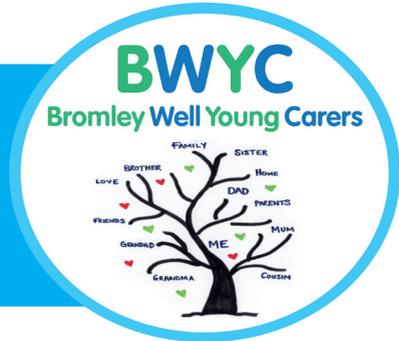


Young Carers Newsletter



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 about what we have been up to!

What have we been up to?

Summer Fun!

Summer was a very busy time for the Young Carers Service, with many events and activities going on to give young carers in Bromley a well deserved break away from caring! We scored strikes at bowling, had lots of outdoor fun and activity games afternoons at The Lodge, watched summer blockbusters while munching on popcorn at the cinema, enjoyed delicious meals out and put on our dancing shoes for a performing arts day! Read on to find out more about what we got up to!



"I have never been bowling before, it's so much fun, I feel fantastic!"

- Young carers aged 12-15 met up for the afternoon at Nando's in Bromley to catch up with each other, have a gossip about their summers and, of course, eat lots of chicken!



"I enjoyed how I met new people just like me."

BIG FISH TO LITTLE FISH



"Today helped and I am much less nervous for secondary school"

Young carers in Years 5&6 came to a 'Starting Secondary School' workshop. We were able to chat about what things they were excited about and what they were nervous about. We also did lots of activities to help prepare for secondary school and got creative using masks to explore feelings and emotions we had about moving schools. Everyone left feeling reassured and excited for September and prepared for the big move.



How young carers has helped me...

Nuria, aged 16, cares for her younger sister who has autism.



Before I joined Young Carers my life was unpredictable and every moment was ruled by me having to sacrifice my own wants for the good of my family. This made me struggle with balancing school, my social life and my caring responsibilities. Now I am part of Young Carers, I get to have my own voice, have my wants and needs heard and the problems that I used to have I now get support for. I feel as if my life matters now and someone will listen to me which has made it easier for me to cope. I am able to go out and when I go out with other young carers, I feel like I am less alone. Young Carers has greatly helped me and put me on the right path to having my own dreams accomplished.

Summer Activity Days!

The Lodge Activity Days!



Young carers aged 5-10 enjoyed activity afternoons at The



"I would like to come to Young Carers more often"



Lodge in Norman Park full of outdoor games, arts & crafts, baking and many competitive games of twister. The young carers also had a workshop where they could talk about their summer, the things they had found difficult and any worries they had about going back to school. Everyone left the activity days absolutely exhausted but full of yummy treats and happy after a good break from caring!

Performing Arts Workshop!

20 young carers aged 5-10 came along to a Performing Arts Workshop day. The day included lots of singing, dancing, and acting, with a healthy dose of games thrown in for good measure too. The young carers had lots of fun and there were plenty of smiles and laughter. They all amazed us with their confidence and talent as they performed to all of the parents at the end of the day. A big thank you to Emily Little for running the day for us, and thank you to all those young carers that came along to make it such a memorable day. You were all stars!

"I really enjoyed the dancing. I hope we do something like this again next year!"



Young Carers Forum!

One afternoon we had our Young Carers Forum where the young carers were able to give us lots of creative ideas for activities and workshops using our post box. They also gave us excellent feedback on what they like about coming to Young Carers and ways we could improve the service.



Summer Drop-in!

- During the summer holidays we held our first Young Carers drop-in session at The Mission Café in Bromley. This was a great opportunity for young carers aged 11+ to come and chat about any worries they had, talk about going back to school or just come and chat about their summer and socialise with friends! We hope to continue running these drop-in sessions more regularly and also include some 1:1 slots for those who would prefer this.
- Check your emails for future dates!

1:1 support for you

Are you feeling under pressure? Do you need to talk about your worries? Would you like someone to talk to about your caring role?

Ellie and Matt are already supporting over 25 young carers with 1:1 emotional support either at school or at home. 1:1 sessions are a safe space for you to be able to talk openly about anything that is worrying you.

If you would like support, call or text Ellie (07598828070) or Matt (07594091769)



"My 1:1 sessions are really useful. It helps me cope with everything at home and school knowing I have someone to talk to. I worry less than I used to."

Would you like counselling?

Do you need more than just a listening ear?

Young Carers can provide young carers with professional counselling with Bromley Y. This past year we have referred over 15 young carers for counselling.

If you feel like counselling would help support you in your caring role, call or text Ellie or Matt.

Save the date!

October- Half Term

Thursday 25th October 10-2pm- Halloween Forest Fun Day!- Age 4-10

Wednesday 24th October 12-3pm- Film Chill out afternoon & Workshop- Age 11+ (secondary)

November

Saturday 10th November - Quasar- Age 11+ (secondary) further details TBC

Venue and date TBC- Workshop- Age 4-10

December

Saturday 8th December 12-2:30pm Young Carers Christmas Party- Age 4-11 (primary)

4-6pm- Christmas meal (Toby Carvery)- Age 11+ (secondary)

Look out for flyers and information on all of the activities we have planned coming out soon!

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/>

Useful App

Well Mind

This app is designed to help you with stress, anxiety and depression. The app includes advice, tips and tools to improve your mental health and boost your wellbeing.

Read more about it > www.dwmh.nhs.uk/wellmind/



Positive Thinking

Being a young carer is challenging- but there are many positives too.

Sometimes being a young carer can be tough. However, it is important to remember the many positive aspects of caring and the important life skills you are developing.

Click the link to watch a video by Fixers UK which highlights the amazing things young carers like you do and some of the positives of being a young carer > <https://bit.ly/2QUim5c>



News

Free Dance Classes for Young Carers!

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

These classes are available to all young carers aged 4-18 and classes will be split into 2 age groups. No need to book, just turn up!

All classes are free of charge to young carers. **These classes will be running weekly from 15th September-1st December.**

For more information call 0208 402 2424 or email lauren@dancecompanystudios.co.uk



Rachel's Story

The Carers Trust has a series of stories by Young Carers. Rachel is 19 years old and has been a carer for her dad since the age of five.



[Read Rachel's story here](#)

Newsround



New research by BBC News and the University of Nottingham suggests there could be about 800,000 children who are young carers in England.

That's around one in five kids aged 11-17.

Freya helps to care for her brother and told Newsround what it's like to be a young carer.

[Watch her story here](#)

Young Carers Awareness Day 2019!



It's official! The next Young Carers Awareness Day will be on Thursday 31st January 2019.

This year will focus on mental health. On Young Carers Awareness Day we will continue identifying young carers and raising awareness of the vital role you all play in supporting the people you care for.

We will be letting you know more about the day in the coming months so save the date and look out for updates!

World Mental Health Day 2018!

World Mental Health Day is Wednesday 10th October 2018.

The World Federation for Mental Health is focusing the 2018 WMHDAY campaign on Young People and Mental Health in a Changing World.



Help celebrate young people and help services find out what you need in order to grow up healthy, happy and resilient **#worldmentalhealthday**

Contact us

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