
Bromley Well


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

It has been a busy and exciting summer for the Young Carers team! We've had the pleasure of hosting some fantastic events, and the heart-warming feedback we've received from both Young Carers and their parents has made it all worthwhile. This summer marks the first for me and Gina, and we were thrilled to see so many new friendships blossoming among our Young Carers.

Service updates

We have been signing up all of our new clients on the **BWYC App** and encouraging them to use it to see our events and monitor their own wellbeing.

We've had a fantastic response with many Young Carers actively using our BWYC App to book events and utilize the **"Log My Feelings"** feature. Keep up the great work!



We have moved over to Mail Chimp for all email correspondence to ensure families are receiving information.

To sign up to our **Bromley Well Young Carers email list** follow the link:
<http://eepurl.com/ilhVws>

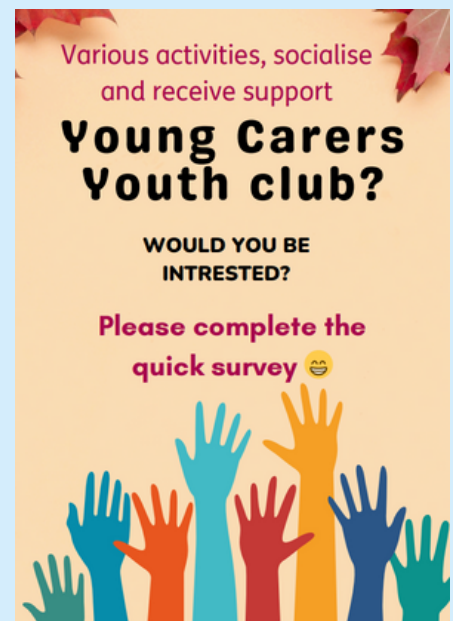
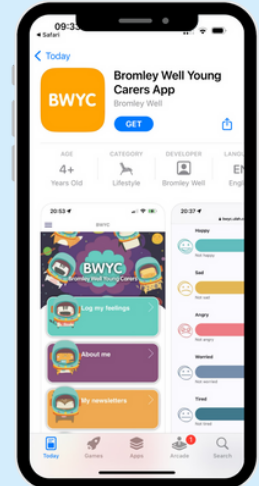
Please make sure you sign up!



Also, keep an eye out for our Youth Club Survey. We need your feedback and support. Please follow the link for more information: [Young Carers Survey](#).



If we haven't visited your school yet, let us know! Our mission is to establish **Young Carers Champions** in schools across Bromley.



Leisure Activities

One of the highlights was the **Circus Skills workshop** at The Mansion in Beckenham Place Park. Many of our Young Carers mastered new skills like plate spinning, walking the tightrope, and even balancing a feather on their noses!



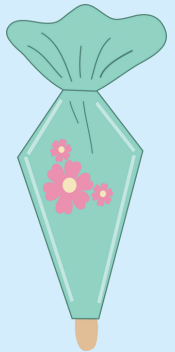
"Plate spinning was the best!"
-YC



"My boys have both had the most marvellous time this week"
-Parent

"[Sibling] really enjoyed having some mummy time this afternoon whilst [Young Carer] was having fun too. They both really do miss out on Mummy time whilst I'm running about doing everything that caring for mum brings, so this time is invaluable"
-Parent

Another fantastic experience was our **Cook Stars Cake Making workshop** at Station Road. Young Carers had a blast creating and decorating their cupcakes, showcasing their creativity and culinary skills.



"My mum is very excited about the cupcakes. I can't wait to show her what I have made!"
-YC

Leisure Activities

During **Horseriding at Southborough Stables**, Young Carers not only got the chance to ride the horses but also learned how to groom them. It was a unique opportunity for the children to connect with these beautiful animals, gain confidence, and enjoy the therapeutic benefits of spending time outdoors.



"Being around the horses was the best. I loved it!"
-YC



A great day was had by all at the **VR Gaming at The Mall Bromley**. Young Carers had a real chance to let off steam and whilst taking part in virtual reality games.



"I was really nervous to come to events but now I feel much better about everything. It is so much fun!"
-YC

"I had to really drag him to events at first now he is dragging me to book up and bring him!"
-Parent

Our Young Carers had a wonderful day of unwinding and recharging at our **Wellbeing Experience at the Clip Theatre, Bromley**.



"I loved the essential oils and the Sound Bowl, it was really relaxing"
-YC



Leisure Activities

Cobra Defence was a fantastic opportunity for our Young Carers to learn valuable techniques in self-defence. They gained skills to protect themselves and identify potential threats before they arise.



STAY SAFE

"I know exactly what to do now if I'm ever in trouble"
-YC

"Just wanted to thank you for all the work you put in to make the events possible."
-Parent

A big thank you to all the staff from One Bromley for hosting the **One Bromley Health and Care Career Insight workshop**, which was fantastic! It was a valuable experience for our young carers, aged 13-19, to gain insight into careers within the NHS.



Resources and links are available to our young carers upon request.



"It was really fun! I am thinking about working in a pharmacy as an assistant where I can learn how to be a pharmacist."
-YC

SAVE THE DATE

- October 30th – Spooky Party at Crofton Halls
- December 7th – Arts & Crafts Workshop at Station Road

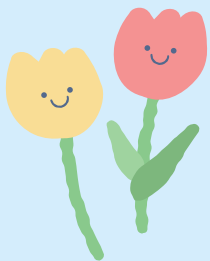
Guest YC Contributor

Bethany's (8) Young Carer story, by fellow Young Carer, Jacob (7)



I know what my sister wants, without words

Bethany's sister, Ruby, has Autism. Ruby can't always say what she would like, but Bethany always knows what she wants. It is like a superpower!

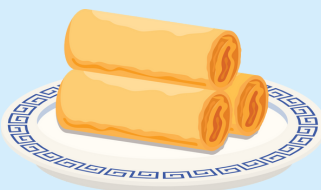


Through making noises and pointing, Bethany knows what her sister is thinking, without words. Bethany looks after her sister and helps her with things like tidying up, helping her get things and playing Ruby's favourite games.

Bethany is 8 years old and goes to primary school. Bethany worries about Ruby a lot and sometimes gets distracted, but she likes going to school. She really, really likes watches!



Bethany likes Chinese food and chasing her sister. When she goes out, Bethany likes going shopping and going to cemeteries. She says some people think this is strange! Another interesting thing about Bethany is that she is allergic to lavender.



Resources

Glasspool Fund

Are you in a family with financial difficulty? We may be able to refer you for a £500 grant for support to obtain essential items. Speak to a member of the Young Carers team if you would like further information.



Young Carers Grant 16+

Ask us about grants of up to £300 for items or activities for any carers, aged 16+ that will benefit them in their caring role.



Brighter Beginnings

The object of the charity is the prevention or relief of poverty of families with dependent children in the London Borough of Bromley in particular. Ask us about making a referral.



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Funded by:



South East London

