

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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### Coordinator's update

"We're thrilled to be expanding our Young Carers Champions program into more schools across the borough, ensuring young carers receive the recognition and support they deserve." – Young Carers Team.



# Coordinator's update

## Starting The Year On A High Note

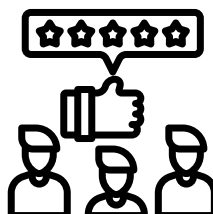
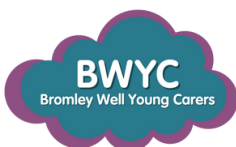
BWYC is in full swing for 2025, with exciting events and activities planned in the coming months! Keep an eye on the **BWYC App** for updates .

We're thrilled to be expanding our **Young Carers Champions programme** into more schools across the borough, ensuring young carers receive the recognition and support they deserve.



Last year, we wrapped up with fantastic events, activity workshops, and forums—all made possible by the enthusiasm of our young carers and families.

A huge thank you to everyone who has shared feedback with **BWYC** and **Healthwatch Bromley** about accessing health and social care services. Your insights are invaluable and will help shape better support for future young carers in the borough.



To sign up to our Bromley Well Young Carers email list follow the link: <http://eepurl.com/ilhVws>  
Please make sure you sign up!



**Stay tuned via the app and MailChimp for more updates,** and we look forward to seeing you at our upcoming events!



# Service Updates

## Out and About with Young Carers!

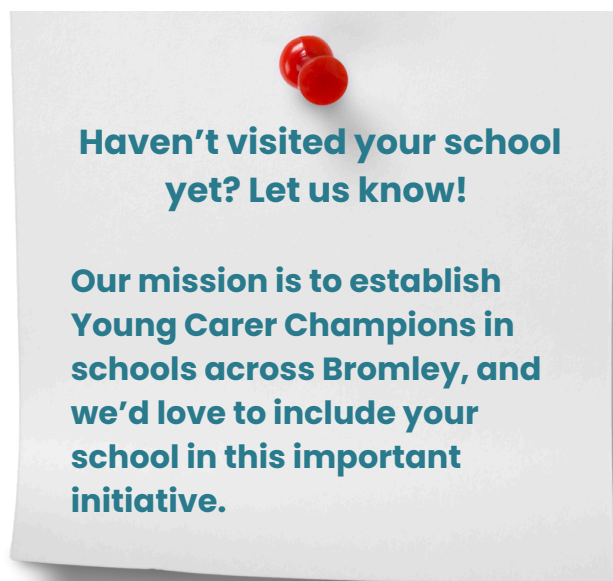
### School Visits & Expanding Our Young Carer Champions

We've had more visits to schools across Bromley:

- **Holy Trinity Primary School** – We delivered our BWYC presentation and took part in the school's celebration assembly.
- **Elmstead Wood Primary School** – We caught up with the Young Carers lunch group, meeting both existing and new Young Carers joining our service.
- **Hayes Primary School** – We spoke with Young Carers about their experiences and even met Dexter, the amazing therapy dog, who brings a calming presence to lunchtimes.



- **Hayes Secondary School** – talking to our Young Adult Carers about transition and 16 plus grants/UCAS points for Young Carers.
- **Crofton Junior School's "Breeze & Chill YC Group"** – Looking at how Young Carers at the school take a break from their caring roles.





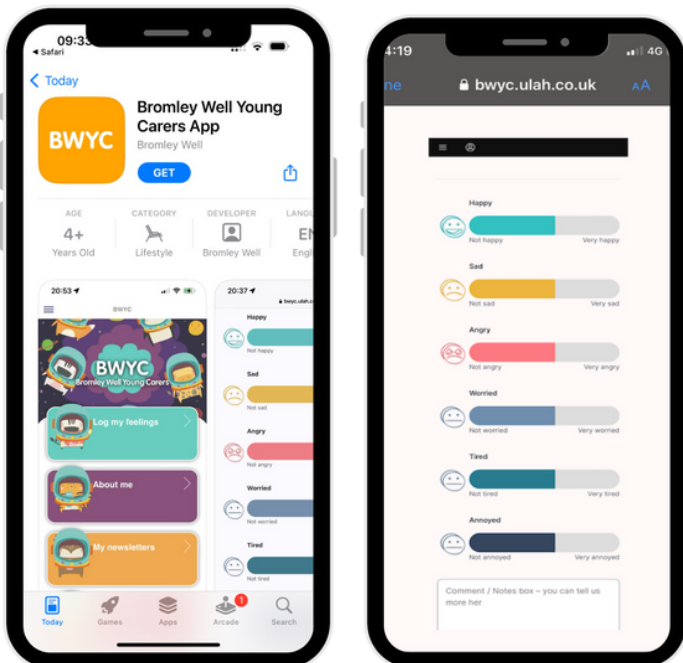
# Service Updates

## Out and About with Young Carers!

### Young Carers Across Bromley – Connecting & Growing Together!

It's been fantastic connecting with so many of you and introducing the **Bromley Well Young Carers (BWYC) App!**

This app is a great tool to keep track of upcoming events and check in on your wellbeing. We're thrilled to see so many of you getting involved and making the most of the support and opportunities available.



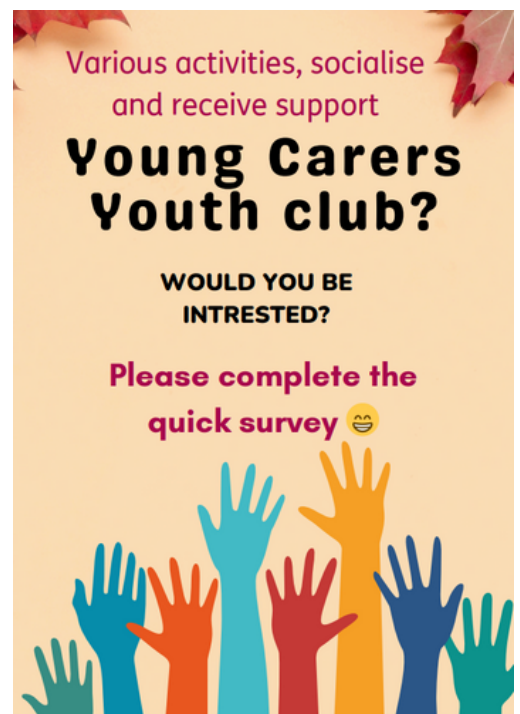
We've had an amazing response, with many of you actively using the "Log My Feelings" feature. Keep up the great work in checking in on your wellbeing!



### Young Carers Youth Club

Please keep an eye out for further updates on the **BWYC App**.

This group is for Ages 10-16 years. Don't forget to complete the survey to give us your feedback.





# Events

## Bromley Well Young Carers Celebration – Young Carers Action Day

On **12th March**, we proudly celebrated Young Carers Action Day, with this year's theme: "**Give Me a Break.**"



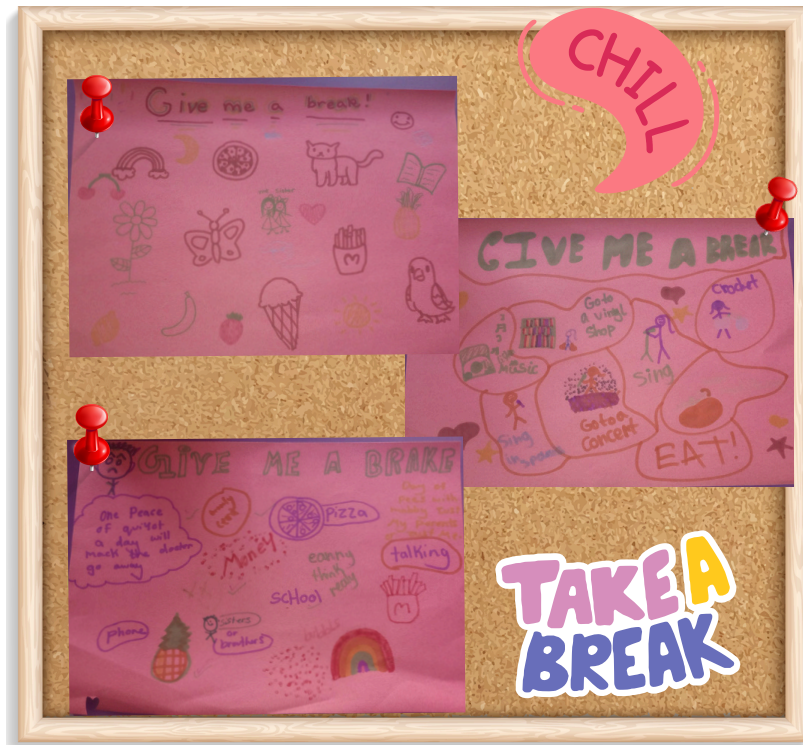
### BREATHE

BWYC was delighted to support this important day, dedicated to raising awareness and emphasising the need for Young Carers to have well-deserved breaks.



### REST

Young Carers collaborated with **Healthwatch Bromley and Crofton Junior School's Breeze and Chill YC Group** to create inspiring vision boards, exploring what helps them take a break from their caring roles.



### REPEAT

It was a fantastic day, empowering our Young Carers to recognise their vital contributions and the importance of self-care in their journey.



**#YOUNGCARERSACTIONDAY #GIVEMEABREAK #BWYC #SELFCAREMATTERS**

# Leisure Activities

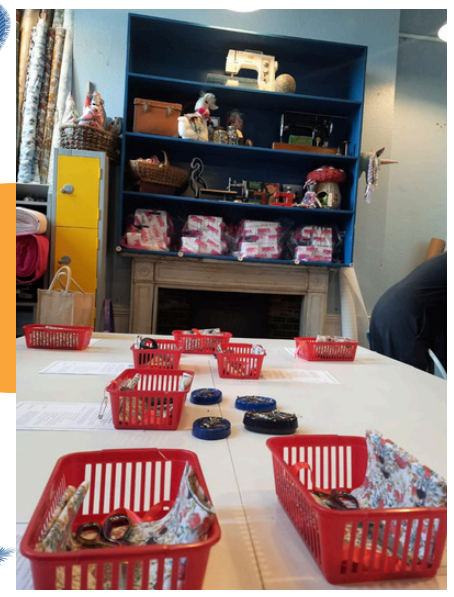
## Half-Term Sewing Event The Mansion, Beckenham Place Park – Ages 10+



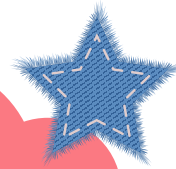
What a productive and fun time we had at our recent **sewing workshop**! Our Young Carers learned a variety of sewing skills, earned their sewing licences, and created some truly beautiful cushions and bags. More importantly, they took away valuable life skills that will last a lifetime.



**“Thank you for yesterday’s group. Lillie had the best time & wants to go back. She was on cloud 9! I was so impressed with the items she made – she made me so proud.”**



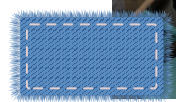
**YC: “I loved today! I surprised myself—I didn’t know I could make something this good!”**



**CREATIVE WORKSHOP**



**“Evelyn had a great time. I was most impressed by the cushion and bag!”**





# Leisure Activities

**KHY - Don't Dream It Sew It!**



*BWYC Sewing Event  
with KHY*



We are so proud of everyone who took part! Well done, Young Carers!



# Leisure Activities

## Healthwatch Bromley/Bromley Well Young Carers Fun Day, Community House, Bromley Event aimed at 4-19 years and their parents and carers



We had an amazing turnout for our event in collaboration with **Healthwatch Bromley**, where Young Carers, families, and carers came together for a fun-filled day!



