



Bromley

Well



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

It's been a fantastic start to autumn at BWYC, with lots of spooky fun, exciting activities, delicious healthy cooking and a warm welcome to both our new and returning young carers. It's been lovely to see everyone getting involved, spending time together and making memories.

As we look ahead to Christmas, we have lots more fun and festive activities to look forward to! Don't forget to check out the BWYC App to see what's coming up and make sure you don't miss out.

We know Christmas can be an exciting and happy time, but we also understand that it can sometimes bring challenges and worries. If you're finding things difficult over the festive period, please remember that you're not alone. The BWYC Young Carers Team is here to listen, offer support and provide advice whenever you need it.

See you all soon

Maria Carver-Carter

Young Carers Co-ordinator

Service updates



🎄 Christmas Carol Concert – Free Tickets for Carers and Families 🎵

Come and join the Bromley Well Young Carers (BWYC) Team to support your fellow young carers as they perform at this special Christmas Carol Concert!

We're delighted to share this opportunity for young carers, their families and carers to enjoy a festive evening together, celebrate the talents of our amazing young people and show our support for those taking part.

Your support will mean so much to the young carers performing, so come along, join us and help make this a memorable evening! ✨🎵

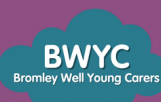
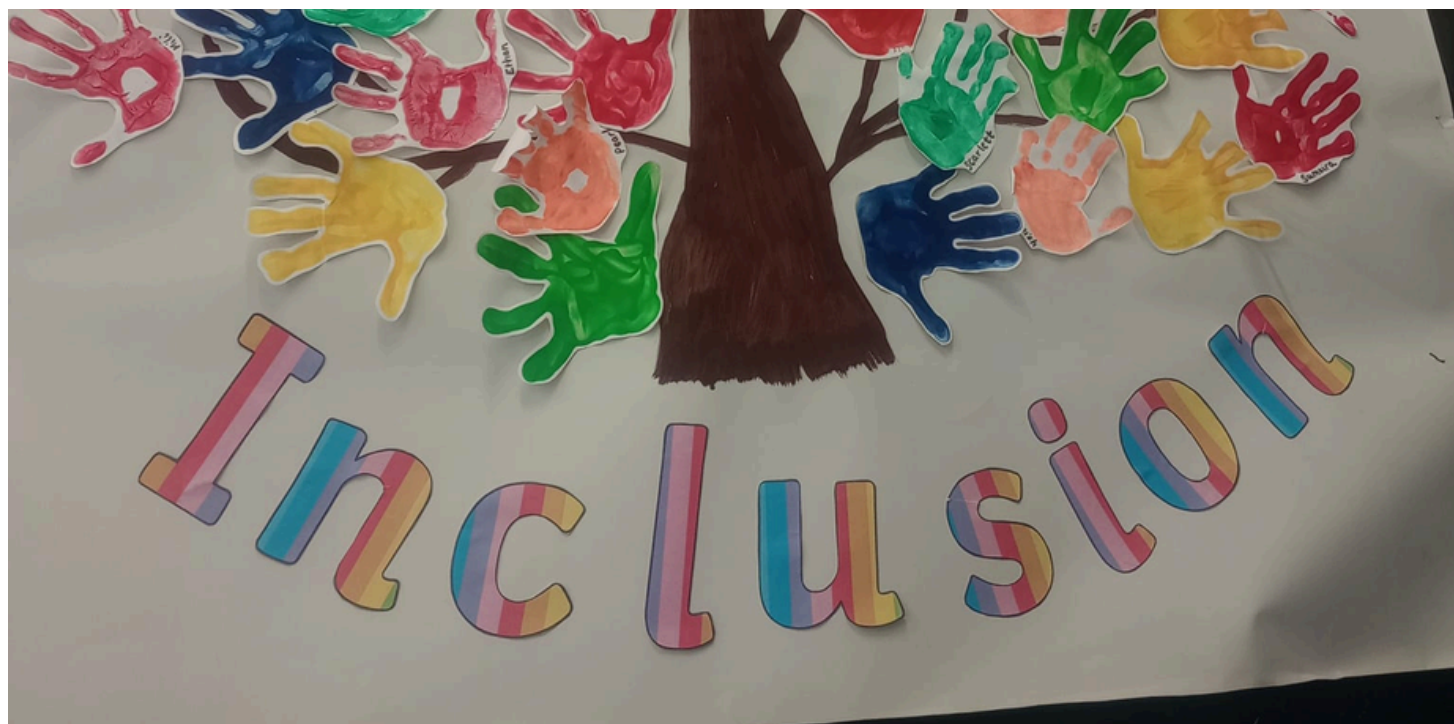
🎫 How to book your free tickets:

