

## 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.

## IN THIS ISSUE...

- **Create Art: Learning about Money through Music**
- **LGBTQ+ - Gender Expression Workshop**
- **Book Club Finale**
- **Carers Trust Internship and lots more!**



## Create Art – Learning about Money through Music

Bromley Well Young Carers have been working in partnership with [@createcharity](https://www.createcharity.org.uk) for the past few years and were absolutely delighted when we collaborated once again to bring young carers a music workshop with a twist!

**CREATE** ARTS.ORG.UK  
20 YEARS OF SPARKING CREATIVITY



Young carers drummed and strummed their way to learning about managing money through the brilliant [change:matters programme](#) which aims to educate and upskill young carers on the topic of money and family finances. Bank accounts, interest rates, savings accounts, and where to shop for the best deals were just some of the discussions. Young carers also created a song of their very own - [listen here](#).

**"A three-day workshop in a two-week holiday is a great idea.**

**It gave the girls some extended time away from home and their responsibilities there and time for me to spend with their brother with SEND"**

Parent

**"We liked being with our old friends and making new friends. Everyone is always really friendly at Young**

**Carers events"**

Young Carer

**"I liked meeting up with friends that I have made before"**

Young Carer





## May Medley of Fun and Games

Fun, fun, fun... need we say more! With three rooms full of activities and a garden for dancing and singing what more could we ask for!

Young carers joined us for an afternoon of playing board games, building towers, creating art together and learning more about their new BWYC app.

The forum section on the app proved to be a huge hit. Needless to say, some selfies and comments about what a great time they were all having were posted on the forum allowing connections to be made between young carers.

Finally, the odd TikTok video was created and thrown into the mix of the afternoon!



**"Very well run and our children came home buzzing. They loved using the new app and meeting new friends"**

**Parent/guardian**

**"It was a lot of fun!! I would recommend the Young Carers to ANYONE with a disabled Mum/Dad"**

**Young carer**

The sun was out so the music and dancing were a must during our breaks, which of course included some sweet treats for all to enjoy.



## LGBTQ+ - Gender Expression Workshop



BWYC hold a quarterly forum for young carers to share their ideas, thoughts, and feelings about their Young Carer Service – one of the requests was to explore the LGBTQ+ space.

LGBTQ+ is an acronym for Lesbian, Gay, Bisexual, Trans and Queer.

This isn't the first time that this has been asked for, having worked with Santi [@genderswap](#) in the past and they were delighted to join us once again to deliver a workshop around gender expression.

Twelve young carers, some that have been registered for a while and many who are fairly new, enjoyed learning about the queer community in a safe space.

"I liked it. It has motivated me  
to try new styles"  
Young Carer

"I enjoyed it thoroughly.  
I thought Santi was lovely -  
such a cool person and I would  
like to hear from them again :)"  
Young Carer



Pizza was enjoyed for lunch and David Walker, Bromley Third Sector Enterprise CEO, joined us to discuss with young carers their thoughts on the Carers Charter.

David enjoyed spending time with the group and was thrilled that young carers were able to use their voice to inform the Carers Charter.

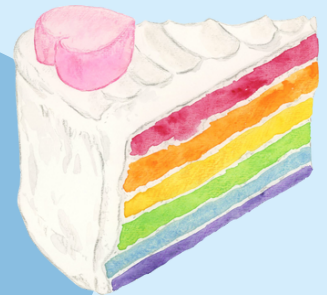
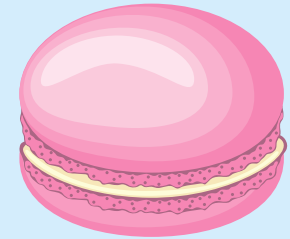




## Aged 16+ WhatsApp Group News

### Wellbeing Support Session

Bromley Well Young Carers aged 16-19 joined us for a wellbeing check-in earlier this year. Young carers enjoyed chatting to their peers about upcoming life changes such as which university to attend, where best to apply for bursaries and how good the nightlife is! They learnt about how to use their new young carer app and enjoyed cake and biscuits. It was a lovely afternoon – which culminated in the group leaving together having formed new connections and heading off to spend some more time together in Bromley.