**Creative crafts and exciting activities** made the event a truly enjoyable experience for everyone! A huge thank you to all the Young Carers and their families for joining us—you made it a great success!

Your valuable feedback on accessing **Health and Social Care services** in the borough is deeply appreciated and will help shape future support for Young Carers.

Let's keep making a difference together!



YC: "The cake decorating was good fun, and I also made some new friends today!"

YC: "I really had fun today! I loved the Mario Gaming the best."

## Book Club is Back!

We are excited to announce that Book Club has resumed and will take place every **Wednesday from 4:30 – 5:30 PM via Teams!**

We're currently enjoying our new book, **The Day I Fell Down the Toilet**, and it's been wonderful to see both familiar faces and new members joining our Young Carers Book Club.



# Guest YC Contributor



## Young Carer, Harry John Baking Cakes always makes me feel better!

**BROTHERS**

MAKE THE BEST

**FRIENDS**

*Hi, I am Harry John.*

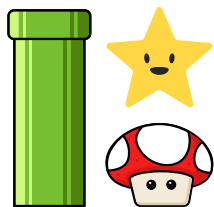


*I joined BWYC in November 2024, and I am a Young Carer for my brother Royston.*

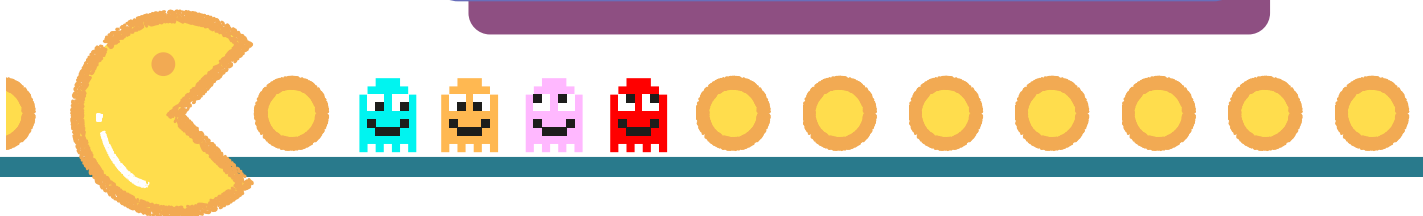
*He has Cerebral Palsy and uses a wheelchair, so I help my mum and brother a lot. I also love my pets and really enjoy baking, especially chocolate cake...Yum!*



*I had a great time at Friday's event and made some new friends. My favourite parts were the cake decorating and the gaming station. I have been to several BWYC events since joining and I am looking forward to coming to more.*



*We are so glad you enjoyed Friday's event and had fun decorating cakes and playing games. Its great you made some new friends too! We hope to see you soon at the next event.*



# Resources

## Young Carers grant for aged 16+

BWYC offers transition support for Young Carers, designed to help you navigate important life changes. Whether you're moving to a new secondary school, starting university, or planning for your future, we're here to guide and support you. **Contact Gina/Maria:** [email:youngcarers@bromleywell.org.uk](mailto:youngcarers@bromleywell.org.uk)



## Transition Support for Young Carers

There are grants available from the **Carers Trust Carers Grant Fund** for any carers, **aged 16+**. Carers can apply for grants of up to £400 for items or activities that will benefit them in their caring role. This could be for a range of things including driving lessons, help to buy items for the home giving a break from your caring role. If you are interested in applying for this grant, please contact us!

## Emotional Support

Please remember that we are available for emotional support and someone to talk to if you need it. If you have any concerns about your **mental health/your caring situation** or if you just **want to talk about things going on in your life** or would like to be signposted to other services, we are here for you.

**Gina/Maria. Email us:** [youngcarers@bromleywell.org.uk](mailto:youngcarers@bromleywell.org.uk)



# CONTACT US

[youngcarers@bromleywell.org.uk](mailto:youngcarers@bromleywell.org.uk) | 0808 278 7898



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