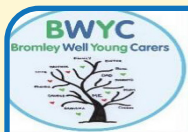


## Welcome to our Young Carers Newsletter

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.

## IN THIS ISSUE...



**CARERS TRUST**

**This Morning**

FRIDAY 24th July  
10.45 am LIVE  
on ITV THIS  
MORNING



- The mousetrap theatre workshop group have been busy in production!
- Our very own Ava-Grace appeared on ITV's 'This Morning'.
- Marvellous Meg teaches young carers top tips on making cupcakes!
- Book Club's latest exciting appearance.
- Latest dates for your diary!



**Character Building!**  
A young carer developing his story for our series of brilliant Mousetrap Workshops.



# Cupcake Baking

**We think the pictures tell the story here!** What fun we had on a feel good Friday over the Summer - We had the marvellous Meg to teach Bromley Well Young Carers how, not only to prepare and bake homemade cupcakes, but to make buttercream icing from scratch!

Two sessions were organised to ensure that all young carers were able to access the zoom with plenty of time to ask questions and chat about the perfect decorating options.

Top tips were shared on various ways in which to make the perfect cupcake, one young carer loved the 'Butterfly Method' and could not wait to share her artistic talent acquired that day with her family!

Safe to say a great time was had by all, we shall certainly be organising further 'food related' activities – Pizza next anyone?



***"Thanks so much for organising the cupcake session."***

***Morgan really loved it & was confident enough to switch on the camera! Which is a first for her so hopefully she'll do it again for the next young carer zoom activity." - Parent***



***"Justas & Mantas really enjoyed the activity - thanks so much!" - Parent***



# Mousetrap Theatre Workshop

**WOW! First Workshop today, It was incredible.**



[www.mousetrap.org.uk](http://www.mousetrap.org.uk)

**Who knew you could use a 'live  as a prop!**

**You had to be there**



[www.mousetrap.org.uk](http://www.mousetrap.org.uk)

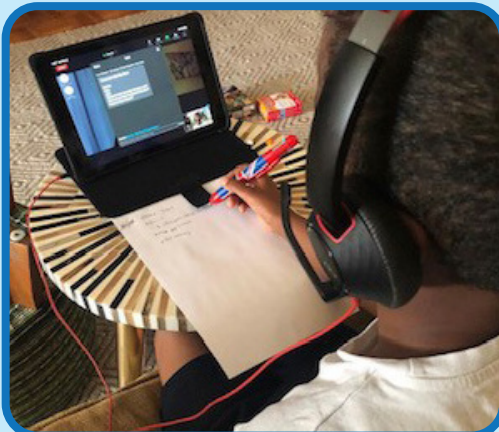
Over the very long hot summer we had the privilege of working with, not only a group of exceptionally talented young carers, but two fabulous staff at Mousetrap Theatre Productions.

Gemma & Rachael worked incredibly hard with our group of very enthusiastic young carers on a twice weekly basis for three weeks. (Rachael & Gemma did say, that we were "their favourite group").

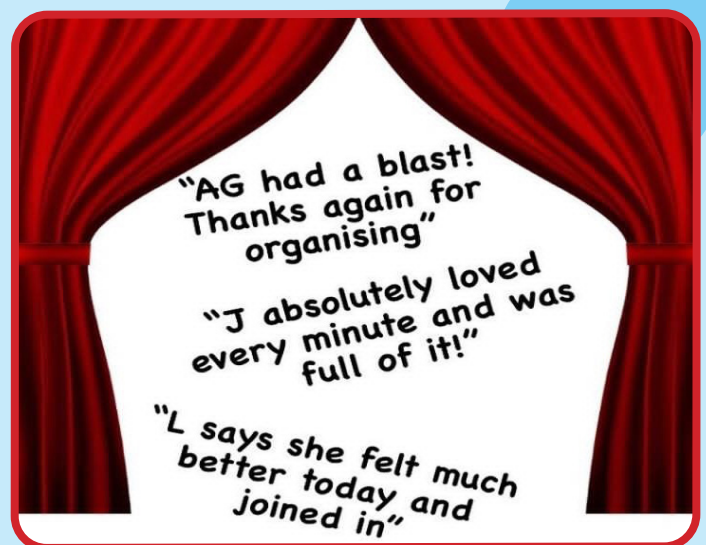
The workshops certainly kept us all entertained and the young carers joined us from all manner of locations (the beach, a car journey, Grandma's house) you name it, nobody wanted to miss any of the shenanigans that we got up to. We even had a chicken that was used as a live 'prop'.

Building characters and learning technical drama skills ensured the group were able to let their imaginations run wild... in the 'Creepy Forest' all sorts of characters and adventures were developed, take a look at the finished video [here](#).

Thanks to Mousetrap for what was a huge highlight of our Summer- you haven't seen the last of Bromley Well Young Carers!



