

Young Carers Newsletter



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! We have had lots of activity days including an adrenaline-filled trip to Thorpe Park and workshops to give young carers a safe space to talk about their feelings.

Peer Support Workshop

During the Easter holidays we held a peer support workshop for young carers aged 11+.

Everyone got involved with the competitive team building games before relaxing with some music and art. We also did some activities which gave everyone a chance to share their own stories as young carers, their feelings about being a young carer and offer each other support and advice. The afternoon was topped off with a trip to Creams, in Bromley.



Young Carers Forum

The YCs Forum in May gave the young carers aged 11+ a chance to voice their opinion on the service and help us plan some exciting activities and workshops for the future. They gave us great feedback on the service, how it is helping them and the ways we can improve the support we are providing. The young carers decided that they would like forums to run as separate events in the future, so look out for future dates so you can come and have your voice heard!



Here's what some of our young carers had to say about Bromley Well Young Carers:

The Young Carers service helps me by...

"Giving me time away from home and giving me the chance to do the stuff I wouldn't normally be able to do"

"Providing support for me and being understanding of my circumstances"

'Giving me stuff to do and an opportunity to meet more young carers'

The best thing the Young Carers service offers me is....

"A place to have fun and relax without having to think about the bad things"

'I can have a day to myself'

'Good friends and new opportunities'

'Support and advice for things I'm going through'

Cinema and Nando's

Over Easter, 17 young carers joined us for a tasty lunch at Nando's before heading to the new Vue cinema to relax in the reclining seats and watch the film Missing Link. Everyone had a great afternoon and for some young carers that attended it was their only opportunity to be out of the house during the Easter holiday.

"This was my favourite activity so far because it was a chill out session for me. It was relaxing and I got to make new friends"



"I loved that we got to do what we wanted for a day"

Thorpe Park

During May half term, thanks to a generous donation we received, we were able to take 25 young carers aged 11+ on a day trip to Thorpe Park. For many this was their first time visiting a theme park and they certainly made the most of it!



"It was a fun experience having non-stop fun on rides, and being able to be more social"

"It was really nice meeting new people and having encouragement to enjoy the rides"

Easter Forest Fun!

We had 35 young carers aged 5-11 join us for a day of fun filled Easter themed activities. This included easter crafts and a very excitable Easter egg hunt! Everyone also got to enjoy free time climbing trees, playing in the mud kitchen and toasting marshmallows on the camp fire. It was great to see young carers catching up with friends and making lots of new ones.



Multi-Sport Day

15 young carers enjoyed an afternoon of multi-sports activities delivered by the fantastic team at Teach Sport. There were games of tag, 40/40, relay races, gymnastics and more. The afternoon was so successful that we have already decided to do another multi-sports event in the near future so watch this space!



'My Feelings' Workshop

In May we held a workshop with young carers aged 4-11. This session gave everyone the chance to share their thoughts and feelings about being a young carer and we ended the session with a game of 'feelings pass the parcel'.



We then popped over to the Pavilion for a game of bowling which was enjoyed by all and a perfect end to a great afternoon.

"I liked that I learnt I'm not the only one"

"This was amazing because I could tell people how I feel"

"I liked talking about my feelings because they linked to everyone and we got a chance to speak"

Summer Activity Dates!

July

Wednesday 31st July 10:20-4:30pm
Oxygen Trampoline Park and Lunch Age 11+ (secondary)

August

Wednesday 7th August 10-3:30pm
Downe Adventure Activity Day Age 4-11 (primary)

Wednesday 14th August (Times TBC)
Young Carers Chill Out Afternoon, Forum and Workshop Age 11+ (secondary)

Monday 19th August (Times TBC)
Being a young carer for a parent workshop (all ages)



Wednesday 21st August 10:30-2:30pm
Multi-Sports Activity Day- Age 4-11 (primary)

Wednesday 28th August (Times TBC)
Catch up and Meal - Age 11+ (secondary)

Look out for flyers and information coming out soon!
Keep up to date on the App too!

Young Carers Moving to Secondary School

Transitioning to secondary school can be a difficult time, but even more so with the addition of caring responsibilities. If you have any worries or concerns about going to secondary school or if you would like some help to get you prepared, please get in contact with Ellie or Matt.

