



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

What a fantastic Half Term we've had! From creative art sessions to bowling strikes and spooky adventures in Chislehurst Caves, it's been non-stop fun! 🦋

Now we're getting ready for our Christmas events, and it's great to see so many of you signed up already — oh yes, you have! 🎄

Keep an eye out for updates , we've got plenty more festive fun to come!

With cheer,

The Bromley Well Young Carers Team

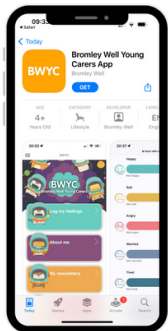
Service updates

Exciting News!

Our Bromley Well Young Carers App is still growing!

Take a look — we've just added Bromley Y to the app!

Check it out today and see what's new — more support, more resources, and more ways to stay connected.



To sign up to our Bromley Well Young Carers email list follow the link:
<http://eepurl.com/ilhVws>
Please make sure you sign up!

**WE WANT
YOUR
FEEDBACK!**

Use the app to get your voice heard! It's the easiest way to keep up with upcoming events, check in on your wellbeing, and stay connected. After events, don't forget to head to the Forms section and leave your feedback — it helps us plan future activities that you actually want. Your voice shapes what happens next, so keep it coming!

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Have we been to your school yet?

BWYC are hitting the road and visiting more schools over the next few months — and we can't wait! If we haven't stopped by your school yet, let us know. We'd love to come along, meet you, and share what being part of the Young Carers community is all about.

We're on a mission to reach every school and every Young Carer in the borough — helping our caring community grow stronger, louder, and more connected than ever. Let's make it happen together!



Events October Half Term

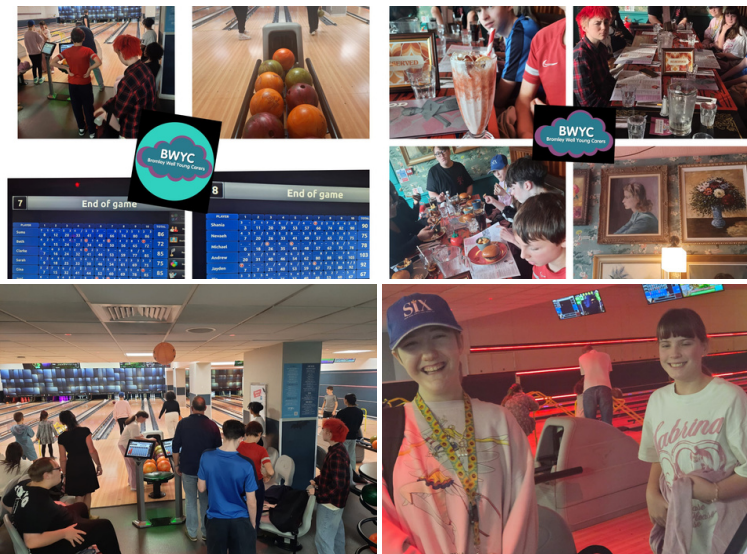
BWYC Events update

Bowling and Lunch at Pedro Lounge Bromley 22nd October-age 14 +

Strike! 🎳

Our 14+ Bowling and Lunch event over half term was a huge hit! Everyone had a blast, and the feedback was amazing. This session was voted for by our Young Carers, and it definitely didn't disappoint.

We'll be back for a follow-up, so keep your bowling shoes ready, more fun is on the way!



Good Times

Create 3 day Arts and painting Workshop 27th October -29th October Half Term age 10-15 yrs

Be Creative



What an amazing 3 days of art over half term!
A huge thank you to Create for joining us and sharing fantastic techniques and ideas with our Young Carers. And a massive congratulations to everyone who took part – the talent in our community is outstanding! We spotted quite a few budding Banksys and Van Goghs among you. 🎨✨

Can't wait to see what you create next!



Events

BWYC Events update

Chislehurst Caves Event – 30th October age 4–19 yrs

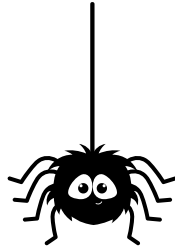


A Spooky (and Fun!) Adventure 🎃

What a spooky tour we had this All Hallows' Eve! From creepy spiders to wartime ghost tales, it definitely left us all a little spooked.

The historic caves gave us plenty of scares, but also lots of laughs and fun – topped off with a yummy lunch to round off the day.

A huge thank you to all our Young Carers and volunteers who made this such a memorable day out!



Welcome New Young Carers



Say Hello to Our New Young Carers!

Mirrthesh AGE 4



Congratulations Mirrthesh!

Mirrthesh has been given an award at school for his caring role. Well done, Mirrthesh, what a fantastic achievement!



Ffi age 9

Thanks for Sharing Ffi!

Ffi joined Young Carers in October, thank you for sharing your spooky outfit with us, It looks amazing! 🎃 🧛



Young Carers Spotlight



Leo Monteith: A Young Carer Making a Big Impact



“

My name is Leo, I'm 14 and I'm a young carer for my mum. Being a young carer means I help out at home – things like cooking and cleaning – but I don't really mind because I actually enjoy doing things for my mum. I manage quite well, even with my caring role.



I was recently given the Jack Petchey Award for my caring role, which was pretty cool! I still make time to do things I enjoy, like playing video games, doing art, and hanging out with my friends.

”

I really enjoy being a young carer and I've met loads of new friends through the BWYC service.



Resources

Young Carers grant for aged 16+

BWYC offers dedicated transition support for young carers, designed to help you navigate important life changes. Whether you're moving to a new secondary school, starting university, or planning for your future, we're here to guide and support you every step of the way.

To access support, you can contact **Gina or Maria at youngcarers@bromleywell.org.uk**, or head to the **BWYC App**.



Transition Support for Young Carers

There are grants available from the **Carers Trust Carers Grant Fund** for any carers, **aged 16+**. Carers can apply for grants of up to £400 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 us!



Save the Date : All Details on the BWYC App.
December 18th Beauty and the Beast – **Churchill Theatre**

20th December at Rutland House – Christmas arts and craft day

Emotional Support

.Need Someone to Talk To? ❤️

Remember, we're always here for emotional support. Whether it's your mental health, your caring situation, or just things going on in your life, you can reach out to us.

Don't forget — our BWYC app now has other services you can connect with directly. You can also call us at BWYC, and we'll guide you through referrals or help you get the support you need. You're not alone, and we're here to help every step of the way.

Maria/Gina Email us:

youngcarers@bromleywell.org.uk



CONTACT US

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