

## 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...



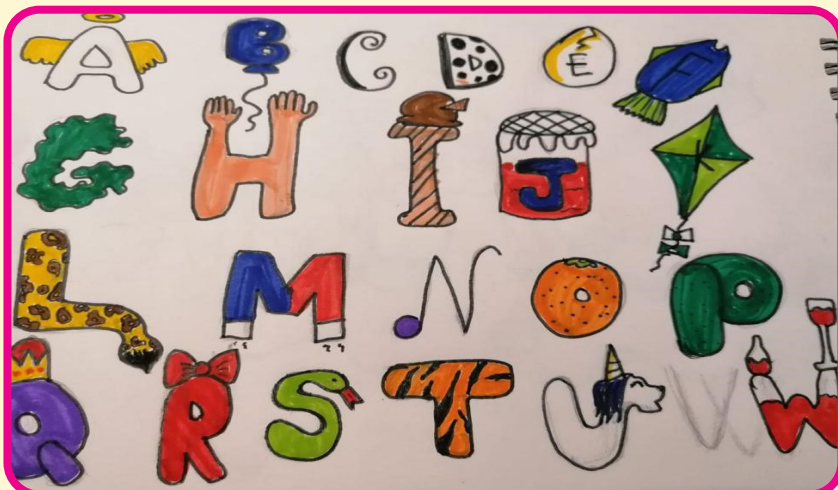
- Bromley Well Young Carers gets ready for Young Carers Action Day 2021!

- BRAND NEW: Pet Corner Club

- Book Club Returns for #3

- Yoga Workshop Extension

- Professional Outreach to over 25 Schools in the Borough



a 'Visual CV'. The work produced was thoughtful and inspiring and to end the week, young carers invited friends and family to a mini exhibition of the work. Each young carer spoke about the various skills they had been taught and showcased the work they had created. Needless to say everyone was very proud! We would like to thank The Carers Trust and Create Charity for the opportunity to be involved, it really was great!

*"He has absolutely loved it from start to finish. To say I am proud of him is an understatement. He is normally very quiet on zoom but seemed to be confident enough to speak to you all and show his work off. And then to completely surprise me, he spoke in front of everyone at the end! He is severely dyslexic, somehow you guys managed to make him feel comfortable enough to write something AND read it out.. I felt very emotional seeing him achieve this. You guys are truly angels in disguise."*



# YOUNG CARERS ACTION DAY 2021

**CARERS TRUST**

**YCAD Steering Group**

**TAKE ACTION!**

**EDUCATION**  
WHAT ACTION COULD BE TAKEN IN SCHOOLS / COLLEGES AND UNIVERSITIES?

Source of support from education and beyond

SCHOOL

TEACHER AWARENESS

PEOPLE DON'T ALWAYS GET ON A CASE

YOUNG CARERS CHAMPION

PEOPLE ARE A SAFE SPACE

IDENTITY AROUND WORK/STUDY

HELP WITH STUDY AND EXAMS

SUPPORT TO GO TO SCHOOL

**MENTAL HEALTH**  
WHAT ACTION COULD BE TAKEN FOR MENTAL HEALTH?

CREATE A COMMUNITY SPACE

free 64M Membership

DOCTORS, NURSES... BE PRESENT AND LISTEN

WHAT WE'RE COFFIN

**ACCESSING SERVICES**

BUS PASS

LOCAL BUS OR CAB SERVICE

BICYCLE HELP

feel good MUSIC

**A PLEDGE**  
AWARENESS AND SUPPORT IN SCHOOLS

GET YOUR CAMPAIGN CONCEPT

FUNDING

FOCUS ON SECONDARY SCHOOLS

BREAKING THE STEREOTYPES

MORE MENTORING

FINDING FRIENDS

BIG BOLD ASK

**Young Carers Action Day**  
**Tuesday 16th March 2021**  
**Find out more [here](#).**

# TAKEOVER!

WE NEED YOU!

**Young Carers Action Day is on the 16th March 2021!**

To celebrate YCAD this year we want you to send us a short video on what being a young carer means to you!

So that your film is fabulous, we have organised a Film & Social Media Workshop to learn some 'Top Tips' on 5th March 4.30 - 5.30 on zoom

Instagram



Feel free to send us your videos without attending the workshop!