**DO YOU  
KNOW?**

If you are aged 16-19 and have not yet joined the group chat, do let us know. It is a safe space to chat with other young carers, share tips and receive information from the Bromley Well Young Carers Service on local opportunities that are available as well as mental health support.

## BWYC App Ambassadors

### Are you using your young carers app?

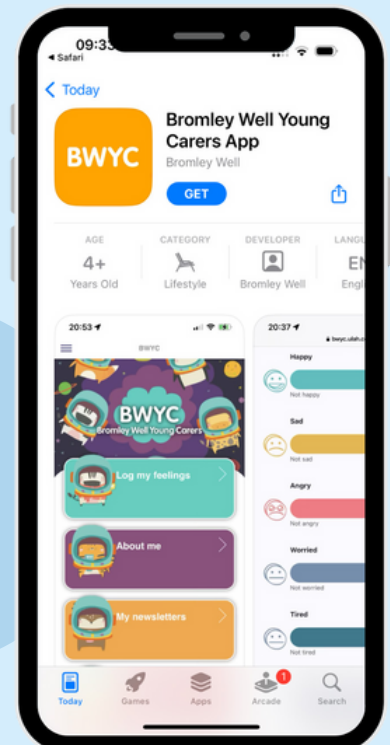
Many of you will now know that you should be logging on to your app to complete your mental health diary: this consists of Your Feelings tab and the About Me tab. These important tools within your app will mean that you are creating a useful diary of how you are feeling. We all have mental health, and looking after it is exceptionally important.

Oh, and don't forget the app has a fun forum area where there are a few selfies, feedback on events and fun facts. Furthermore, check out the area where you can ask your App Ambassadors for help on how to use the app.



Annabel and Abigail will help you and if they can't, of course, you will have Lorna or Hannah for support.

Don't forget all the latest activities are also logged on the app – it means you are in control and can see what is happening with your Young Carers Service. Contact Lorna if you require support downloading the app.



Scan the QR Code to download the app

## Sibs

well-being support.

[Visit the website here for more information.](#)

Sibs is a UK charity for brothers and sisters of disabled children and adults and offers emotional and practical



**For brothers and sisters  
of disabled children and adults**



## Marvellous Marathon!

### Running the extra mile!

We were delighted when Bromley Well Young Carer volunteer, Lydia, announced that she had chosen to run the 2023 London Marathon with the proceeds being used to fund an additional activity this year for young carers.

**GREAT  
JOB!**



Lydia did exceptionally well and was thrilled with her time of 4 hours 45 minutes. This was an hour quicker than the previous year!



**YOU  
GOT  
THIS!**

Lydia has chosen to pay for sixty young carers to enjoy a paddleboarding activity this Summer, and as usual, she will be on hand to volunteer. Thanks Lydia 😊

## Photography Exhibition

### Fantastic Photography

Last year we held a three-day photography workshop in collaboration with [@createcharity](https://www.createcharity.org.uk) and were impressed with the creativity of those who attended. As such, we decided to invite you to attend your very own exhibition of brilliant work.



Young carers joined us for a cinema-style showing of a bank of over 200 images that were taken during a glorious autumn week. It was a great time to catch up and check in with each other.





## Emotional Health & Wellbeing



### LET'S GET TALKING



Find services and support across the borough and nationally:

#### Bromley Council

[bromley.gov.uk/befriending](https://bromley.gov.uk/befriending)

OR SCAN HERE:



#### Simply Connect Bromley

<https://bromley.simplyconnect.uk>

OR SCAN HERE:



Organisations and contact information:

#### Bromley Children's Project

6 Children and Family Centers across Bromley supporting children aged 0 - 5 including parents, carers and guardians

**VISIT:** <https://www.bromley.gov.uk/parental-support/bromley-children-project>

#### Bromley Y - Sign Post

A well-being text service for 11 - 18 yr olds

**TEXT:** 07480 635 025

**VISIT:** [bromley-y.org](https://bromley-y.org)

#### The Mix

Online Support service with information, advice and guidance for under 25's

**CALL:** 0808 808 4994 (free phone)

**VISIT:** [themix.org.uk](https://themix.org.uk)

#### Kooth

Join an Online mental wellbeing community network for free, safe and anonymous support

