

YOUNG CARERS NEWSLETTER

WHO ARE WE?

Hello and welcome to the first Bromley Well Young Carers newsletter of 2018!

Bromley Well provides a service to support Young Carers aged 4 to 19 to manage caring relationships whilst enjoying their childhood.

If you are a child or young adult who spends time supporting a member of your family or a friend with everyday tasks that they cannot manage because of an illness or a disability, then you are a young carer. Our service is here to support you!

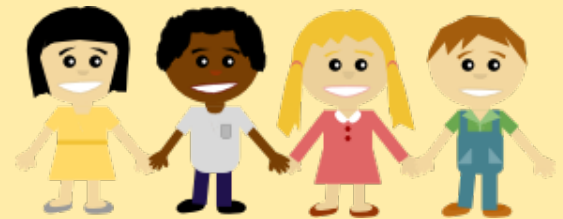
Young carers can be particularly vulnerable and in need of specialist support and advice.

Some of the ways young people care for someone are:

- **Staying at home a lot to keep them company and stop them being lonely**
- **Helping them to get up, get washed or dressed, or helping with personal care**
- **Doing lots of household chores like shopping, cleaning and cooking**
- **Looking after younger brothers and sisters**
- **Providing emotional support or a shoulder to cry on**

WHAT CAN WE OFFER

- **Opportunities to meet with other young carers, have fun, discuss any worries and try out new activities**
- **One-to-one emotional support, such as talking to a young carers support worker**
- **Emotional support is also available before, during and after young carer leisure activities**
- **Counselling by a professional counsellor**
- **Training courses**
- **Workshops**
- **On-line support**
- **Peer support groups**
- **Leisure activities**
- **A Young Carers Forum**
- **Support for preparing for adulthood**



MEET THE TEAM!



Scott - Young Carers Co-ordinator

I'm very happy and excited to be the Young Carers Co-ordinator. I have previously worked for Lambeth Rathbone as a youth work co-ordinator and most recently as Youth Manager at The Westminster Society. My professional background has been in youth work, in particular with young people with learning disabilities. My passion is in supporting children and young people to be the best that they can be.

Ellie - Young Carers Support Worker

I am very happy to be the Young Carers Support Worker.



My background is in Psychology and I previously worked supporting young people with Autistic Spectrum Condition (ASC). Having been a young carer myself I am aware of the challenges and difficulties young carers can face in their caring roles and the importance of having the opportunity to have fun and be a kid! I am excited to use my experience to help support other young carers in a really positive way.

Outside of work I enjoy singing, travelling and going out for dinner and drinks with my family and friends.

YOUNG CARERS ACTIVITIES - OCTOBER 2017

In October the young carers group met up and spent the afternoon at Pizza Express learning how to make the perfect pizza!

Everybody took part in the activity with the best bit being the eating of our own pizzas! **'It was delicious!'** (Sam, aged 9)

This was the first time many of us had met so we took part in a few getting to know you games which were really fun!

Towards the end of the day, we held a focus group where we discussed a group logo where lots of great ideas were shared!



YOUNG CARERS ACTIVITIES - NOVEMBER 2017

In November we held our second young carers activity day at Bromley and Downham Youth Centre.

Young carers were able to meet up, play games, get creative with some arts and crafts and relax in the afternoon with a movie, sweets and lots of popcorn!

The young carers had a great time socialising and making friends. It was lovely to see lots of familiar and new faces at the activity.

The young carers also participated in a workshop where we discussed what it feels like to be a young carer and what we can do to manage our caring responsibilities. Everyone seemed to enjoy sharing their experiences and suggesting great coping strategies that we could all use!



YOUNG CARERS ACTIVITIES - DECEMBER

During December we held a really fun, creative and messy festive activity day at Wilberforce Scout Centre.

Young carers made lots of different types of festive treats. Everyone had a great time making cupcakes and decorating them with lots of different festive decorations!

We played games, had a chance to socialise and get to know new members of the group and took part in a fun and slightly competitive festive quiz!

We also held a workshop in December at Bromley Y. Young carers were able to talk about and explore all the things that can be quite difficult at Christmas and during holidays when you are a young carer.

We had lots of fun getting messy making slime!



YOUNG CARERS FORUM

On **Thursday 25th January** we will be hosting the first of 4 young carers forums for 2018. The forum will take place at "The Lounge", Bromley Parish Church between **4.30pm and 7pm**.

The forum is aimed at young carers aged 10-19. A booking form will be sent out to all young carers in this age category.

WHAT IS THE FORUM FOR?

The forum will be an opportunity for young carers to have a say and play a key role in the shaping of the service over the next 12 months.

Young carers will decide together on appropriate activities and workshops for the year ahead.

We will be asking for ideas and participation in creating social media for young carers and our website for the service. We will then decide on when to meet as a social media sub group.

After the forum, we will be running a workshop looking at "Circles of support". The workshop will be looking at the people around us who can help us and support us when things get difficult, busy or confusing.

Food and refreshments will be provided.

YOUNG CARERS AWARENESS DAY



Young Carers Awareness Day this year is on Thursday, 25 January .

To mark this day, we will be using part of our forum to create some short video clips of young carers talking about what it is like to be a young carer in Bromley.

There are lots of ways that you can get involved, such as:

- Attending our young carers forum
- Promoting young carers awareness day via social media
- Visiting the Carers Trust website which has lots of fun and interesting resources.

Resources can be found by clicking **here**

DATES FOR YOUR DIARY

January

Thursday 25th January - Young carers forum & "Circles of support" workshop (Age 10+)

Saturday 27th January - Leisure Activity

February

Tuesday 13th February - Half term Leisure Activity

Thursday 15th February - Relaxation and Mindfulness workshop at Bromley Y (Age 10+)

March

Saturday 17th March - Leisure Activity

Thursday 29th March - Workshop



VOLUNTEERS NEEDED



Bromley Well Young Carers Project are on the lookout for anybody who has a few hours a month to spare. Would you like to be part of a team of volunteers supporting young carers in the borough?

Volunteers are needed to support young carers on trips, during workshops and as someone to talk to!

The benefits to everyone through volunteering are huge!

Benefits include feeling and knowing you are making a difference, learning new skills, sharing skills and experiences, having fun and much more!

If you are aged 18+ and would like to know more about volunteering with our Young Carers Service, please contact our team for an informal chat on 0208 466 0790.

YOUNG CARERS LOGO DEVELOPMENT

During our last activity day, we asked young carers to think about creating a new name for our project. We had lots of great ideas and you were all very creative! We have taken all of your ideas and created a logo for you to take a look at and give us feedback on. Working together is really important for us as this is your service and we want the service to be shaped by young carers.



YOUNG CARERS ARTICLE

- Are you a budding writer?
- Do you have any funny or interesting stories to tell?
- Would you like to contribute to a quarterly newsletter?
- Would you like to design a mascot?

We would really like to have regular contributions from young carers. Your stories will be featured in our newsletter which will be published every 3 months.

You might like to write a story, share some poetry, write a diary entry or write about what it's like being a young carer.



If you are interested , please speak to Scott or Ellie!

YOUNG CARER FACTS AND FIGURES

Did you know.....

- **There are an estimated two young carers in every classroom**
- **The average age of a young carer is 13 (but we know that a lot of young carers are younger).**

If you hear or know of any fun and interesting facts, figures or information about young carers, please let us know so that we can share them with everyone in future newsletters!

USEFUL CONTACTS

- **Bromley Well Young Carers Service: 0208 466 0790**
- **Bromley Healthcare: www.yourchoiceyourvoice.co.uk**
- **Childline: 0800 11 11 / www.childline.org.uk**
- **The Samaritans: 01689 833000**
- **Young Minds: www.youngminds.org.uk**
- **Parent Helpline: 0808 802 5544**



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