Young carers, families and friends: Book through the Eventbrite booking link and enter promo code CTFriend to access up to 10 complimentary tickets per group.

Carers: Free carer tickets are also available to book directly through Eventbrite, with no limit on the number of carer tickets.

🎄 We hope you'll join the Young Carers Team to cheer on our wonderful young performers and enjoy this special festive event together! We look forward to seeing you there! ❤️✨

Service updates



Youth Club, 6–8:30 pm every other Friday

Save the dates up and coming Youth Clubs:

- 6 November
- 20 November
- 4 December



💛 A Big Thank You to Our Young Carers & Volunteers! 💛

A huge thank you to everyone who makes our Youth Club so special!

🌈 Our Youth Club, Your Way! 🌈

We've got lots to enjoy:

- 🎤 Karaoke
- 🎨 Arts & crafts
- 💅 Nail bar
- 🍳 Cooking corner
- 🏓 Table tennis

Thank,
you

But it's also a place to chat, have a laugh, share ideas or find a listening ear when you need one. 💛

Everyone is welcome, everyone belongs, and you can be yourself! 💜💙💚💛🧡❤️

What would you like to see at Youth Club? We'd love to hear your ideas!

This is YOUR Youth Club, so let's make it great together! 🤝

Service updates



Have we been to your school yet?

BWYC are visiting more schools over the coming months – and we're really looking forward to it!

If we haven't been to your school yet, please get in touch. We'd love to come in, meet you, and share what being part of the Young Carers community is all about. We're working to reach every young carer in the borough and build a stronger, more connected community together.

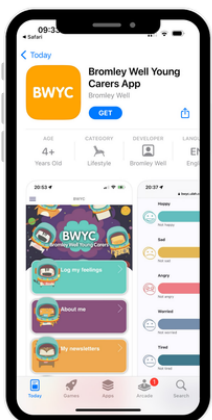
Young Carers 16+ WhatsApp Group – Jobs and Apprenticeship Opportunities

Are you a young carer aged 16 or over? Our Young Carers 16+ App is a great way to find out about job vacancies, apprenticeship opportunities and other options to help you take your next steps towards the future.

If you're aged 16+ and haven't signed up yet but would like to be added, simply get in touch with the Young Carers Team.

Email: youngcarers@bromleywell.org.uk

We're here to help you explore opportunities and take your next steps!



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

Our Bromley Well app is still growing!
Take a look and share your feedback and ideas in the app's feedback section. We're excited to hear your suggestions and see how we can continue to improve.

Also, don't forget to follow us on Instagram: [@bromleywellyoungcarers](https://www.instagram.com/bromleywellyoungcarers)

Half Term Events



BWYC Events update

Young Carers Forum for ages 4–19 on 19 October



Young Carers Forum – Your Voices Matter!