Permission must be obtained from parent/guardian. By sending content to BWYC this is permission for BWYC to share to our social media channels/website etc

## Pet Corner Club

### Horses, Dogs, Lizards, Terrapins - We had it all on our very first 'Pet Corner Club'!

We were thrilled with the overwhelming turn out of fabulous pets in a new club we launched last month. Young carers were able to share fun facts and interesting antics their pets get up to. We must say we were very impressed with their zoom etiquette, clearly these pets love the limelight!



*"I was surprised he wanted to speak but I think seeing the other children so confident spurred him on. Such a fantastic service you provide. Thank you."*

Pet Corner Club provides a safe place for young carers to share their

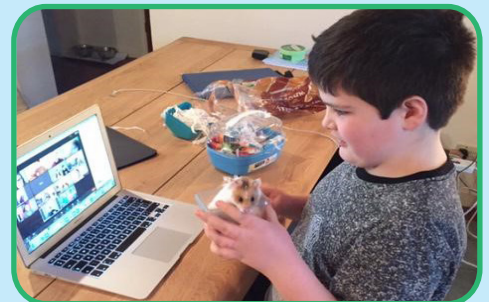
most precious pets. Lorna & Hannah were really impressed with the way that you all shared information confidently and meticulously during the zoom. We were inundated with lovely pictures of you all taking part.

Pet Corner Club will be back soon, watch this space!

*"I think it's going to really help his confidence as he can be quite shy but was so proud of himself for speaking. Thanks"*



*"Thanks as always ladies, great fun!"*



## Yoga Workshop

### Young carers have been wild and wonderful whilst taking part in our hugely successful Yoga workshop.

We continue to learn new poses, 'Wild Thing' being one of them! We also learn top tips on how to navigate thoughts and feeling through various meditation techniques. Victoria shares short videos each week which are available to view on our website ([View here](#)) These short tutorials are designed to enhance and complement the practice, however, if you have not yet taken part they are also an ideal introduction to Yoga. **This latest series finishes on Thursday 25th March 2021. All young carers are welcome, please contact us for the zoom code.**



#### YOGA & MEDITATION

Disciplines like yoga increase vagus nerve activity to help keep you calm and are particularly effective for people suffering from anxiety or depression. Meditation can improve your mood by silently repeating mantras such as positive phrases or affirmations.



*"Thank you. I'm glad that they are doing the yoga sessions because I hear them doing it and they love it! They look forward to it. Thank you"*

## Book Club 3



*"Thanks for organising another book club, the last one developed her confidence no end"*

**Reading together, analysing words together, enjoying time together!** Bromley Well Young Carers 'Book Club' has become a legend in the activities diary. The Ickabog brings with it an array of exquisite myths and adventures yet to be unravelled.

As we go to print we are only a few chapters in.... Why did Daisy Dovetail die in suspicious circumstances? Furthermore, has King Fred the Fearless got anything to do with it? Only time will tell. Join us every Wednesday on zoom where you will be delighted by the unfolding story.

Enjoy your Bromley Well Young Carers book club, with love  
Lorna + Hannah.  
February 2021.

THE  
ICKABOG

*"We are so delighted that he wants to join in with all these lovely things, all credit to you two, well done!"*

## 1-1 Support Sessions

Come and create your own picture with Lorna or Hannah whilst on a 1-1 session with us. Spot us in the picture!

**1-1 support is available on zoom, phone or WhatsApp video. Get in touch to arrange a session!**



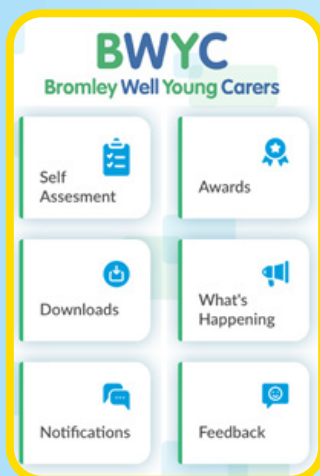
Picture by young carer Amber and BWYC Support Worker Hannah

## Professional Outreach

**Lorna & Hannah delivered a live zoom session to over 25 educational professionals throughout the Bromley Borough in February.** *"So much information! The session was very informative and I know my colleagues and I are really excited about how we can improve the support we currently offer our young carers. We will definitely be acting on what you shared with us this morning."* Lorna interviewed Young Carer, Joe, during the session. He shared important insight into the realities of juggling schoolwork and his caring role. Holy-Rae from The Carers Trust was on hand to deliver facts and figures relating to survey results produced by The Carers Trust. Missed this session? Keep an eye out for future outreach sessions. [Click here to find more information on how to refer.](#)

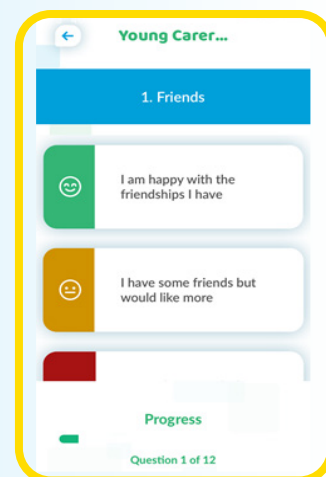
## Young Carers App

The BWYC App has been updated and is ready to use!  
Please get in touch for your username and password.