**VISIT:** [www.kooth.com](https://www.kooth.com)

#### Lonely, Not Alone

Online universe to tell your story through loneliness alongside other young people

**VISIT:** [lonelynotalone.org](https://lonelynotalone.org)

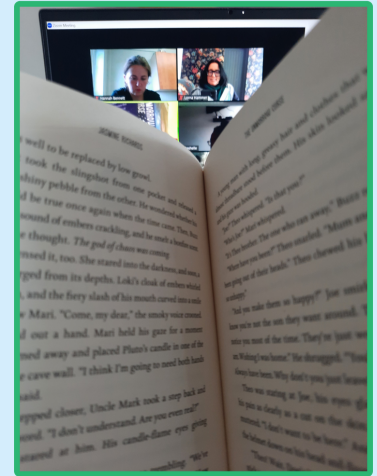
[www.bromley.gov.uk/loneliness](https://www.bromley.gov.uk/loneliness)



## Book Club Finale

What a journey we have been on: The Unmorrow Curse unravelled on Zoom and kept us entertained through the dark wintery nights all the way to Spring. Book lovers joined us weekly online to read out loud, or simply listen to the story unfold.

Have you voted for the next book yet? Check out your app to read all about the book club pick choices, have your vote and we will start back again soon.



**THE  
READING  
AGENCY**

### World Book Night

Some young carers enjoyed receiving a free book to celebrate World Book Night. [Have a look at our video on Instagram here.](#)

Many thanks to The Reading Agency for their kind donation of the wonderful Superhero Books.



## Dates for your diary!

Please check your app for details on times and locations

- Paddleboarding & Picnic – Wed 26th July from 10am to 2pm
- Paddleboarding & Picnic – Thursday 27th July from 11.30am to 3pm
- Transition Fun Day & Dinner – Thursday 3rd August from 11am to 5pm
- Create Art – Three-day Animation Workshop  
15th, 16th and 17th August from 10.30am to 3pm.  
Final details to be confirmed. Keep an eye on your app.
- AirJump – Tuesday 22nd August. Times as per booking email.





## News



### Carers Trust – Internship

Young Carer, Teni, has secured a 12-week paid internship with the Carers Trust. Teni will join the communications team and the role will be hybrid with some London office days. We wish Teni the best of luck on what will be a very rewarding programme. Watch this space for more details on her experience!



**"We want the experience to be rich and meaningful, and so will be working with the intern to shape the programme and future opportunities"**  
Carers Trust

**Carers Trust offer Internships every year, and there are a limited number of roles. Do keep an eye out when BWYC send details out in the future!**

### Carers Trust - Youth Advisory Panel

As we go to print, we are thrilled to share that young carer, Max, has applied to be considered for a Co-Chair position on the newly formed Youth Advisory Panel. Ensuring that young carers are using their voices to inform and shape support that is available for Young Adult Carers will be key. We wish Max the best of luck.

**Opportunities such as this are emailed and added to the 16+ WhatsApp Group. Do let us know if you are aged 16 & would like to be added to the group chat.**



## News: Carers Trust Grants

The Carers Grant Fund is available from the Carers Trust 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 household items and respite from your caring role. If you are interested in applying, please contact us.

# CARERS TRUST

"I have received the £240 awarded to me from my Carers Trust Grant Application today and just wanted to say a massive thank you.

I really appreciate this financial help. It really does help as my mum doesn't get a lot from benefits.

We are struggling in the lead up to University.

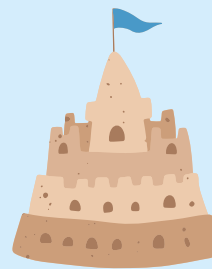
I really do appreciate it. As much as we may need physical and mental support, I also believe financial help plays a big part, especially in the time that we're in. Now I can put this money towards my university accommodation deposit.

Thank you!"

Young Carer



"Dear Lorna this is C,  
thank you so much for the BWYC grant, we are going to use some of it for our trip to Torquay 😊🌟  
Hope you have a lovely summer 😊☀️"  
Young Carer



## CONTACT US

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