We have pulled together a document which has some practical ideas and handy tips to help you get prepared for the big move! It also has some very useful advice from other young carers about their experiences, what they think you should know and what to expect from the move up to secondary. Hopefully, putting some of these actions into place will help to make your transition from primary to secondary school just that little bit easier. [>Read here](#)



Useful App

Cove - FREE

Create music to capture your mood and express how you feel. 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.



Useful Website

On My Mind- The Anna Freud Centre

This website is created by young people to help other young people. It aims to empower young people to make informed choices about their mental health and wellbeing.

[> Click to explore the website](#)

[> Click here for strategies and self-care tips](#)



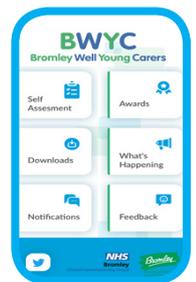
Young Carers App Update!

Now available for 5-11 year olds!

After the successful release of our Bromley Well Young Carers App, which is now live and being used, we are now expanding its availability to **all** young carers we support aged 4-19. Matt will be sending out more information soon but if you have any questions about the App or would like to sign up to use it please email matthew.vollar@bromleywell.org.uk

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

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



Would you like someone to talk to?

Research by Carers Trust found that over one third of young carers (38%) reported having a mental health problem.

If you have any concerns about your mental health/your caring situation, please remember that we are here to offer you support and can get you the appropriate support you need. Ellie and Matt are now trained youth mental health first aiders and can offer 1:1 listening ear emotional support if you feel that you need an outlet to express your feelings.

If you would like support, call or text Ellie 07598828070 or Matt 07594091769



kooth
Need to talk?
We're **online** until 10pm

Chat to friendly counsellors online 365 days a year

Read self-help articles written by other young people

Join peer-to-peer support forums



kooth Free, safe and anonymous online support for young people

Watch the video below to find out how Kooth works and everything it has to offer.

[> Video](#)

News

Planning For The Future!

Research by The Children's Society found that only 13% of young carers receive a Transition Assessment to help them prepare for the future.



As part of the support we offer, Bromley Well Young Carers provides transition support to any young carers we support aged 15-19 to help you think about the future and prepare for adulthood. This plan will look at different areas in your life such as education and employment, housing, finances, health and emotional wellbeing, and social/community life. We will then be able to identify where you may need some support going forward to help you achieve all of the hopes and dreams you have for the future!

We will also be offering support plans to young carers going through other stages of transition in their lives such as moving to secondary school and experiencing a change in your caring role.

Please get in touch if you would like to receive this support. We will be in contact with lots of you soon!

Young Minds: How To Look After Your Mental Health As A Young Carer

Being a young carer can be difficult, and sometimes a 24/7 job.

How do you care for someone whilst also

making sure you're

looking after your mental health?

Honor shares her experiences and gives her top tips.

[> Click to read the article](#)

YOUNGMINDS

Contact us

Young Carers Service- 0208 466 0790

youngcarers@bromleywell.org.uk

Ellie - 07598828070

Matt - 07594091769

Radio 1 Xtra Talks

Life as a young carer: "You have the entire world on your shoulders"



During Carers Week 1Xtra Talks heard from young carers, and the enormous responsibility they take on when looking after a loved one.

Host Reece Parkinson was joined by Edward and Hannah – two carers who had hugely inspiring stories to tell – and Emma James from the charity Barnardo's. Many other young carers also phoned in to give their perspective.

[> Click here to listen to the 1Xtra Talk](#)

[> Click here to read the article](#)

Kooth - New Online Counselling Service for 11-19 year olds

This is a free online counselling service providing anonymous mental health and emotional wellbeing support.

Kooth was featured on Radio 4's 'You and Yours' recently in an interview with a young person and with Dr Lynne Green the Clinical Director.

Hear what they have to say about the service.

(The Kooth section starts at 31.52 mins into the programme.)

[> Click here to listen](#)

Visit the website here> [Kooth](#)



Carers Week: The Hidden Lives of Young Carers

For Carers Week 2019, The Independent released an article written by young carer Ellie Fry.



In the article she shares her story and talks about the highs and lows of being a young carer. She also shares an important message of how the normal parts of being a teenager, like wanting to fit in and spending time with friends, don't go away when you care for someone – but they are replaced by something much more meaningful.

Read the article here> [The Independent](#)