The App has some great features to support young carers including a self-assessment section, useful downloads and a 'Message Us' option for young carers to get in touch with the team. The App also gives you notifications when new information is added for upcoming events and activities. Check out the App guide to find out more. [> YC App Guide](#)

The BWYC App is available for download on the App Store for IOS and Google Play Store for Android.



### Give us your feedback!

How can we improve the app? What would make it really helpful and fun? Let us know, we value your comments on your app.  
email [youngcarers@bromleywell.org.uk](mailto:youngcarers@bromleywell.org.uk)

## Young Carers Grant 16+

# CARERS TRUST

There are grants available from the Carers Trust Carers Grant Fund 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.

**If you are interested in applying for this grant please contact us!**

## 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.

*"It's nice being able to talk to someone different in lockdown. I like that I can share what's on my mind and have a bit of time without my siblings"*

**If you would like an emotional support session, call or text us on**  
Lorna: 07598 828070 Hannah: 07594 091769

For more support check out

<https://community.themix.org.uk/>

<https://www.kooth.com/>

## Transition Support

**Do you want to go to university but unsure how you can do this as a young carer? Do you want to find a job after school but unsure how?**

We can help you!

All young carers have a right for support to prepare for adulthood (transition support). BWYC offers



transition support to young carers aged 14 -19 to help you start to think about your current life, your future and the things you want to achieve.

## 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:

<https://www.bromleywell.org.uk/our-services/young-carers/>

# NEWS

## Save The Date!

### Young Carers Action Day – 16th March 2021

#### YCAD Party (All ages)

Come and celebrate with us! Dress up as 'Your Future Self' and enjoy a magic show, dancing and more!

Date: Tuesday 16th March

Time: 5:30 - 7:00 Location: Online via Zoom

#### BWYC Art Showcase (All ages) [Click here](#)

Date: Tuesday 16th March

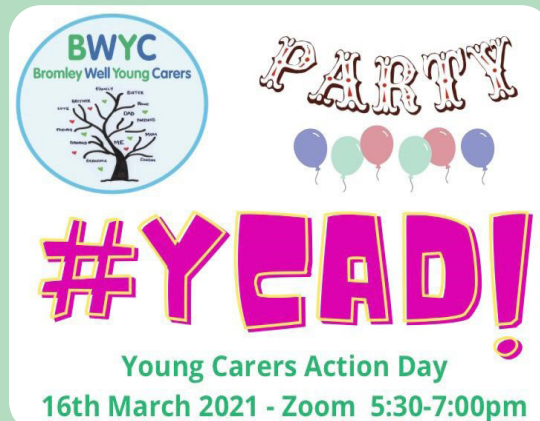
Time: 5:00 - 5:45 Location: Online via Zoom

#### Time Together Tuesdays (Primary School aged activity)

Come and join us every other Tuesday for a chance to play games, hang out and chat to other young carers your age!

Date: Tuesday 23rd March (fortnightly thereafter)

Time: 4:00 - 4:30 Location: Online via Zoom



**We were thrilled to receive a donation of brand new 'Fire FX Tablets'.** Thanks so much to the Dance Studio Beckenham for their generous donation and for thinking of BWYC.



These tablets will allow young carers to connect with school for online lessons and to stay in touch with friends during lockdown. Lorna had the pleasure of seeing some of you in person when out and about delivering the packages!

### Hidden Worlds: The life of young carers during the pandemic.

Bromley Well Young Carer Ava-Grace shares her story [here](#).



Find out more [here](#).

**She's official!** Lorna was delighted to officially welcome Hannah to the team as a permanent member of staff, Hannah passed her probation with flying colours! Hannah has already met quite a few of you on zoom ***"I can't wait to meet everyone in person when we have a celebratory party"*** - she has the hat ready and waiting!



## CONTACT US

Young Carers Service

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**Bromley Well**

Funded by:

