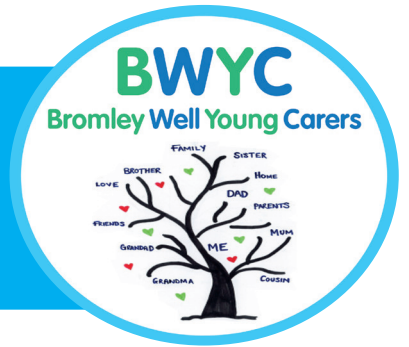


Young Carers Newsletter



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 more!

What have we been up to?

The Young Carers Service has been busy with many activities going on to give young carers in Bromley a well-deserved break away from caring! We have had a packed few months with lots of memorable activities and workshops including our festive events!

‘Expressing My Feelings’ Workshop



At the end of September we held a workshop for young carers aged 5-10. The workshop was about recognising and expressing feelings good and bad. Each young carer made their own hand of support to take away with them as a reminder of the people in their lives who they can talk to about how they feel.



Christmas Tree Festival



Young carers helped support the Christmas Tree Festival at Hayes Free Church this December. The young carers enjoyed a festive evening 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.

Halloween Themed Forest School

This Halloween 30 primary school aged young carers came along to our now regular Forest School Halloween event. The day was a great success despite the torrential rain which seemed to affect the adults far worse than the children! Our relationship with Forest Fun Club goes from strength to strength and you can look forward to our Easter Forest School event in 2020!



“Forest school was my only day out during the school holidays, I made lots of new friends and loved playing in the mud kitchen”

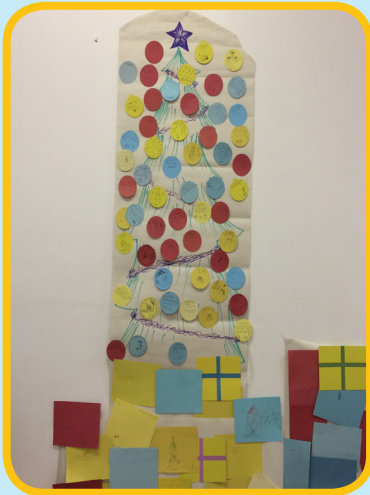
The REACH Climbing

On a sunny October day during half term 13 secondary school age young carers joined us for a fantastic day out to The Reach indoor climbing wall in Woolwich. Everyone who came managed to climb right to the top of the indoor climbing walls on all the segments that were climbed. A very impressive achievement indeed! On the journey back to Bromley one young carer treated the rest of the group to a piano performance at Lewisham train station!



“Thank you so much for a great day out didn’t think I’d make it to the top of the climbing wall and surprised myself that I did”





Tubbenden School Workshop

Ellie and Matt attended Tubbenden Primary School in Orpington to run two workshops for their Young Carers group in school. The workshops were focussed around being a young carer at Christmas and gave the young carers a chance to express any worries they had about Christmas and share what they were looking forward to about the festive period. Together everyone created the 'Young Carers Christmas Tree' complete with personalised baubles and presents.

Being A Young Carer At Christmas Workshop

On a cold and frosty evening 12 young carers got together for a festive evening of activities. Christmas decorations were made for our Young Carers Christmas Tree and christmas biscuits were decorated and eaten. The young carers also did a short workshop exploring their thoughts and feelings about Christmas.



Ice Skating

As part of our day of Christmas festivities this year a group of 20+ young carers travelled by train to the temporary ice skating rink at Tower Bridge.



This super exciting trip was only made possible thanks to a very generous large donation by a local organisation. Through the feedback form for the event we know that 10 young carers had never been ice skating before and 20 said they had a 10/10 time! Impressively there was a lot less falling over than anticipated! Also a big thank you to our team of volunteers who helped make this trip happen.

"I had never been ice skating before and I loved every minute of it! Seeing the Tower of London all lit up at night was awesome too"



Christmas Party

More than 30 young carers aged 4-11 joined us for a winter wonderland themed Christmas party to celebrate the festive period. There were lots of games played and plenty of disco dancing, but the real fans favourite was the snow machine! It was a great chance for all the young carers to spend some time with new friends made throughout 2019, everyone who came had a great time and look forward to seeing everyone in 2020 for more exciting young carers activity days.



"I have had so much fun, I don't want to go home!"

"My favourite bit was the snow machine! Today was so good and I got to make some new friends"



Festive Panto Trip

On the first weekend of January, 20 young carers aged 4-11 met at the Churchill Theatre in Bromley to see one of the very last seasonal showings of Aladdin. The show was really funny and there was lots of active audience participation! It was a great way to finish the festive period with the young carers able to have some respite before going back to school. This trip was only able to happen thanks to a donation from a local organisation and to them we want to say a big thank you on behalf of all the young carers that attended.



"I can't believe I got to go to the Pantomime for the first time! It was totally awesome especially the flying carpet!"

Bullers Wood School Workshop

- Ellie and Matt went into Bullers Wood School for Girls to do a Christmas workshop for their young carers group. The group all made their very own personalised light jars that they used to help create a nice ambience and relaxing environment for themselves over Christmas.



Useful App

MindShift



Struggling with anxiety?
Tired of missing out? There are things you can do to stop anxiety and fear from controlling your life. MindShift is an App designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. MindShift will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety.

Save the date!

February

Primary Aged Group Workshop

Tuesday 18th February

Secondary Aged Group Activity Day

Thursday 20th February

Details to be emailed/mailed soon....

Emotional Support

Please remember that we are here to offer you emotional support and someone to talk to if you need it. If you have any concerns about your mental health/your caring situation or if you just want to talk about things going on in your life, we are here for you.

If you would like support, call or text Matt on 07594091769



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Need to talk?

We're **online** until 10pm



Chat to friendly counsellors online 365 days a year



Read self-help articles written by other young people



Join peer-to-peer support forums



Useful Website

The Mix

Free information and advice for under 25s on all issues important to young people, including relationships, your body, money, crime, study and lifestyle. They also have live chat and online counselling.

Click the link below.

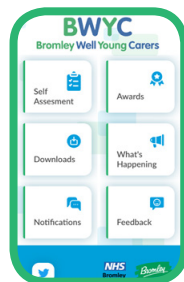
> <https://www.themix.org.uk/>



Young Carers App

The Bromley Well Young Carers App is available for all Bromley Well young carers!

The App is FREE and is available for download from the App Store for IOS and Google Play Store for Android. For more information or to sign up text or email Matt **07594091769** matthew.vollar@bromleywell.org.uk



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

Check out the App guide to find out more > [YC App Guide](#)

Transition Support

Do you want to go to university but not sure how you can do this as a young carer? Do you want to find a job after school but don't know how to do this?

We can help you! All young carers have a right to support to prepare for adulthood, this is called transition support. Bromley Well Young Carers 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. Please get in touch with Matt if you feel this support would be of benefit.



News



Young Carers Awareness Day 2020

Young Carers Awareness Day is on **Thursday 30th January 2020.**

On **#YoungCarersAwarenessDay**, the Carers Trust are running their **#CountMeIn** campaign to call on education providers to do more to proactively identify young carers and to ensure that they receive the recognition and support they deserve. Click the link below for more information:

> [#YoungCarers AwarenessDay](#)

On Young Carers Awareness Day Matt and the new Young Carers Support Worker Lorna 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.

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 £300 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 Matt.

Contact us

Young Carers Service

youngcarers@bromleywell.org.uk

0208 466 0790

Call or text Matt on:

Matt - 07594091769

Ellie's Leaving Us!



After nearly 2 and a half years working at Bromley Well Young Carers service the time has come for me to leave.

I will be embarking on a new adventure and will be moving to New Zealand for 2 years.

The young carers service has been a huge part of my life and I am very sad to be leaving. It has been so great to see the service grow into what it is today and I feel so privileged to have met and supported so many of you wonderful young carers and your families.

I will really miss the fun activity days and seeing the smiles on your faces! I will be taking many happy memories with me and I will really miss you all.

I wish you all the very best for the future and who knows, maybe our paths will cross again. It's goodbye for now.

Ellie x

Dance Workshops available FREE to young carers

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

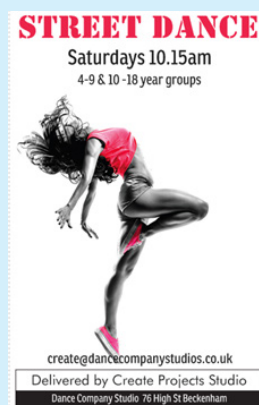
These classes are available to all young carers aged 4-18. No need to book, just turn up!

These classes will be running on Saturdays 13th January-28th March.

Half Term w/c 17th February

For more information call 0208 402 2424 or email

lauren@dancecompanystudios.co.uk



create@dancecompanystudios.co.uk

Delivered by Create Projects Studio
Dance Company Studio, 76 High St Beckenham