*"Having the daily theatre workshop during half term really helped too, especially while they were away from me and with family. It was definitely comforting for them to be around familiar faces, have that sense of routine and they had lots of fun!" - Parent.*



## ITV Star Ava-Grace!

**Bromley Well Young Carer Ava-Grace was both excited and incredibly nervous at her debut on ITV This Morning.**

Working as a network partner with the Carers Trust, we were approached to put forward a young carer to share her thoughts and feelings about life in lockdown and living as a young carer during what has been incredibly challenging times. Ava-Grace did brilliantly, needless to say we were incredibly proud.



*"I forgot all about being live on TV once it had started and just chatted normally as it was just like being on a young carers zoom"*  
- Ava-Grace, Young Carer.

## Book Club 2.0

**Due to the overwhelming success of our first ever Book Club and an actual live zoom visit from the author Katya Balen, we did no more than organise Book Club number TWO as quickly as possible to keep the momentum going.**



*Picture by Authorfy.*

to resume in the new year with a new book – Book Club Number 3 here we come! All new members welcome, watch out for the email.

We now have a core group of young carers who engage on a weekly basis via zoom. Our chosen book for the Summer was 'The Boy at the Back of the Class' by Onjali Q. Raúf. The group have been enthralled with the book about a little refugee boy called Ahmet, who we now know is based on a little boy she actually met in a refugee camp, called Raehan. Onjali very kindly shared this information with us via a tweet after we asked her the question via Twitter on behalf of Davina, who is a member of our book club. Davina "could not believe it".

We have seen growth in confidence and a real camaraderie amongst our book club members. We are due to finish this book before Christmas and will be excited

*"You should have seen the look on her face when I showed her the msg from the author. We are so proud of her and her reading has really improved. All thanks to book club!" - Parent*



## 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 contact

Lorna on **07598 828070** or

**[lorna.hammer@bromleywell.org.uk](mailto:lorna.hammer@bromleywell.org.uk)**

Check out the App guide to find out more  
[> YC App Guide](#)



## Useful Apps

### Catch It

Learn how to manage feelings like anxiety and depression with Catch It. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing.



### Chill Panda

Learn to relax, manage your worries and improve your wellbeing with Chill Panda. The app measures your heart rate and suggests tasks to suit your state of mind. Tasks include simple breathing techniques and light exercises to take your mind off your worries.



## Emotional Support

Please remember that Lorna is 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, we are here for you.

*"I would also like to say thank you for having that catch up session with my son before my surgery, he was so nervous about it all and he said he felt like a weight had been lifted off his shoulders and that it was really helpful having someone understand him - he also loved the suggestions you gave him and it definitely helped him cope better with his worries around my operation and recovery"*

**If you would like support, call or text Lorna on 07598 828070**

**"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](http://www.kooth.com)

## Bromley Brighter Beginnings

**Bromley Brighter Beginnings is a charity offering practical support to families including beds and school uniforms. A referral will need to be made from BWYC.**

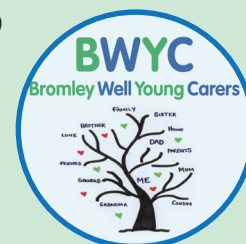
Check out the website [here](#)

## BWYC Instagram

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



[Bromley Well Young Carers](#)



# NEWS

## Save The Date!

**Christmas Party** - Celebrations including – talent show, music quiz, some treats and above all FUN!

**Date:** Wednesday 16th Dec 2020 **Time:** 5pm - 6:30pm

**Carers Trust Carol Concert** - Live on Zoom. Bromley Well Young Carer Lily-May will be reading a poem, together with talking about her caring role. We can't wait!

**Date:** Thursday 10th Dec 2020 **Time:** 6:30pm



*Details to be emailed soon!*

## Carers Trust National Steering Group News

**BWYC were thrilled to secure three places on two steering groups that the Carers Trust is running.**

### Young Carers Action Day

Members are working with the Carers Trust to advise



*"I enjoy being a part of the YCAD steering group and having a voice for young carers"*

and steer the programme for YCAD 2021. BWYC Fikunmi and Teni will get the chance to directly influence and shape the programme ensuring that the group maximise the opportunity to raise the profile of young and young adult carers and reach key decision makers calling for improvements and action on areas that are important to young carers and young adult carers.

**Check out the latest [here](#).**

### Quilter Steering Group - (Young Adult Carer Resilience and Wellbeing Programme)

BWYC Alex sits on a panel of 11 young adult carers, his role within the group is working incredibly well. "I enjoy the sessions and like being part of the group". Alex, together with other young adult carers have the opportunity to take part in advocacy related projects, such as writing blogs for The Mix, an online digital platform or talking to Government Ministers. The programme will give you the opportunity to make a real difference in the lives of other young adult carers, plus learn some helpful skills along the way!

## Important information

### Transition Support

Do you want to go to university but not sure how you can do this as a young carer? Do you want to find a job after school but don't know how to do this? We can help you! All young carers have a right to support to prepare for adulthood, this is called 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.

### Young Carers grant for aged 16+

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 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 Lorna.

## CONTACT US

Young Carers Service

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Call or text Lorna on : 07598828070

**Bromley Well**

Funded by:

