
Bromley Well

**EXCELLENCE
FOR CARERS**

Carers Trust Quality Award

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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New Coordinator

Hey there, everyone! I'm thrilled to introduce myself as the new Young Carers Coordinator. My name is Seher Khan, and I love working with young people and families. My aim is to make sure Young Carers have the support, fun and understanding they need. I'm always ready to listen, help and be an advocate when needed the most. Whether it's a shoulder to lean on, a listening ear or someone to have a little boogie with I'm here to support Young Carers along their journey. So, get ready for some exciting adventures ahead! I also want to say a big thank you to all the volunteers who have joined us. We really appreciate your kindness, dedication and time in supporting our Young Carers.



Employment Barriers for Young Carers

In November we had a forum addressing Employment Barriers for Young Carers. The event was crucial in shedding light on the challenges faced by young people who balance the responsibilities of caregiving while navigating employment.

We discussed the challenges Young Carers encounter when seeking employment, from juggling caregiving responsibilities to encountering prejudice in the workplace. The forum provided a space for participants to share personal stories and insights.



"I had to quit my job because they didn't understand that I was a young carer. So I'm happy to share my experience" – Young Adult Carer

The forum was made possible by additional funding from [Health Education England](#) and was the beginning of a call to action. In 2024 we will focus on advocating for policies that promote inclusivity in the workplace. We will continue to raise awareness of the needs of Young Carers and work towards fairer practices.



"Thanks for the session on Thursday, it was really fun and I learnt a lot! It was nice to have my voice heard with our discussion!" – Young Adult Carer



Coding & Robotics

Our October Coding & Robotics Workshop made coding accessible and engaging for Young Carers of all ages.

Led by experienced instructors, the workshop introduced children to programming in a fun and interactive way. The workshop was delivered by two amazing young people who are part of the Bromley Well Young Carers service. Many thanks to Femi, Alex, Grace and their team.

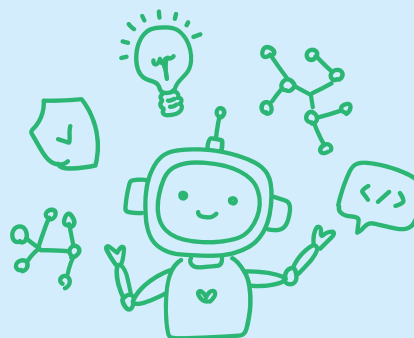
Young Carers had the chance to work with cutting-edge robotics kits, allowing them to design, build, and program their robots. The thrill of seeing their creations come to life, moving, and responding to their commands, was truly memorable.



"Its better than being at home and playing FIFA or Minecraft" – Young Carer



By the end of the workshop, each Young Carer not only gained valuable coding and robotics skills but also developed the confidence to tackle new challenges.



If you would like us to visit your school, let them know!

Did You Know?

We recently visited the following schools:

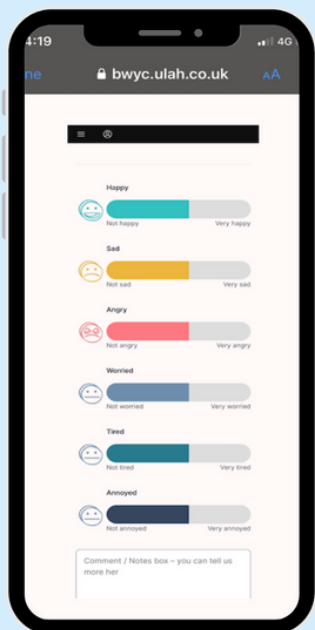
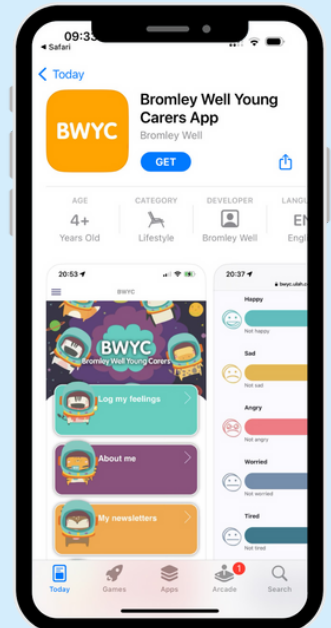
- Hayes Primary
- St Mary Cray Primary
- Harris Secondary Orpington
- Bromley Beacon Academy, Orpington and Bromley

Updates

433 of our Young Carers have completed the “Log My Feelings assessment” on our Bromley Well Young Carers App. **Are you using your Young Carers app?**

The ‘Your Feelings’ tab and the ‘About Me’ tab are important tools within your app that mean that you are creating a useful diary of how you are feeling. We all have mental health, and looking after it is exceptionally important.

