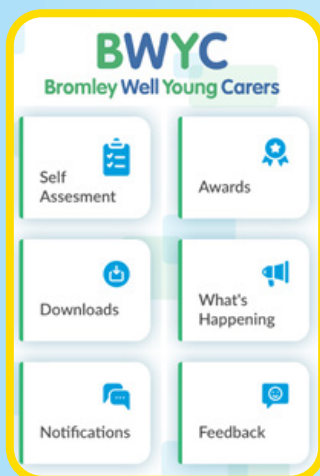


Thanks very much to Bromley Children and Families Forum for their kind donation of Easter Eggs!

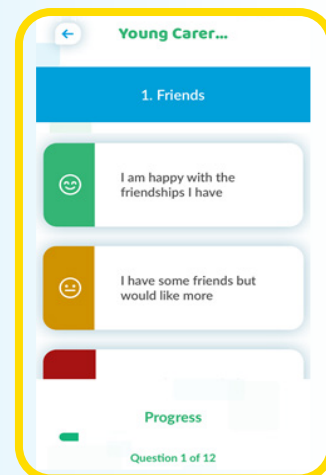


Young Carers App

**The BWYC App has been updated and is ready to use!
Please get in touch for your username and password.**



The App has some great features to support young carers including a self-assessment section, useful downloads and a 'Message Us' option for young carers to get in touch with the team. The App also gives you notifications when new information is added for upcoming events and activities. Check out the App guide to find out more. [> YC App Guide](#)



The BWYC App is available for download on the App Store for IOS and Google Play Store for Android.

Young Carers Grant 16+

CARERS TRUST

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!

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.

"The sessions provided by you both have been instrumental in the children coping during what has been such a difficult time"

If you would like an emotional support session, call or text us on
Lorna: 07598 828070 Hannah: 07594 091769

For more support check out

<https://community.themix.org.uk/>

<https://www.kooth.com/>

Transition Support

Do you want to go to university but unsure how you can do this as a young carer? Do you want to find a job after school but unsure how?

We can help you!

All young carers have a right for support to prepare for adulthood (transition support). BWYC 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.

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!

Forum feedback on activities / workshops

As we go to print we have just held a young carers forum (more on this next time). We have an extensive amount of 'suggestions' for activities and workshops. Please keep an eye out on your email and our socials for more information!

Time Together Tuesdays (Primary School Age)

Date: 15th June 2021 - fortnightly thereafter

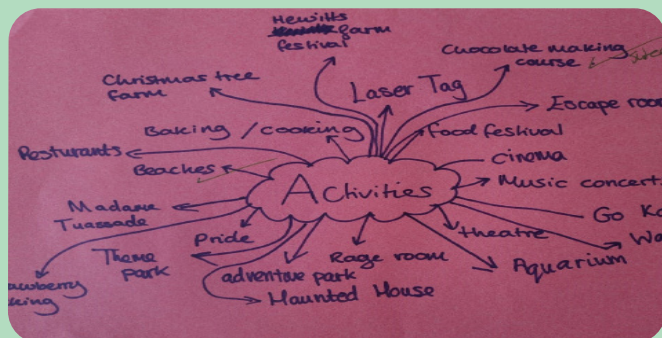
Time: 4pm (approx 30 mins) Location: Online via Zoom

Young Adult Carers to Adult Carers & Beyond (16+)

Young Carer to Adult Carers and Beyond - a fun packed afternoon on the transition from YC to YAC.

Date: Thursday 12th August

Time: 12 - 4 (approx) Location: Beckenham Place Park - Dining Room 2



Having recently attended a Mental Health First Aid Course, both Lorna & Hannah learned about the Molly Rose Foundation. The aim of the foundation is suicide prevention, targeted towards young people under the age of 25. The family have set up a foundation in memory of Molly Rose and you can read more here <https://mollyrosefoundation.org/>



Find out more [here](#).

Take part in Mousetrap's Performing Arts Summer School
Mousetrap Theatre Projects are running their low-cost Performing Arts summer school for young people aged 13 to 17.

Follow this [link](#) for further information including how to apply (deadline Fri 25th June)

Support and information for Young Carers by The Mix (essential support for under 25s)
Find out more here:

<https://www.themix.org.uk/young-carers>

Turn2us have launched a new, completely re-engineered version of the Benefits Calculator which has been designed in partnership with people who have lived expertise. The new benefits calculator is [here](#).

CONTACT US

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Bromley Well

Funded by:



South East London Clinical Commissioning Group



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