
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

Hey there, everyone! We've had a great start to the year with lots of visits to local schools, some fun activities, and meeting more new Young Carers!

DID YOU KNOW?

When we receive a referral for a new Young Carer, we will give them a call and arrange a visit to their school or home. This gives us a great insight into their caring responsibilities and how we can support them. We've visited over 40 new Young Carers so far this year!

Service updates

We are moving over to **Mail Chimp** for all email correspondence to ensure families are receiving information.

To sign up to our new Bromley Well Young Carers email list follow the link: <http://eepurl.com/ilhVws>

Please make sure you sign up!

SIGN UP



We're sad to announce that our lovely support worker **Hannah is leaving Bromley Well Young Carers**. Her dedication and expertise have made a real difference, and we wish her the best in her next chapter. Good luck, Hannah!



FYI

469 Young Carers have used the "log my feelings" feature on our app



Available on the
App Store

GET IT ON
Google Play

Are you
logging your
feelings on
your Young
Carers app?

SAVE THE DATE



- First Aid – Wednesday 3rd April, Station Road



- Cooking – Thursday 4th April, Amrita Hall

School Visits

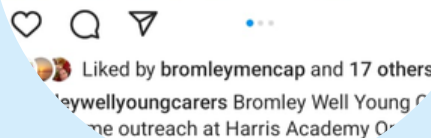
We've been reaching out to primary schools across Bromley, organising assemblies for students and providing training for staff.

Our goal is simple: to shine a spotlight on young Carers, ensuring they receive the support and recognition they deserve. By increasing awareness, we hope to uncover hidden carers and ensure they receive the assistance they need to thrive. We have had some great visits so far! Thank you to all of the schools that have been so welcoming!

We recently visited the following schools:

- Hayes Primary
- St Mary Cray Primary
- Harris Secondary Orpington
- Bromley Beacon Academy, Orpington and Bromley

If you would like us to visit your school, let them know!



FOLLOW US



@bromleywell
youngcarers



The **Young Carers in Schools Award** allows schools to gain recognition from leading charities for their good practice and ability to meet the needs of young carers.

It has just been updated, if you would like to find out more, please check out their website:

<https://youngcarersinschools.com/>

Leisure Activities

We spent three days with CREATE Arts under the guidance of Mike and Layla. Young Carers jammed together, using all sorts of cool new instruments, and working as a tight-knit team to create some awesome tunes. But that's not all - we also got schooled in money management with Change Matters. From debt to credit cards, pensions to mortgages, we covered it all!



To celebrate **Young Carers Action Day**, on 13th March 2024, the young carers then presented the piece of music they had produced with CREATE Arts via Zoom.

Their piece was fantastic, and we are extremely proud of our Young Carers.



CREATE ARTS.ORG.UK
20 YEARS OF SPARKING CREATIVITY

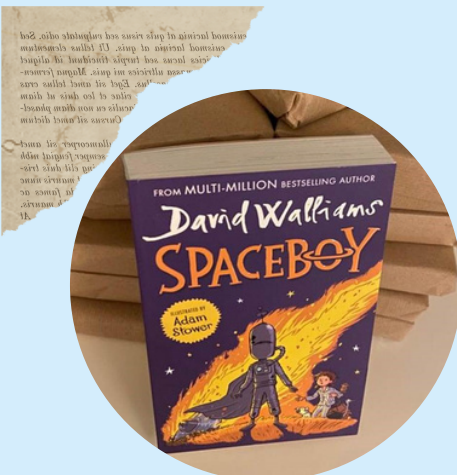


"The activity was really good and I got to meet new people who were also caring for a family member, like me."

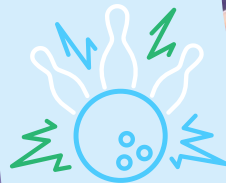


BANG! CLONK! DONK! BING! DING! BOP! POP!

We can't wait to read on to find out if Ruth and Space Boy will ever escape?!...if you would like to join in **Book Club**, please contact Seher for more information. Book Club runs term time every Wednesday at 4:30pm.



The bowling trip with the young carers was an absolute blast! Whether someone scored a strike or a gutter ball, we were there cheering each other on. Great job guys!



"The activity was really good and really fun. All the staff there were so kind to us too."



create
YOUR
future

Young carers aged 18+ were invited to participate in a **transition plan session**, where they met with the Bromley Well Young Carers and the Adults Carers Team to develop a personalised plan.

Tailored specifically to each young person's needs, the transition plan serves as a smooth pathway to Bromley Well Adult Carers services and other useful organisations, ensuring comprehensive support and continuity of care.



"This will be helpful to take to college and work."

"I didn't know there was any other support when I leave Young Carers"

Guest YC Contributor

Clarke Jefferies, one of our Young Carers, was given the opportunity to join the Cadets programme as part of our work on reducing Barriers to Employment. Here he gives details of his experience:

During my Cadets programme we learnt about healthcare and what working in industries like caring, doctors, medicine and much more would look like and how young people can get apprenticeships working in the hospitality business.



In one session we went to Princess Royal Hospital, and we learned about Occupational Therapy, Physiotherapy, Medicine and much more. There were interactive tasks along with note taking and a very detailed presentation of the hospital and what jobs and help it gives to the community.

I was looking around for extra courses I can take to put on my CV. I could possibly use this in the future depending on the path I go down. As I am already a Young Carer, I have some experience in that area of specialties.

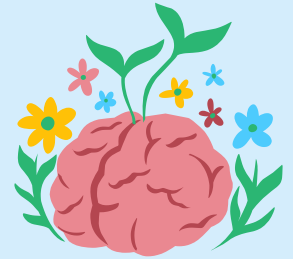
NHS Cadets



I will add this to my CV and it shows employers that I have done a wide range of courses based on different topics and that I could expand further on them in the future.

Children's Mental Health Day & Resources

This year, in honor of Children's Mental Health Day, we delivered an interactive assembly to all the students at St. Mary Cray Primary Academy in Orpington. The assembly illustrated the role of Young Carers and the support provided by Bromley Well. The children at St. Mary Cray Primary were a joy. Thank you for having us!



We are here for you

If you have any concerns about your mental health, your caring situation or you just want to talk, please get in touch.



Free, anonymous
mental health
support for young
people



Essential support for under 25s

☎ 0808 808 4994

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



Whatever you're going
through, a Samaritan will
face it with you. Call 116
123 for free



ONLINE, ON THE PHONE, ANYTIME

Call on 0800 1111 or chat to
them online

BROMLEY
Building Strengths

Powered by
ChatHealth

THE SIGNPOST

Text support for 11-18 year olds

Listening
Advice
Information

Stressed?
Worried?
Feeling low?
Problems with friends or family?

When you are struggling with something, it can be difficult to know which way to turn for help.

The Signpost offers emotional health support and will help you think about what options are available.

Text: 07480 635 025

Texts are monitored Monday-Friday, 9-5 (excluding Bank Holidays)

bromley-well.org [bromley_well](https://www.instagram.com/bromley_well) [bromley_well](https://twitter.com/bromley_well) [bromleywellbeing](https://www.facebook.com/bromleywellbeing)

Young Carers Grant 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 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!

CONTACT US

youngcarers@bromleywell.org.uk | 0808 278 7898

Funded by:

