

Young Carers Newsletter

BWYC
Bromley Well Young Carers

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 about what we have been up to!

What have we been up to?

It has been a very busy few months for the Young Carers Service, with many events and activities going on to give young carers in Bromley a well deserved break away from caring! We had spooky halloween half term fun, workshops to help us manage our emotions and had lots of festive fun celebrating Christmas!

Read on to find out more about what we got up to!

Half Term Halloween Fun



30 young carers returned to the forest for lots of halloween outdoor fun! They made mummies out of toilet paper, had pumpkin relay races and toasted marshmallows on the campfire. There was also plenty of tree climbing and lots of tasty dishes made in the mud kitchen. The day ended with lots of muddy smiling faces after a good break from caring!

"Today was great because I got to have fun and make friends"

"I enjoyed having time away from home"

In November, young carers aged 11+ had an action packed morning at Quasar Elite in Bromley. The group put their stealth skills to the test with laser shots being fired left, right and centre! Trying to target members of staff also proved an exciting and popular challenge!



Young Carers Forum

- In November we held our YC's Forum which gave the young carers aged 11+ a chance
- to voice their opinion on the service and help us plan some great activities and workshops for 2019. They also gave
- us excellent feedback and ideas to help us improve the school holiday drop-ins. Check your
- emails for these exciting events coming soon!



Why I like young carers...

"I enjoy it because it's a time to not worry about things at home"

"It's brilliant. I have loads of fun and lots of laughter"

"Going to young carers is fun! It takes my mind off home and we get to meet new friends"

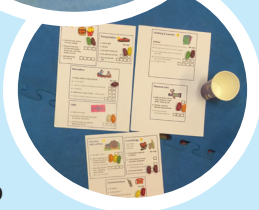
"I feel good when I get a break. It makes me happier than I normally am"

"I would like to go to young carers more often"

Workshops

Budgeting

Young carers 11+ joined us for a workshop on budgeting! There were lots of shocked faces when we guessed the prices of everyday items. There were also lots of tough decisions to make when the group had to budget monthly finances using a jelly bean allowance. The young carers left with lots more understanding on budgeting and how to manage their money as young adults.



"It was good to start thinking about the future and what I would need to spend money on."



Festive Fun



25 young carers dressed up in their favourite Christmas fancy dress and joined us for a Christmas Party. It was an afternoon of festive food, games and activities including make a snowman, Santa's footsteps and Christmas musical statues. Lots of festive fun was had and every young carer left with a present to go under the Christmas tree!



Young carers aged 11+ enjoyed a festive feast at Toby Carvery. Food was piled high on plates and there was lots of laughter and Christmas spirit.



Managing my frustrations

Young carers aged 5-11 joined us for an after school workshop on managing our frustrations. We talked about the things that makes us feel frustrated in our caring roles and how that feels in our body and mind. We explored and practiced some coping strategies that we could use when we feel frustrated. Everyone left the workshop relaxed and prepared to manage their caring roles feeling much calmer.

"I enjoyed learning the relaxation techniques. I'll definitely use the hand one at home"



"When I feel angry at home, I will squeeze my fists and toes instead which will relax me"

Stress at Christmas

A big thank you to Bullers Wood School Young Carers group who invited us to do a workshop on managing your caring role over Christmas. There was a lovely relaxed atmosphere as we talked about the difficulties and positives of being a young carer at Christmas. We explored coping strategies we could use while decorating glass candle holders to help with those important moments of relaxation over the holidays.



Christmas Tree Festival

Young carers helped support the Christmas Tree Festival at Hayes Free Church during December. The young carers got into the festive spirit making decorations for our sponsored tree, which helped to support the local community while raising awareness of young carers and the Bromley Well Young Carers service.



1:1 Emotional Support

Would you like someone to talk to about your caring role?

Ellie and Matt can give you 1:1 support to talk through any worries or difficulties you are having and explore coping strategies to help you.

Do you need more than just a listening ear?

We can also provide young carers with professional counselling with Bromley Y, to help support you in your caring role.

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



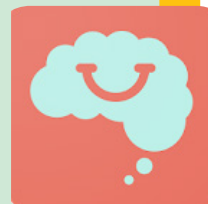
Useful App

Smiling Mind

This **FREE** meditation app provides you with guided meditations to cope with the pressure, stress and difficulties of daily life.

Read more about it >

<https://www.smilingmind.com.au/>



Save the date!

January

Saturday 26th January 12:15-2:45pm

Cookery Activity afternoon- Age 4-11

February (Half Term)

Monday 18th February (Times TBC)

London Dungeon Trip- Age 11+

Tuesday 19th February 12-3pm

Circus Skills Activity - Age 4-10

March

Saturday 23rd March (Times & Venue TBC)

First Aid workshop- Age 11+

Workshop (Date/Time TBC)

Age 4-10

Young Carers Forum (Date/Time TBC)

Look out for flyers and information on all of the activities we have planned coming out soon!

Coping Strategy

Take 5 Breathing

Hold out your hand like a star

Pretend your pointer finger (other hand) is a special pencil

Trace up and down your fingers

Breathe in as you go up

Breathe out as you go down

Go slowly and notice how it feels



PEACE QUEST CANBERRA – yoga & wellbeing for children, families & schools – leone@starclass.com.au

Useful Website

Change To Chill

Explore what stress is, what causes it and learn easy ways to chill!

Take the quiz to find out the best ways to manage your stress. Use the mindfulness, meditation and guided imagery exercises. Visit the 'how can I chill' page to learn easy ways to chill out!

> <https://www.changetochill.org/>



Positive Thinking

Kian, aged 9, cares for his mum. He wanted to share his writing with other Bromley Well young carers to help them feel happier and more positive.

'Always believe in a positive attitude and learn to fly in the rain. This means that you should believe in the good rather than the bad and even in really horrible situations you think happy thoughts. I believe that if you do not think positively then you will get nowhere.

Personally I think that you will achieve so much if you follow this. A main point is that you should never doubt yourself. Always think 'I can do it' and if you're passionate about it never stop. If you do this you can do anything you want. Just stay positive.

An example of this is when my Mum went into hospital. She may have not been able to be independent to but that didn't stop her from trying. She went through different hospitals and we visited her every week and every time she had a wonderful story to tell us. We loved the stories very much. Although she is not at home, she doesn't stop being positive and is an amazing role model to my brothers and I.'



News

Young Carers Awareness Day 2019



Young Carers Awareness Day is on **Thursday 31st January 2019**.

This year's YCAD will focus on mental health. On Young Carers Awareness Day Ellie and Matt will be doing lots of outreach to continue identifying young carers and raise awareness of the vital role you all play in supporting the people you care for. **#YoungCarersAwarenessDay**

This YCAD the Carers Trust are running their **#CareForMeToo** campaign to raise awareness of mental health and improve the support available for young carers.

Click the links below for more information:

> [#YoungCarers AwarenessDay](#)

> [#CareForMeToo](#)

A Big Thank You!

A big thank you to the West Kent Widow Sons Masonic Bikers who kindly donated some art and crafts presents to the Young Carers Service from their Santa Run. These generous gifts will be used at our future young carers activities. A huge thank you from us all!



Contact us

Young Carers Service- 0208 466 0790
youngcarers@bromleywell.org.uk
 Ellie - 07598828070
 Matt - 07594091769

Jake's Story

The Carers Trust has a series of stories by Young Carers. Jake is 20 years old and has helped to care for his younger brother, who has autism and epilepsy, since he was aged four.



[Read Jake's story here](#)

Bromley Well Young Carers App

Look out for the Bromley Well Young Carers App launching soon!

Make sure to check your emails for future updates!

Young Carers in Schools News

A new report has been published highlighting the positive impact the Young Carers In Schools programme is having on young carers' wellbeing, confidence and academic achievement. The programme aims to improve the identification and support of young carers in schools across the country so that they get the help they need.



Read the full article here > [YCiS Article](#)

Free Dance Classes for Young Carers

Beckenham Dance Company Studio is offering FREE street dance classes to young carers!

These classes are available to all young carers aged 4-18. No need to book, just turn up!

These classes will be running on Saturdays from 12th January-30th March.

For more information call 0208 402 2424 or email lauren@dancecompanystudios.co.uk