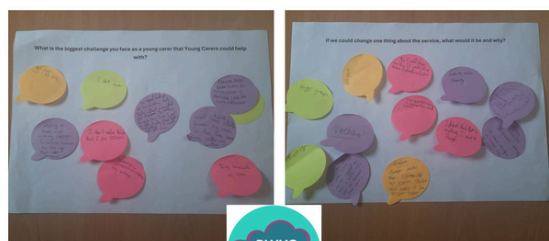
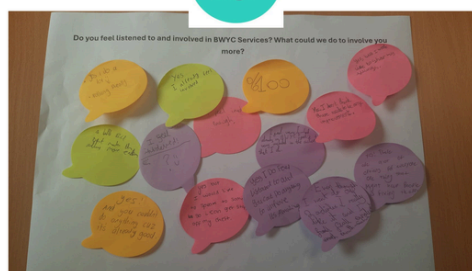
Our Young Carers Forum was a great opportunity for our 4–19-year-olds to share their ideas, talk about what they'd like to see changed and celebrate what's gone well over the past year.

We had some really good feedback, and we're looking forward to putting your ideas into action, so watch this space!

Haven't collected your One4all gift card yet?

Thank you for your hard work and for being part of the forum. If you haven't collected your gift card, please get in touch with the team to arrange collection.

Thank you to everyone who took part. Your views matter, and we want to keep hearing from you!



BWYC
Bromley Well Young Carers

A big thank you to Sushma and Chetan for such an enjoyable and informative session!

HEALTHY EATING



Events

BWYC Events update

Interactive Animal Experience – ages 4–19 – 21 October



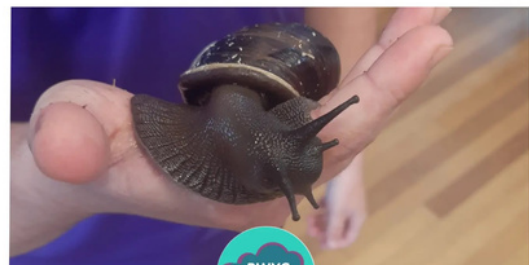
Our Young Carers Had a Wild Time!

Our young carers had an amazing time at the Wild Science event, meeting snakes, African snails and all sorts of fascinating insects and creatures from around our planet.

Did you know that snails are hermaphrodites? We didn't either!

We learnt so many interesting facts and discovered just how amazing the natural world can be.

A big thank you to Wild Science for such a fantastic event. Our young carers had a brilliant time learning, exploring and discovering something new!



Events

BWYC Events update

Spooktacular Event – 28 October

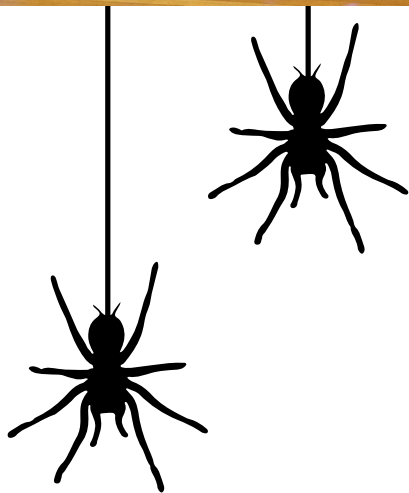
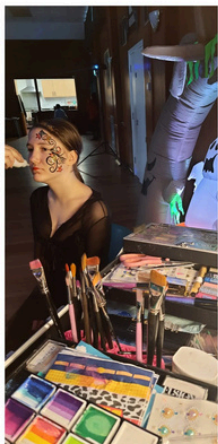
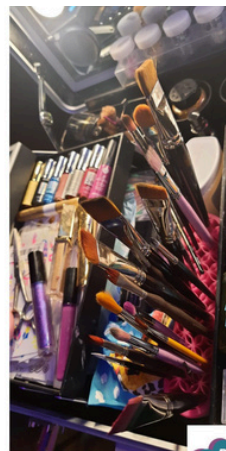
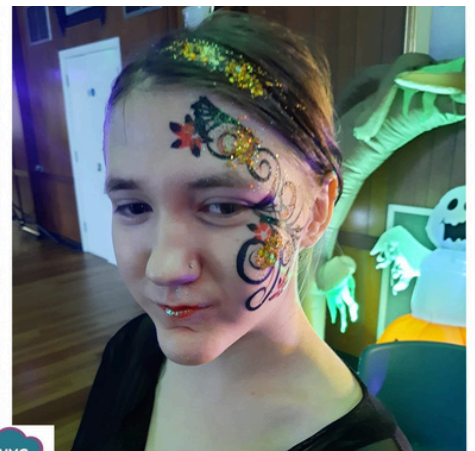
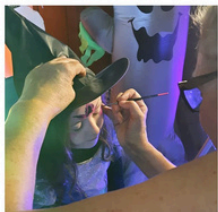
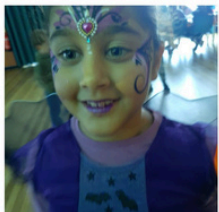
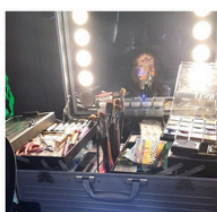
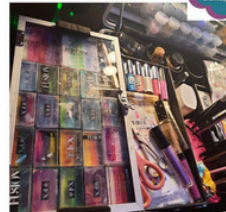
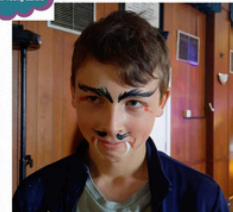


What a SPOOKTACULAR time we had!

Our young carers had an amazing time filled with spooky games, prizes, talent shows and, of course, our very own Xfactor judging panel to decide on the best Halloween costume! It was just too hard to choose just ONE winner, as everyone looked absolutely fantastic!

From spooky treats to lots of laughter and fun, it was a day full of Halloween magic and wonderful memories.

A VERY BIG THANK YOU from all of us at BWYC to Krazy K Parties for putting on such an amazing afternoon for our young carers. We had a frightfully fabulous time, and one thing is for sure... **IT WAS SPOOKTACULAAARRR!**



Young Carers Spotlight



Elsie's Story: From the Shy Kid in the Corner to the Spotlight

SHOWTIME



“

Acting has genuinely changed my life. It took me from being the shy kid in the corner to someone who feels brave enough to step into the spotlight.

And the best part is, you don't have to start big! Even practicing a short scene with friends or joining a drama class can open doors you never expected.

I've been lucky enough to dub characters for Netflix and discover just how much I love performing on stage. But none of that would have happened if I hadn't taken that first tiny step.

So, if you're even a little bit curious about acting, give it a try! You never know where it might take you or what amazing opportunities could come your way.

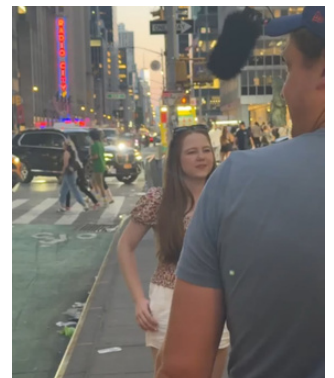
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A huge thank you to Elsie for sharing her story with our young carers community. Your journey is truly inspiring and a wonderful reminder to other young carers that anything is possible if you believe in yourself and are brave enough to take that first step. You never know where it might lead!



**+LIGHTS★
★Camera
★ACTION!+**



**BEST
ACTOR**
★★★

Resources

Young Carers Grant for carers aged 16+.

There are grants available from the Carers Trust Carers Grant Fund for carers aged 16 and over. 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, or giving a break from your caring role. If you are interested in applying for this grant, please contact us!



Transition Support for Young Carers

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**.

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



SAVE THE DATE

8th December – Carers Trust Carol Concert
12th December – Young Carers Wreath Making & Christmas Activities workshop.
17th December – Sleeping Beauty – Churchill Theatre.

Lewisham Council Young Carers team:
Email: youngcarers@lewisham.gov.uk



CONTACT US

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