

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!

Young Carers Awareness Day 2020

Young Carers Awareness Day was celebrated on Thursday 30th January. The Carers trust campaign was #CountMeIn: this stood for raising awareness of young carers in schools and making sure that schools and colleges are doing enough to identify young carers, as well as giving them all the support that they need to manage their caring responsibilities and help them to achieve their goals and aspirations. The Bromley Well Young Carers team successfully applied for a Carers Trust grant to put on some events to mark the day. They included an assembly to 500 students and an information stall at Darrick Wood School and a workshop to the young carers group at Biggin Hill School. Thanks to all the schools involved for supporting such a fantastic day!



"I really enjoyed sharing my story as a young carer with other young people; it felt empowering"

Quote from a young carer that volunteered to help with the events at Darrick Wood School.



'Managing Anger' Workshop

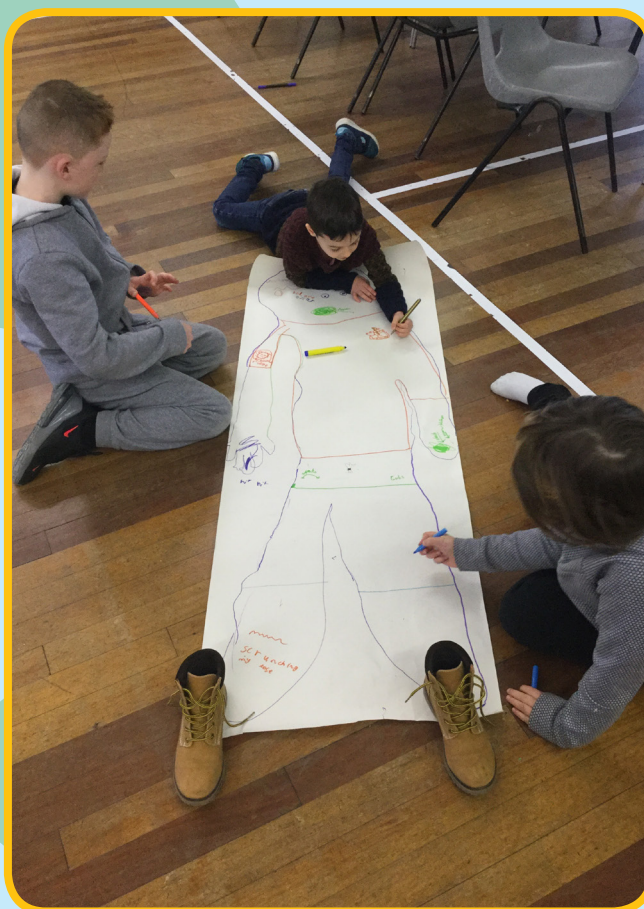
At the beginning of the February half term, a group of 12 primary-school-aged young carers joined us for an emotional support workshop based on understanding and managing anger. Everyone took part in some activities designed to help the young carers recognise what anger feels like in their body and knowing what signs to look out for as well as the situations that might make them angry. They then looked at developing some coping strategies that they can use when they start to feel themselves getting angry. There was also some energetic tennis-based games for everyone to let off a bit of steam. The session finished with the young carers designing their very own smile bags to take home with them; some lovely examples of which can be seen in the photos to the right.



"Making the happy bags was the best bit. I loved it!"



"When I get angry, I'm going to try what we learnt to calm myself down"



Pizza Express lunch and cinema

On a wet and windswept Thursday during the February half term, 20 secondary-school-aged young carers braved the elements and joined us at the newly opened Pizza Express at St. Mark's Square, Bromley. Once inside and warmed up everyone enjoyed a tasty pizza lunch, even if dessert did take a little longer to arrive than expected! Bellies full we made the short journey across the square to the cinema and made it to our seats with a few minutes to spare. With the reclining seats set to full relaxation mode, everyone settled down for the film *Dolittle*. Two hours later and back into the daylight, there was lots of chatter, mostly positive reviews of the film. It was great to see everyone enjoy themselves with one young carer commenting how 'going to the cinema is such an escape from reality'.

"I love coming to Young Carers as I always know I have a trusted adult to speak to if anything is bothering me. Oh and the Pizza was good!"



Internet Safety Workshop

The day after the cinema trip, the same young carers group was back together for an Internet Safety Workshop which was both engaging and interactive. Thanks to the Bromley Safeguarding Nurse Team who delivered the session; the Young Carers learnt some interesting statistics and really important facts on how to keep safe online. For some the afternoon finished with a wander around the grounds of Beckenham Place Park with Matt, whilst others sang their hearts out and impressed Lorna with their Frozen singing rendition. Throughout the afternoon it was great to see new and hopefully lasting friendships being formed.

"I'm more confident. I know the warning signs to look out for now online"



Memory Corner



Young Carers App

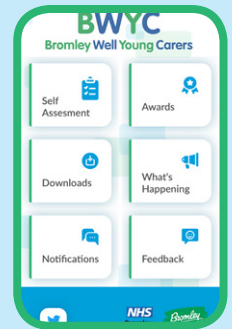
Don't forget the Bromley Well Young Carers App is available for all Bromley Well young carers!

The App is FREE and is available for download from the App Store for IOS and Google Play Store for Android.

For more information or to sign up, text or email Matt **07594091769**

matthew.vollar@bromleywell.org.uk

Check out the App guide to find out more
> YC App Guide



Competition Corner!

BROMLEY WELL YOUNG CARERS

Creative Writing /Poetry
Competition

AMAZON VOUCHERS TO BE WON!!



GOOD LUCK

WRITE A POEM OR A STORY AND WIN AMAZON
VOUCHERS! OPEN TO ALL YOUNG CARERS AGED 4-19
PRIZES

1ST : £25.00 voucher

2ND: £15.00 voucher

3RD: £10.00 voucher

RULES:

We are asking for creative entries to our writing competition!

The competition is open to all registered young carers aged

4-19. The story or poem must be entirely the work of the

young carer entering the competition. Email your entries to

youngcarers@bromleywell.org.uk

Closing date Friday 22nd May.....Good Luck!

BWYC Social Media

As well as our [twitter](#) page, the Young Carers Service now has a brand-new Instagram page. Follow us to stay connected and up to date with the latest happenings!



[Bromley Well Young Carers Instagram](#)

Useful Apps

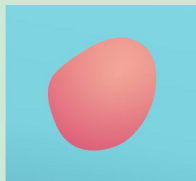
MeeTwo

The MeeTwo app provides a safe and secure forum for teenagers wanting to discuss any issue affecting their lives. You can anonymously get advice from experts or other teenagers going through similar experiences in areas such as mental health, self-harming, relationships and friendships.



Cove

Create music to capture your mood and express how you feel with the Cove app. Instead of words, create music to reflect emotions like joy, sadness, calm and anger. You can store your music in a personal journal, or send them to someone and let the music do the talking.



Save the date!

April/May

Friday 24th April/Friday 1st May

Online Cooking Shed Workshop (Open to all)

Friday 8th May

Online Yoga Workshop (open to all)

For more info contact the Young Carers Team

Emotional Support

The Coronavirus pandemic has brought with it many challenges. If you are having difficulties managing your caring responsibilities at home during this period of social distancing and reduced contact with people outside of your household, please do contact the Young Carers Team for practical or emotional support.


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
Matt on 07594091769
or Lorna on 07598828070




Free, safe and anonymous online counselling and support

"I don't think I could've spoken to someone face-to-face."


Chat to our friendly counsellors


Read articles written by young people


Join live moderated forums

kooth
www.kooth.com

Useful Website

YACbook is an online community and resource centre for young adult carers across the UK. It has information on a range of subjects aimed at young adult carers such as mental health, education and work, and has regular blog posts and video interviews from young adult carers. You can also get involved and submit your own stories to the blog.

>Click here<



News

Welcome Lorna!

Hello Young Carers, I joined Bromley Well in January as the new Young Carers Support Worker. The time has flown by and I have already been lucky enough to meet some of you at activities and workshops. It was great getting involved, chatting, having fun and singing Frozen songs out loud with some of you in Beckenham Place Park (You had to be there!). Before joining Bromley Well, I worked at Langley Park School for Boys as a specialist autism learning support assistant. I loved working there, however, I decided I would like a change. I am now really looking forward to working with and helping the young carers of Bromley and their families. Outside of work, I enjoy popping up to London to visit a gallery or two and watching sport, especially Cricket! I also have two adult children who keep me busy. I very much look forward to meeting lots more of you soon xx



Contact us

Young Carers Service

youngcarers@bromleywell.org.uk

0208 466 0790

Call or text:

Matt - 07594091769

Lorna - 07598828070

Coronavirus

We wanted to inform you of the changes that we have made to the service because of the current Coronavirus outbreak, and to reassure young carers that we are still here to support you through these challenging times. At the moment we are unable to do face-to-face home visits or meetings with young carers and have had to postpone our usual activities and workshops. Instead we will be offering over the phone or face time listening-ear support sessions, so if you feel you would benefit from having a chat with us, please do get in touch. In place of regular activities and workshops, the Young Carers Service will be running a series of online events using Zoom, an online conference platform. This will include cooking, yoga, and book club groups amongst others. You will receive information for all of these online events by email, but if you have any further questions or would like more information please contact Matt or Lorna.

Sign up to Zoom [HERE](#)

Young Carers grant for aged 16+

These are 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 could be for a range of things including driving lessons, help to buy items for the home, giving you a break from your caring role etc. If you are interested in applying for this grant please contact Matt.