

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...



- ***BWYC App Steering Group News & Competition***
- ***A Roarsome Lion King Theatre Trip***
- ***Jamie Oliver Cookery School Workshops***
- ***Brilliant Book Club***
- ***And lots more!***



BWYC App Steering Group

We are currently in the process of re-designing your BWYC App. The new app will be launched later this year and we can't wait to see what you think.

But how do you go about designing a shiny, new app?

Well, you ask the end user what they want from it, of course! And this is exactly what we are doing. This is your app and your ideas and thoughts are paramount in ensuring that it is user-friendly, informative, and engaging.



We recently invited a group of young carers to our first official App Steering Group. We were in awe of the ideas and creativity that came from the meeting.

To thank you for your time and brilliant contributions, we finished with a donut and a drink at Creams in Bromley. What a lovely end to a great session.



See you all again soon, when hopefully we will be bringing you a prototype for you to critique. This is all very exciting, so watch this space! Thanks to [@creamscafebromley](https://www.instagram.com/creamscafebromley) for their discount on the day.

Competition Time!

Are you creative?

Would you like to contribute to the future of your app?

Please turn to page 10 to find out more... **Exciting times ahead!**

It's Showtime: Lion King Theatre Trip

Twenty young carers were completely blown away by this wonderful production courtesy of Disney Theatrical Productions 'Sunrise Scheme.'

Our journey began on the train which for was a first for some. We then stopped off to take in the delights of Covent Garden and the menagerie of street entertainment.



"It made such a change for my daughter to go to an event as our lives are mostly about my ill health and we rarely do things together outside of the family home due to my health being so rubbish."

"She came home with the biggest smile on her face and was full of the joy of the performance. Thank you for doing what I can't do for her; you have made a massive difference to my daughter"

"Things have been a bit difficult recently; the girls had so much fun on the theatre trip and really enjoyed it! They haven't stopped speaking about it – they've asked if they can go back to the theatre again soon! Thank you so much."

Full to the brim with excitement, we took a stroll to the magnificent Lyceum Theatre.

The costumes were out of this world and the dancing incredible. A must-see show has now been ticked off the list for this lovely group of young carers.



The show was "impeccable" as young carer Harriet (pictured left) testifies [here on video](#).

Thanks very much to Disney Theatrical Productions 'Sunrise Scheme' for making our trip possible.

"I just want to thank you for organising this fabulous opportunity for my son & the other young carers to have this wonderful experience. He hasn't stopped talking about it since I picked him up!"

Pukka Tukka!

We were absolutely delighted to attend The Jamie Oliver Cookery School in London. Over two separate days, a total of forty young carers took part in a wonderful workshop and cookery demonstration!



Coral, our chef for the day, was simply amazing. [She shared her knowledge and skills with the groups](#) – Did you know that peeling ginger using a spoon means less wastage and more delicious ginger? Young Carers learnt how to handle food safely, how to substitute ingredients subject to taste and budget and, most of all, how to have fun whilst creating their fabulous stir fry dishes. The ingredients we used on the day were divine: sirloin steak, shitake mushrooms and aubergine to name a few.

“The recipes were delicious. The cookery school chefs were friendly and helpful. I got to meet new friends as well as learn more about cooking with new ingredients”



“An amazing unforgettable experience. Thank you”



On arrival, Coral cooked us all Super Green Spaghetti. This satisfied our hunger before the young carers started preparing their own super meals. Once finished, everyone sat together at this brilliant venue to share their food and spend quality time getting to know one another further.

“The first thing she said when she got in was: Can I get my new friend’s number”

“It was absolutely amazing, I made friends and really enjoyed myself. Thank you. Leon”

It really was a rather special day and, we are pleased to say, it will most certainly be happening again in the future. Thanks to all the lovely staff at [The Jamie Oliver Cookery School](#); we look forward to seeing you all again soon!



“Phoenix returned with a new found confidence. He was willing to try a wider variety of foods, he made new friends and got to be a carefree child again for a few precious hours”

#PlattyJubes Celebrations



Off to see the Queen

Young carers were delighted when, on a recent trip to London (to attend the Jamie Oliver Cookery School), we had the chance to stop in and say hello to the Queen. In her Jubilee year, it was the perfect stop over. For some, seeing Buckingham Palace was a first and a glorious time was had by all!



"Gabriella enjoyed the day, liked the food and was most happy about seeing Buckingham Palace. Thank you for your flexible approach and making the best of their time"



By Royal Invitation

Young Carer Ella enjoyed a wonderful evening at Buckingham Palace with her Mum during the official Jubilee Celebrations.

"To have the chance to spend some special time with my daughter means so much. Thank you"

Thanks to Carers Trust for our continued great partnership working!



Easter Egg Gathering #2

We were fortunate to have lots of Easter eggs donated to us by [Bromley Children and Families Forum](#) for the second year running.

Last year we had to remain two metres apart and in groups of no more than six. This year, however, was different and rather lovely. We met, we played games, we chatted and had the most wonderful time... all whilst eating yummy chocolate eggs, of course.

"Thanks for organising this, it was nice for me as a parent to see how she engaged with others; she was a little nervous beforehand. It was also lovely to chat with the older young carers about the service and to hear how much they value Bromley Well Young Carers"



Our cohort of older teenage young carers are always on hand to offer a kind word to newly registered young carers.

Their supportive role helps ensure that our newest members feel welcome, as for some, it was their first time at an event.

It really was the perfect opportunity to meet and form friendships with others on a lovely sunny day!



Young Carers Outreach at its BEST!

[Watch Dolly here](#) share some exciting news about how she spoke at school about being a young carer. We were thrilled to hear such a lovely story. Thanks Dolly for spreading the word about the Young Carers Service.

"Harriet is speaking at school today about being a young carer and Bromley Well Young Carers - She's made it sound super fun, and I think that's a credit to the impact you have all had on both of the girls"
- Parent



ROLL OF HONOUR

Dolly W, year 4, for giving the most amazing whole school assembly on Young Carers.

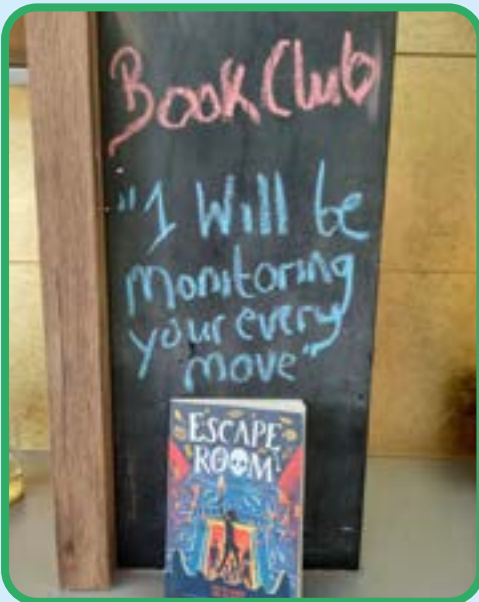
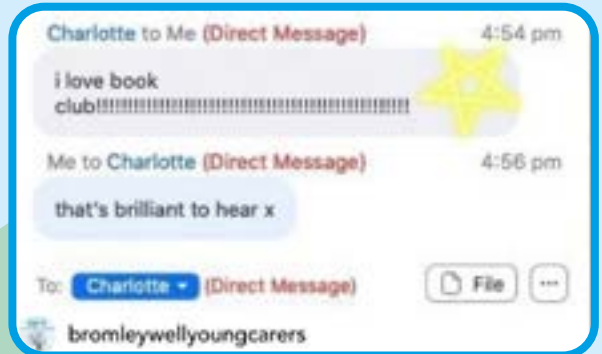
Well Done Dolly

Book Club #5

I love Book Club!!

Charlotte here expressing how much she 'LOVES' Book Club - need we say more!

This club has proved to be exceptionally successful. A space for young carers to come together and read a current top-selling book. Our latest pick 'Escape Room' is rather exciting and has us on the edge of our seats each week. Will Ami and the gang escape? The saga continues.



As we go to print, we are halfway through this gripping book. I wonder what this cohort will choose for Book Club #6? Keep an eye out on the socials and your emails for details on the next book... Will you be joining us?

Katya wins the Carnegie Medal

Our very own author, well... we like to claim her as our own, has won the prestigious Carnegie Medal for her novel October October. Huge congratulations from us here at BWYC.



For those who attended our very FIRST online book club, you will remember that Katya joined us and read the last couple of chapters to you all LIVE on Zoom. The author then answered your brilliant questions and even stayed behind afterwards so that Lorna could interview her for some top tips on writing. Watch the interview again on [YouTube here](#).



We will always be honoured that Katya joined us and we have since gone on to read four more books with you all. We are thinking that perhaps October October should be next? Watch this space.

[Have a look at Katya reading her book, The Space We're In, to our Book Club members on Twitter here!](#)

Each young carer was treated to a signed personalised bookmark (pictured left) from Katya following our first book club!

Pet Corner Club

Can you spot your pet or teddy listed below?

This club never disappoints! We meet an array of pets and cuddly teddies every time we get together. However, on this occasion, we had a special first birthday celebration – Rio the cat is pictured here, in his bow tie, with his very proud owners Aleya and Shinz.



All the pets were in great company as we were treated to some wonderful teddy bears and stories (which Lorna particularly loves as she doesn't have a pet). Charlotte brought along her Narwhal teddy, Olivia her fox teddy, Ellie her toy rabbit and Naomi her pet elephant!

