
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

Hey Everyone! We've been out and about, meeting new young carers at home and in schools across the borough.

Haven't had a visit at your school yet? Let us know! We'd love to come by and share the news about Young Carers, how we support, and the upcoming events.

Keep an eye out for updates on our BWYC App and Mailchimp and get ready for some fun!

Service updates and School Visits

Hi everyone,

I'm Maria Carver-Carter, your **new Young Carers Coordinator**. I can't wait to get to know all of you! I've worked within Bromley Well now for just over 2 years and it was great to meet some Young Carers at our recent activities.

Our previous coordinator, Seher Khan, has moved to a new role at a local school. We wish her all the best!

Working with me is Gina Latuske-Hearl, our **new Young Carers Support Worker**, who previously worked with Bromley Mencap on our Day Opportunities scheme. We've got lots of exciting plans, so stay tuned for updates via Mailchimp and the BWYC App!

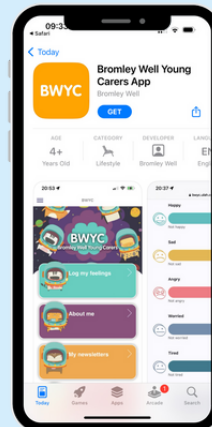


Gina (L) and Maria (R)



REMEMBER!

to complete your 'Log my feelings' on the Young Carers app!



We're planning several school visits to support Young Carers. Our goal is to create support groups for Young Carers in schools and develop **Young Carers Champions!**

Become a Young Carers Champion in your school and help other young carers just like you.

Thank you to those schools who have already reached out! If we haven't visited your school yet, please let us know.

Our next visits will be to:

- Crofton Primary School
- Southborough Primary School



Leisure Activities

Tai-Chi in the Park at Hight Elms Country Park was a fantastic opportunity for our new Young Carers Team to mingle and connect with each other as we walked through the trees.



"Thank you very much for today. 'A' absolutely enjoyed himself. You are all so caring and loving."



"It was really good fun. I'm looking forward to the next one"

The **Journalism Workshop** was a chance for budding journalists to unleash their creativity and discuss their roles as Young Carers. The feedback we've received has been fantastic:

"Just wanted to thank you for all the fun 'J' had on Wednesday! He did not stop talking about it. He was able to tell me all about the young girl he was paired with and how they shared their experiences as young carers using their journalist skills."



SAVE THE DATE



- July 25th – Circus Skills Workshop
- July 30th – Cook Stars Cake Making Workshop
- 1st August – Horse Riding
- 6th August – VR N3XT Immersive Play
- 20th August – Wellbeing Session

Guest YC Contributor

Zuleima was referred to our service in May 2024 after recently moving to Bromley.

A Bilingual Young Carer by Zuleima Alvarez



As a young carer who has not lived in Britain for long, I feel I may have more responsibilities than some other young carers. My role as a young carer is to help out my dad, and to translate for my parents, who do not speak much English. For two years, my dad has had a medical condition that the NHS has not been able to identify, so there is no cure at the moment. I face different struggles, such as having to translate for both my parents. Also, I am the main carer at home. Being the main carer at home can be extremely difficult. Sometimes it feels such a struggle; sometimes this affects my personal life.

Being bilingual is a great skill that I feel very grateful to have, but sometimes having to translate for medical professionals on behalf of my parents can be exhausting. It really hurts me to have to say the same phrases and sentences over and over, trying to explain my father's pain. I feel this has become the signature of my life.



Since Zuleima was referred, we have visited her in her home, and we were delighted that she attended one of our Young Carers events. We are looking forward to giving Zuleima the support she deserves in her caring role.

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+

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



Household Support Fund

Households with a Young Carer in Bromley may be eligible for the Household Support Fund. This is a £150 fund supplied by Bromley Council.

Contact us if you would like to discuss making an application. This must be in the name of someone 18+. Funds are limited, so don't delay!

BROMLEY Y Building Strengths
 Powered by **ChatHealth**

THE SIGNPOST
 Text support for 11-18 year olds

Listening
 Advice
 Information

Stressed?
 Worried?
 Feeling low?
 Problems with friends or family?

When you are struggling with something, it can be difficult to know which way to turn for help.

The Signpost offers emotional health support and will help you think about what options are available.

Text: 07480 635 025
 Texts are monitored Monday-Friday, 9-5 (excluding Bank Holidays)

Free
 Confidential
 Supportive

brromley-y.org | @brromley_y | #brromley_y | #brromleywellbeing

childline
 ONLINE, ON THE PHONE, ANYTIME

kooth

THE MIX
 Essential support for under 25s
 0808 808 4994

SAMARITANS

CONTACT US
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