

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.

IN THIS ISSUE...

- *Christmas Celebrations*
- *Sculpture Workshop*
- *Photography Course*
- *Movement to Work*
- *And lots more!*



Christmas Celebrations

Young carers enjoyed an afternoon of movies to celebrate the end of a brilliant year. On arrival, everyone decorated their very own Christmas tree decoration to take home. They were treated to popcorn and sweets whilst enjoying an afternoon together watching two classic movies.

Our primary-school-age children enjoyed the fun and laughter that 'Home Alone' brings to the festive season. The secondary-school-plus age group were delighted with the frivolities that 'Elf' delivers.



An impromptu talent show proved to be very popular – who knew we had so many young people with some super performing skills! You can watch one of the performances on our [Instagram page](#).



Delicious home-made cakes were donated by volunteer bakers from [@freecakesforkidsbromley](#). Yummy!



Our beautiful venue was once again provided for free by [@amrita hall](#). We are incredibly grateful to you both for supporting the Young Carers Service.

Scintillating Sculpture Workshop

Our primary-school-age Young Carers enjoyed two sessions of learning sculpture techniques, creating clay sculptures and painting them, followed by delicious food and drinks.

After a masterclass in sculpture techniques by our very own Young Carers Support Worker, Joe, the young carers tried their hands at making a clay sculpture of their own. They were given creative freedom to choose whatever they wanted to make. Some young carers made their favourite animal and others, unique creatures from their imagination. To top off the first session everyone had some tasty pizza and garlic bread!



The second session was a week later to give the clay a chance to dry. The young carers were eager to bring the sculptures to life with bright acrylic paint.

While the paint dried, everyone enjoyed a picnic-style feast. The Young Carers got to take their creations home to show to family and friends - We are sure they were very impressed!

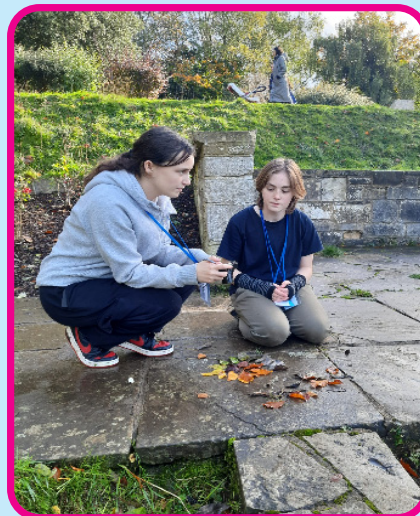


Create Art: Photography

Young Carers learned photography techniques from a professional and made profound creative expressions!

Excited young carers arrived at the Beeche rooms, High Elms Country Park for a three-day course in photography delivered by [Create Art](#).

They were off to a fabulous start, using autumnal scenes as inspiration to create some wonderful pictures.



View all 3 comments

daniellerubykk Ruby had such a good day 😊 thank u, she is really looking forward to tomorrow 😊



bromleywellyoungcarers @daniellerubykk we are thrilled to hear this lovely feedback ❤️



25 October

The young carers were even more excited for day two as they learned about taking portraits. Some young carers used makeup and others used angle and composition to create unique portraits

The final day commenced with picture-in-picture photography, combining existing images with the beautiful landscape.



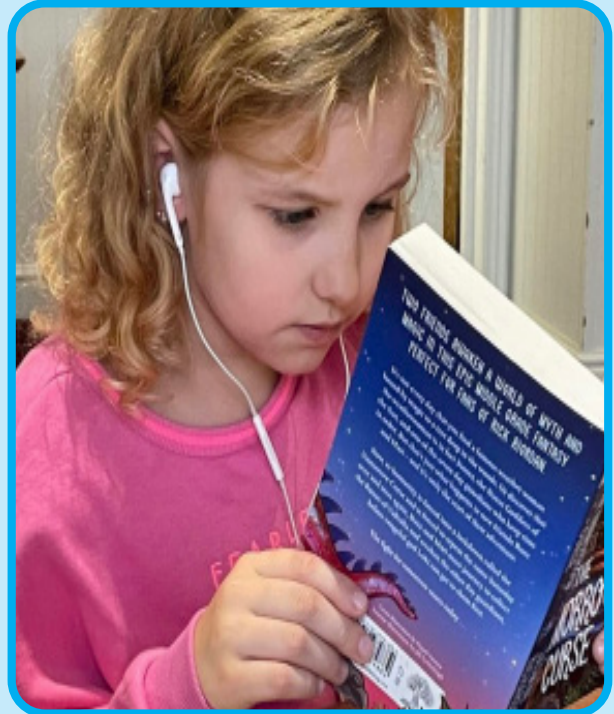
The course was topped off with collage and an exhibition of all the young carers work for their parents and guardians.

Book Club

Young carers continue to enjoy meeting on Zoom every Wednesday (even joining us from their holiday destination!). Well, we must say it is a rather great club.

Book Club is a regular in the diary, so do keep an eye out for when the next book is announced.

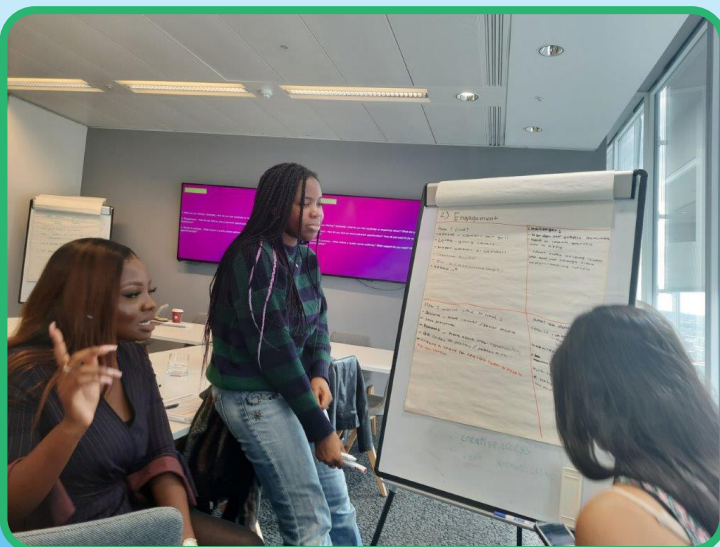
"Thank you so much for today's Book Club session. Anna enjoyed it so much that she is looking forward to next week. Thanking you and highly appreciate it" - Parent



Movement to Work: Young Carers' Futures

Young Carers enjoyed making a difference at this year's Movement to Work event at The Shard.

Young Carers were able to share their experiences and insight around employment pathways and what employers can do to better support young people with caring responsibilities.



MOVEMENT
TO WORK



"The event was incredibly inspiring. I felt like my voice was heard and it was interesting to hear what companies thought about the situation"

Young Carer

Carers Trust Carol Concert

We were incredibly proud of Young Carer, **Teni**, who read a poem beautifully at the Carers Trust Carol Concert.



Teni pictured alongside her very proud mum and during her reading below.



It was a wonderful event which took place at St George's Church in Hanover Square, London.

Well done, Teni!

Lightopia London

Thanks to the generosity of [@crystalpalaceparktrust](https://www.facebook.com/crystalpalaceparktrust), Young Carers were able to enjoy this spectacular light display at the park. The photographs look amazing!



Emotional Health & Wellbeing



BAM (Boxing and Mindfulness)

At a loose end? Why not sign up for free online boxing and mindfulness sessions specifically for young carers.

Sessions are every Thursday evening via Zoom and young carers from everywhere in the UK are welcome to join. No experience necessary. They are a fun and engaging way to feel healthy and look after mental wellbeing.

For more information, hit the link below or telephone 07507 600601.

[Young carers can join for free by registering on the website here.](#)

Kooth: Your online mental wellbeing community

Kooth is a free, safe and anonymous place for young people to find online support and counselling. [Find out more here.](#)



The Mix: Essential support for under 25s

The Mix is the UK's leading support service for young people. They are here to help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to them via their online community, on social, through their confidential helpline or our counselling service. [More here.](#)



Free Bromley Y Wellbeing Webinars

Bromley Y are offering free mental health and emotional wellbeing

webinars for parents and carers of both primary and secondary school-aged children, as well as webinars for young people of secondary school age. Topics for young people include managing anxiety, low mood, motivation and depression, academic stress and healthy study habits. Topics for parents and carers include supporting transition to secondary school and emotionally based school avoidance. Visit [Eventbrite](#) to find out available dates and to book your place.



We are here for you

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

If you would like a one-to-one emotional support session, call, email or text us!



Lorna: 07598 828070 or Hannah: 07594 091769

youngcarers@bromleywell.org.uk



News: Save the Date!

Pet Corner Club

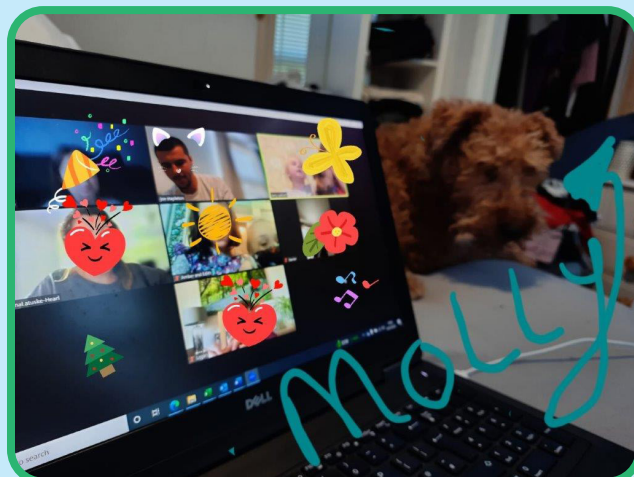
Starting again this month on Zoom

Joe will be bringing his dog along and Lorna will be joined by one of her teddies... But which one?

Sewing Workshop

Tuesday 14th February

More details to follow.



SAVE THE DATE!

YCAD 2023 will be on 15 March

CARERS TRUST



Young Carers Action Day

Wednesday 15th March

This year's theme is **'Make time for Young Carers'**. What would you like to do to celebrate the day? Please share your ideas with us so that we can start to implement the perfect plan to celebrate this exceptionally important date in all Young Carers' diaries!

Please email lorna.hammer@bromleywell.org.uk or message 07598 828070 with your ideas.

You can also check upcoming events in the BWYC App. Don't have it? Let us know and we will send you a new password to download it.

Follow us on our social media platforms for up-to-date posts on what's happening at BWYC.



[@bromleywellyoungcarers](https://www.instagram.com/bromleywellyoungcarers)



[@BromleyWell_YC](https://twitter.com/BromleyWell_YC)

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

"A massive thanks to everyone at the Carer's Trust for making this grant possible. Your appreciation for the work I do to care for my Mum as well as the new opportunities this grant has provided me with means a lot" - Young Carer

"I would just like to message to say thank you to the Carers Trust for the grant as it now means that I can travel to London with my friends and do loads of fun activities such as ice skating! Once the weather gets warmer, I'd like to go to Brighton to see the pier and the Lanes. Without the grant, this wouldn't be possible, so thank you again" - Young Carer

Bromley Well

Funded by:



NHS
South East London

A Network Partner of
CARERS TRUST