Appearances were also made by:

Pele, Jessabelle, Gypsy, Freddie, Lucky, Maverick, Sophie, Suggsy, Honey, Cassey, Lulu, Luna, Pepsi, Dopey, Sleepy, Nellie and finally, Cookie.

Cookie (pictured right), is owned by Julie, Young Carers Support Worker.

We did say we meet an array of furry friends!



Fingerprint Art & Forum

Young carers enjoyed creating some spectacular pieces of art during the May half term.

Everyone enjoyed listening to music and chilling in what was a calming workshop for all to enjoy. Conversations, however, were vibrant as we discussed how the service can move forward over the coming months. It would appear lots of you



visit some London Museums... it looks like we will be busy planning a trip to our wonderful capital city again soon. Thank you to Azelia Hall for allowing us to use this lovely venue for free.

Have a gander at this [lovely feedback](#) from young carer, Harriet, on Instagram.

"I had so much fun doing arts and crafts. Thank you for letting me come. Thank you, from Harriet"

What's On: Save the Date!

Pet Corner

Monday 4th July
from 4:30-5:15pm on Zoom

Paddleboarding & Picnic

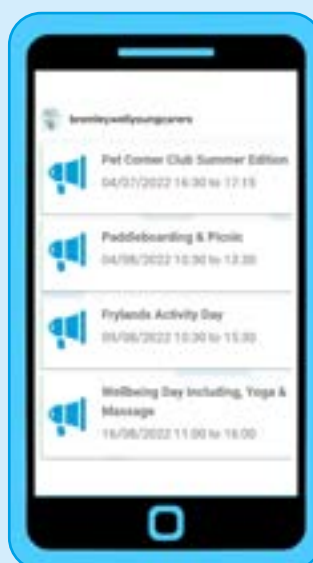
Thursday 4th August from 10:30am-
1:30pm at Beckenham Place Park

Outdoor Activity Fun

Tuesday 9th August from 10:30am-
3:30pm at Frylands Scout Activity Centre

Wellbeing Day

Tuesday 16th August from 11am-4pm
at Beckenham Place Park



Information for all activities has been emailed home. Please complete the registration form to book.

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.

Young Carers App: Competition Time



We are re-designing your BWYC app.

We have already had some fantastic input around the technical side of things, which is ongoing. What we really need to be thinking about now is a colour scheme and logos for the app.

Are you a creative that would like to have an impact on the future of your app? If this is you, then ***please do send us your ideas for a brand NEW logo*** - Think **BIG & BOLD!**

And remember to contact us if you need help downloading the app!

Emotional Support

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

If you would like a 1-1 emotional support session, call or text us!

Lorna: 07598 828070

For more support: <https://community.themix.org.uk/>
<https://www.kooth.com/>



16+ WhatsApp Group



Have you joined the 16+ WhatsApp Group?

If you're a registered Young Carer aged 16 -19 contact Lorna or Julie to be added to the Young Adult Carers WhatsApp Group.

This group is a safe space to chat, receive additional support around transitioning, employment, what's on at BWYC and more!

BWYC Social Media

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



Instagram: **Bromley Well Young Carers**



Twitter: **BromleyWell_YC**

For more information check out our [website](#).

News

Mayor of London's Cost of Living Hub

The Mayor of London has launched a new [Cost of Living Hub](#) for London families facing financial hardship, as a result of spiralling inflation, increases in National Insurance and Council Tax, and the lifting of the energy price cap. The hub helps Londoners access information, support and advice about claiming benefits, dealing with debt, financial management and mental health support.



Bromley Y Webinars

Bromley Y promotes the emotional wellbeing and mental health of children, young people and families. Their FREE Emotional Wellbeing webinars are available to book via eventbrite.

*** Topics for parents cover:** School avoidance, transition to secondary school, helping children with anxiety, and more.

*** Topics for young people include:** Understanding low mood, managing anxious thoughts, managing academic stress, and more.

[Take a look at the schedule and book here.](#)

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 driving lessons, household items and respite from your caring role.

"Wow, I can't believe it. This is so good. Thanks for encouraging me to apply, I really appreciate it. The money will be so helpful; I can't wait to learn to drive"

"I really appreciate you accepting my application for the grant. This will help improve my life: learning to drive will give me the independence that I need. I will be able to help Mum more and also meet friends. Thanks again"

If you are interested in applying, please contact us.

Provisional Driving Licence Applications

Is it time for you to apply for your provisional driving licence?

Having photo ID is particularly important as many venues and establishments will not allow entry without it. Give Lorna a shout if you would like support applying.



CONTACT US

Young Carers Service

youngcarers@bromleywell.org.uk | 0208 466 0790

Lorna: 07598 828070

Bromley Well

Funded by:

