



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, it's that time again—Young Carers are busy organising our summer activities! We had a fantastic time during the spring events, where many of our young carers had the opportunity to showcase their musical talents at our Create Music event. I must say, we are incredibly proud of the amazing talent within our Young Carers' community.

As we look ahead to summer, please remember to book early, as some events have limited places. As always, booking forms must be completed via the BWYC App.

We can't wait to see you there!

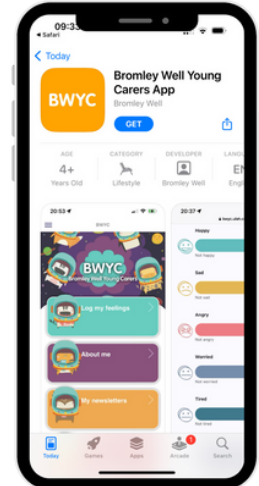
## Service updates

### Out and about with Young Carers!

#### Young Carers Across Bromley – Connecting & Growing Together!

It's been fantastic connecting with so many new young carers and their families! We've recently visited Cotmandene Children and Family Centre and received a warm welcome at the Blenheim Centre in Orpington during their SEN coffee morning. It was a great opportunity to speak with families and introduce the **Bromley Well Young Carers (BWYC) App**.

The app is a fantastic tool to keep track of upcoming events and check 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!



Many of you have been actively using the "Log My Feelings" feature — it's fantastic to see you checking in on your wellbeing. Keep up the great work and continue making the most of everything the app has to offer!



#### Has your school had a visit yet?

Let us know! Our mission is to establish **Young Carer Champions** in schools across Bromley, and we'd love to include your school in this important initiative

### School Visits & Expanding our Young Carer Champions

We've been visiting more schools across Bromley!

We've delivered our BWYC presentation and taken part in celebration assemblies for **Carers Week** across the borough.

Recent visits include:

- 19th May – Alexander Infants School Assembly
- 9th June – Biggin Hill Primary School Assembly
- 11th June – Blenheim Primary School Assembly

## Events

### Create: 3-Day Music Event (Easter Holidays)

We kicked off the school holidays with an unforgettable three-day Create music event, and what a brilliant start it was!

This exciting event gave students the opportunity to explore, create, and play music using a wide range of instruments. From drums to keyboards, and everything in between, the creativity and energy were incredible.

It truly was a magical experience for everyone involved. BWYC was blown away by the talent on display. It was a joy to witness the passion and potential within our young carers' community.

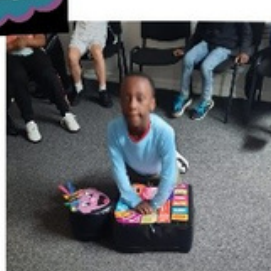


### First Aid Workshop (28<sup>th</sup> May at Station Road Training Centre)

A big thank you to all our Young Carers who attended our First Aid event this May!

It's so important for Young Carers to have access to essential first aid skills, knowledge is power, and we truly believe that workshops like this are invaluable in building confidence and understanding of what to do in an emergency.

We had a fantastic time learning hands-on, life-saving skills in a fun and supportive environment. Well done to everyone who took part!





## Events

### Young Carers V.I.P Celebration Event (Beckenham Rugby Club)

We kicked off the night in style on the red carpet with our very own V.I.P. cocktails, followed by dancing the night away with our resident DJ Steve. A special highlight of the evening was the face painting and photo booth fun with Krazy K, not to mention the amazing artwork on display from the talented Beci Ward.

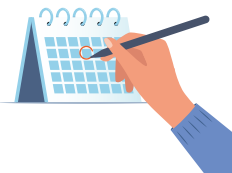
A huge thank you to our wonderful hosts, Beckenham Rugby Club, and to the kind-hearted 'Free Cakes for Kids' Volunteers for the delicious baked treats generously made for our Young Carers.

It's the support from all our volunteers and contributors that makes these events so memorable, and of course, none of it would be possible without our fantastic Young Carers.

Well done everyone, what a truly unforgettable evening!



## SAVE THE DATE



- **24th July – Traq Karting Event**
- **28th – Horseriding (age 4-10) at Timbertops Riding Centre**
- **4th August – Paddle boarding**
- **12th August – Horseriding (ages 11-19) at Timbertops Riding Centre**
- **18th August – Football Goals (TBC)**
- **22nd August – Adult & Young Carers Transition Forum (16+)**

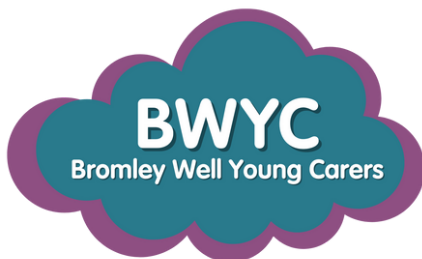
# Young Carer Spotlight

## Young Carer, Amber Baker

Amber Baker, crowned the 2025 Orpington May Queen, has been supported by Bromley Well Young Carers (BWYC) since she was just six years old. Her journey as a young carer began in 2017 when her mum suffered a back injury, and her responsibilities increased further in 2023 after her mum had a stroke. Amber helps care for her mum and younger sister, managing household tasks and providing emotional support.



BWYC has been a lifeline for Amber, especially during the COVID-19 pandemic. Through initiatives like Book Club and acting courses, Amber gained confidence, developed new skills, and formed meaningful connections with other young carers. These experiences empowered her to pursue performing arts and public speaking.



Grateful for the support she received, Amber chose BWYC as her charity while serving as May Queen, wanting to give back to the organisation that shaped her into who she is today. She values the peer support, mentoring, and activities provided by BWYC, which made her feel less alone and more connected.

Amber encourages other young carers to reach out and engage with BWYC: *"They've done so much for me and my family – I just want others to feel as supported as I did."*

You can watch a video on Amber's story here: <https://vimeo.com/1092760993/0c68caea39?share=copy>.

## Resources

### Young Carers Grant 16+

Thanks to the Carers Trust, carers aged 16 and over can apply for grants of up to £400 for items or activities that support them in their caring role.

This could include:

- Driving lessons
- Household items
- Activities that provide a break from caring



Interested in applying? Contact us today to find out how!

### Transition Support for Young Carers


BWYC offers 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.

### Emotional Support

Please remember, we're here for you. If you need someone to talk to, emotional support, or if you're feeling overwhelmed by your caring role or anything else in your life — don't hesitate to reach out.

Whether it's about your mental health, your caring situation, or you'd like help finding other services, we're here to listen and support you.

**ACTIVATE**  
at Bromley Y

ACTIVATE is Social Prescribing for young people who may be feeling low, anxious, stressed, lonely, isolated or lacking in confidence.

Our ACTIVATE practitioner will support young people aged 16-24 (living in Bromley or with a Bromley GP) who want to make a positive change to their lives with support to develop independent skills, meet new people and to reconnect with their community.

We can work with young people who are experiencing low-to-moderate mental health needs, care leavers, those with physical health needs or with additional needs, to help them access a range of local creative and social activities and employment, training and volunteer opportunities.

**How is the support offered?**

Our ACTIVATE practitioner at Bromley Y is called Helen. She can meet with a young person 1-2-1 to explore their situation at school, a youth hub or community café – wherever the young person feels comfortable to meet. Helen's sessions can be held online with young people if preferred.

**What to expect?**

- Sessions are led by the young person - thinking about what they might like to do and what their interests are.
- Support is given to choose activities, education training or volunteer opportunities, that appeal to them, to boost their wellbeing.
- We listen to young people's ideas and help find where these are available locally.
- Our practitioner provides a confidential space to be listened to and supported.

**Number of sessions?**

Up to 12 sessions are offered, depending on the young person's needs. Our practitioner will check in with each young person on a regular basis (face to face, over the phone, via text message or online) to review how they are getting on and make sure they are OK.

**How to access ACTIVATE support?**

If you would like to find out more please contact us on [info@bromleyy.org](mailto:info@bromleyy.org) and your enquiry will be passed to our ACTIVATE practitioner, Helen.

**childline**  
ONLINE, ON THE PHONE, ANYTIME

**kooth**



**SAMARITANS**

**THE MIX**  
Essential support for under 25s  
0808 808 4994

## CONTACT US

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