

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 an amazing Long hot summer it has been! 🤙 It's been wonderful seeing our young carers, both new and familiar faces, getting involved, trying new things and having lots of fun.

Our Young Carers Youth Club is going from strength to strength too!

A huge thank you to all our young carers and parents for your continued support. 🧡

Thank You.

Maria Carver-Carter

Young Carers Coordinator

Service updates



Carers Week (8th–12th June) focused on building carer-friendly communities.

BWYC Services visited Crofton Juniors, where our young carers shared their ideas about what a carer-friendly community means to them.

Thank you to everyone who took part in our activities and lunchtime celebrations. Your voices and ideas help create positive change for young carers across Bromley.

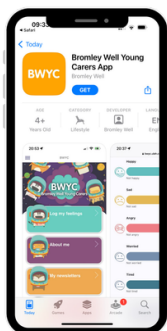


🎉 **Congratulations!**

A huge congratulations to the creators of our Bromley Well Young Carers App, bringing all our Young Carers services, support and events together in one easy-to-use place! It's fantastic to see all the hard work recognised with such a well-deserved award.



Well done to everyone involved – you should be very proud! 🙌❤️



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

Our Bromley Well Young Carers App is still growing!
Thank you to everyone for your continued support. Please keep sharing your feedback and ideas through the app to help us make it even better.
Don't forget to follow us on Instagram: @bromleywellyoungcarers.

Service updates



Important update about young carer support in Lewisham



Exciting News for Young Carers in Lewisham!
We've recently found that some Young Carers who attend schools in Bromley actually live in Lewisham, which means they can't access the Bromley Well Young Carers service. The good news is that Lewisham Council now delivers the Young Carers service directly, providing support, activities and opportunities for young carers living in Lewisham. If you live in Lewisham and are a Young Carer, or would like to make a referral for a Young Carer, please contact the Lewisham Council Young Carers team:

✉ Email: youngcarers@lewisham.gov.uk

The service was previously delivered by Imago, and from 1 August 2026 the service transferred to Lewisham Council. The current Imago team member working with young carers has also transferred to the council, helping to provide continuity of support for young carers and their families.

Have a look at the information and support available through Lewisham Council and see what's happening in your local area. Don't miss out — get involved!
We hope this helps our Lewisham Young Carers find great support and activities closer to home. ❤️

Updates

School Visits this Quarter

Glebe School, Hayes, Key Stage 3-4
Balgowan Primary School, Beckenham
St Pauls' Cray CE Primary School, Orpington

Summer Term Events



BWYC Events update

Laser Quest – 23rd July 6–10 Yrs and 11+ Groups



Both our 6–10 and 11+ groups enjoyed our fantastic day at Laser Quest. There was plenty of teamwork, friendly competition, laughter and a chance to run around and let off some steam. Both groups had a great time, and the Young Carers team certainly had to keep up!



Horse riding: 27th July – 4–8 years 6th August – 11+ Timbertops Stables



Our two days of horse-riding sessions were a huge success. For some young carers, it was their first time on horseback, and everyone did brilliantly. The feedback has been fantastic, with many young carers and parents asking for horse riding to become a regular activity on our calendar.



Summer Term Events

Emma's Pottery Parlour: 31st July ages 4-10yrs
4th August - 11+



Our younger and 11+ groups enjoyed getting creative at Emma's Pottery Parlour, designing and decorating their own cups.

It was a lovely, relaxing and therapeutic activity, running over 2 days and the feedback was simple: "Let's do it again!" We will be looking at more arts and crafts activities for our future programme.



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Summer Term Events

BWYC Events update

Diggerland 18th August all ages



What an amazing day we had at Diggerland! Our young carers got to put their digger skills to the test, as well as having the exciting opportunity to drive a real-life police car! It was such an amazing and fun-filled day, and a fantastic time was had by all!



Park Fun 20th August – all ages



What fun our young carers had learning how to hula hoop with Clara! This was followed by our very own mini sports day, with lots of laughter, fun and friendly competition.

It was a lovely day where everyone had the chance to let off some steam, have fun and simply relax together.

A fantastic time was had by all!

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Summer Term Events

BWYC Events update

Howletts Porth Lymph - 25th August - all ages



A Roaring Great Day Out for Our Young Carers!

Over the summer break, our young carers enjoyed their very own safari adventure at Port Lymne Safari Park!

It was such a fantastic day out, where the young carers had the opportunity to see many endangered species and enjoy their very own safari tour. They learnt all about wildlife, conservation and the importance of protecting these amazing animals — all while having lots of fun!

Full-day trips like this are so important for our young carers and their families. They provide valuable opportunities to spend quality time with peers, create lasting memories and, most importantly, enjoy a much-needed longer respite break from their caring responsibilities.

A huge thank you to Beckenham Rotary Club for their generous donation of £1,000, which helped make this special trip possible for our young carers and their families. Your support makes such a difference!

Here's to more adventures, memories and opportunities for our amazing young carers!



Summer Term Events

BWYC Events update

11+ Accredited first Aid Course–26th August



Finishing the Summer with an Amazing Achievement!

To finish off our summer fun, some of our 11+ young carers got back to studying a little early by taking part in our accredited First Aid course.

They learnt valuable lifesaving skills, including CPR and essential first aid techniques, before putting their knowledge to the test by completing a written assessment.

I am very proud to say that every young carer who took part passed their course!

A huge well done to everyone who participated, worked hard and achieved their First Aid certificate, which is valid for 3 years.

What an amazing achievement and such a valuable life skill to take forward. You should all be incredibly proud of yourselves!

Well done, everyone – absolutely amazing!



Young Carers Spotlight

🌻 Ethan & Jacob's Sunflower Success!

Green Fingered young carers



Remember the sunflowers Ethan and Jacob planted with us in 2025? They saved some of the seeds from their biggest sunflower and planted them again this year, sharing a few with friends and family too.

The results have been amazing – their sunflowers have now grown to over 6ft tall, even bigger than last year!

Ethan and Jacob know the seeds originally came from their Young Carers experience, which makes the sunflowers extra special. They'll definitely be harvesting more seeds this year to keep the growing tradition going!

Well done, Ethan and Jacob! 🌻



Young Carers Spotlight

My Young Carers Experience by Clarke Jefferies

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As a young carer, sometimes I feel like I am missing out on big things that are happening in life. However, at the end of the day, I don't feel angry or sad about it. Instead, I feel thankful that I am able to help someone who needs as much support as they can get.

I tend to put my education first because I know that the person I care for wants me to succeed in whatever I choose to do, whether that is education, work or something else. Knowing that they want me to achieve my goals motivates me to keep going.

I don't think that I am falling behind. I know that if I can manage being a carer, I can also complete the tasks that I need to get done. Being a carer is partly about having the right mindset. You have to stop thinking of yourself as falling behind and instead recognise that you are juggling two equally important things on a very heavy back. I don't worry about failing my family because I know they will be proud of me whatever I achieve, as long as they know I have tried my hardest. For me, success isn't about being perfect; it is about giving something my best effort.

To other young carers, I would say: don't listen to what other people think about you. They don't know what your life is like or what you have to manage every day. Be the bigger person, remember that you are doing the best you can, and know that doing your best will always be something to be proud of.



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Resources

Young Carers grant for aged 16+

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!



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

Youth Club – Rutland House 6pm–8:30pm Friday 11th September



CONTACT US

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