The app also has a fun forum area where there are a few selfies, feedback on events and fun facts. Furthermore, check out the area where you can ask your App Ambassadors for help on how to use it.




Our Coding & Robotics TikTok has 1100 views, which is the second highest number of views since our account has been live!

Follow us on our social media platforms for up to date posts on what’s happening at BWYC!

 [@bromleywellyoungcarers](https://www.tiktok.com/@bromleywellyoungcarers)

 [Bromley Well Young Carers](https://www.instagram.com/BromleyWellYoungCarers)

 [BromleyWell_YC](https://twitter.com/BromleyWell_YC)

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



Autumn Arts & Crafts

In the first week of October half term, Primary School aged Young Carers gathered at the beautiful Beckenham Place Park Mansion and got creative making key rings, fridge magnets and ornaments.

It was a slightly wet Autumnal day, but we braved the rain and went on a peaceful walk around the park where we spotted lots of wildlife and enjoyed each other's company.



"My favourite part was the walk! And the biscuits of course!" - Young Carer, age 6



"I enjoyed the walk and I wish it was longer!" - Young Carer

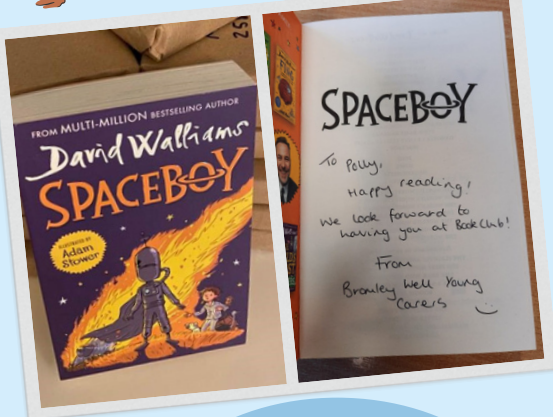


Book Club

It's the return of our renowned Book Club! Thanks to the votes on the Young Carers App, 'SpaceBoy' by David Walliams was chosen. Young Carers received their books in the post in November and the space adventure began on Self-Care Week. Book Club members discussed how important it was to take time for themselves and reading was a perfect example.

We are now fully immersed in the story of Ruth and Yuri. The group take it in turns to read and we enjoy discussing the book and making predictions along the way.

If you're interested in joining Book Club, get in touch with the Young Carers team to find out more!

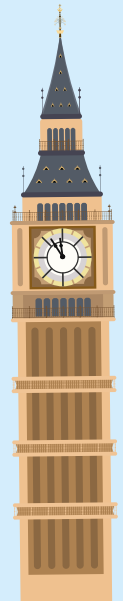
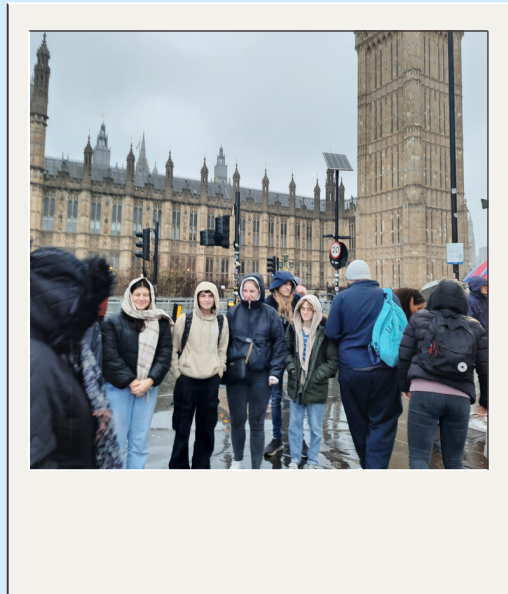
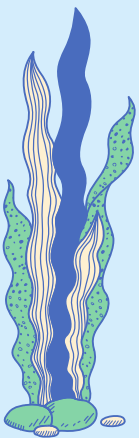


"I can't wait for Wednesdays. I have to remind my dad, so I don't miss it! I LOVE Book Club" - Book Club member

YAC London trip – Age 16+

Bromley Well Young Adult Carers embarked on an adventure, discovering the iconic sights of Westminster, exploring the London Dungeons, and underwater wonders in Sea Life.

We spotted the Houses of Parliament, Big Ben, and Westminster Abbey. The trip provided an opportunity for our Young Adult Carers to bond and share the London experience.



We gathered at Pizza Express to finish the day with laughter, stories, and, of course, great food.

As we bid farewell to the Young Carers who are moving on to other services, we hope the memories from this trip stay with you. Safe journeys ahead!



I ❤️ LONDON

“Thank you for the London trip on Tuesday. I enjoyed every second and thank you for everyone who came along who made it even more exciting.” – Young Adult Carer



Pizza

“I have had a difficult few weeks with my health, so the trip has come at a perfect time and really cheered me up. Thank you.” – Parent/Guardian

Goodbye & Good Luck

Christmas

This Christmas, we didn't just celebrate; we made memories—ones filled with teamwork, joy, and the kind of fun that stays with you.

Laser Tag Showdown Age 12-15

Bromley Well Young Carers turned Christmas into a full-on Laser Tag showdown. Our crew dove into a laser-filled adventure that focused on teamwork.

The Young Carers were strategizing, communicating, and running around with laser guns— there was a lot of laughter and friendly competition.



“Aaah! I wanna do this again!” – Young Carer

Christmas Party Age 4-11

The Bromley Well Young Carers Christmas Party was an absolute winter wonderland extravaganza!

There was a variety of Christmas-themed arts and crafts including Christmas tree ornament decorating, scratch art and colouring. We also had some football shootout and basketball, which offered a chance for physical engagement, teamwork and friendly competition among the Young Carers.

The DJ cranked up the holiday tunes and the dance floor became a space for some seriously impressive moves!

Young Carers left through a flurry of snow with a goodie bag as a little token of appreciation for spreading so much joy and positivity.

“I'd give it 256 out of 10 stars!” – Young Carer



“She was nervous when she got here but she's got a massive smile now” – Parent



Resources

Young Carers Grant 16+

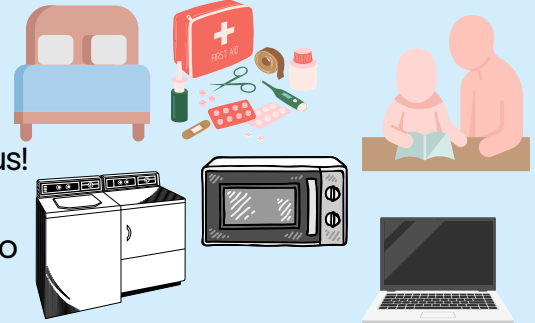
There are grants available from the Carers Trust Carers Grant Fund for any carers, aged 16+. Carers can apply for grants of up to £300 for items or activities that will benefit them in their caring role. This grant can be used for a range of things including driving lessons, household items and respite from your caring role.

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

We have recently supported young carers and their families to obtain grants for:

- Washer and dryer
- Three beds and a mattress
- Access to a First Aid Course
- Laptops
- School Uniform
- Microwave
- Tutoring

CARERS TRUST



Free, anonymous
mental health
support for young
people



Essential support for under 25s
0808 808 4994
<https://community.themix.org.uk/>

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)

bromley-y.org
 ebromley_y_
 ebromley_y_
 ebromleywellbeing

We are here for you

If you have any concerns about your mental health, your caring situation or you just want to talk, please get in touch.

CONTACT US

youngcarers@bromleywell.org.uk | 0808 278 7898

Funded by:

