

## 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.

## IN THIS ISSUE...



- Lily-May stars in the Carers Trust Christmas Carol Concert

- Festive fun at the 2020 Christmas Party

- Alex appeared on the 'Inspiring Change' panel

- BWYC's latest member

- Latest dates for your diary!



# Christmas Party 2020

**Singing, dancing, jokes and talent galore - that's what makes a Bromley Well Young Carers Christmas party!** Tons of fun was had by over 30 young carers this year at our annual Christmas party.



Treats were delivered in advance of the party - including some rather fancy festive antlers, which you all rocked by the way!

The party kicked off with glorious singing and spreading Christmas cheer. Who doesn't love to belt out a Christmas tune at this time of year, followed by a Christmas quiz and might we add, young carers spreading and sharing extra knowledge? Faye informed the group that the reason the man himself wears red is because Coca Cola re-branded him to match their coke

*"It was great fun, I'm glad I came" - Faye*

branded colours! Thanks Faye!

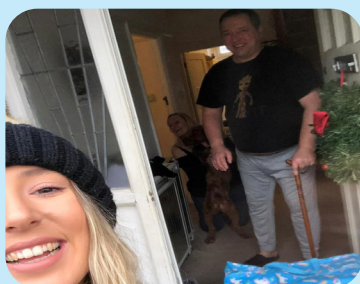
The talent this year (We will make it a thing, as you all have so much of it) was immense, guitar playing, jokes and more solo singing. The Christmas spirit really did spread as young carers braved the crowd and entertained us with incredible acts and it delighted us all when we even had some impromptu performances . *"Thank you so much for tonight, Freya really enjoyed it! I can't believe she sung in front of everyone.. she doesn't usually talk!"*

Finally to end the party of the year, Davina suggested that we all dance... so we did, dancing to 'Last Christmas' around our own homes. However, it felt like we were all together... who knew so much fun could be had. Maybe next year, we will be rocking around the Christmas tree together!



*"Thank you for yesterday. Ag loved the Christmas party, she really is feeling the love from young carers x Have a wonderful Christmas to you and Hannah and thank you again for everything you do - its really appreciated x"*

Christmas came early to Bromley Well Young Carers as we were fortunate enough to be included in an amazing Christmas hamper



scheme that Bromley Brighter Beginnings run leading up to Christmas. The team at Bromley Brighter Beginnings received phenomenal contributions from local people and was indeed able to distribute to over 500 families! Needless to say when Hannah and BWYC volunteer Victoria went out and about delivering these lovely gifts they were greeted with copious amounts of smiles, tears and thanks!



# The Carers Trust Christmas Carol Concert

**This year has brought about many challenges. However, The Carers Trust Christmas Carol Concert went ahead in style and even though it was virtual, it was indeed marvellous.**

Emma Thompson, Hugh Bonneville, Derek Jacobi and Greg Wise were amongst the stars! Although, we must just say that all the stops were pulled out with, of course, the absolute number one star performance from Bromley Well Young Carers



– Lily-May.



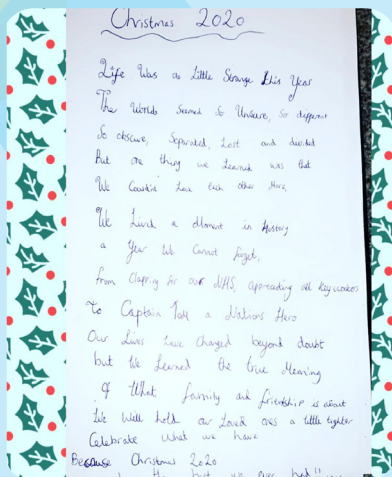
We organised our very own zoom party to celebrate and watch this event unfold together. A cheer of delight and emotion was felt by all of us as Lily-May was announced. Lily-May recited a beautiful Christmas reading, furthermore, she added some words about her caring role. She certainly did us all proud. She successfully managed to raise awareness around the wonderful job that all young carers undertake on a daily basis. The event was streamed around the world.

Thanks to Lily-May and her family for being a part of this lovely event.

## Christmas Poem

**‘Christmas 2020’ by Emily Cuell, aged 10.** Lorna & Hannah were thrilled to receive a lovely poem for Christmas from Bromley Well Young Carer Emily. These words encapsulate the year, they are both insightful and thought provoking.

Thanks Emily for sending this lovely piece of writing to us.



### Christmas 2020

*Life was a little strange this year  
The world seems so unsure, so different  
So obscure, separated, lost and divided  
But one thing we learned was that  
We couldn't love each other more  
We lived a moment in history  
A year we cannot forget  
From clapping for our NHS, appreciating all key workers  
To Captain Tom, a Nation's Hero  
Our lives have changed beyond doubt  
But we learned the true meaning  
Of what family and friendship is about  
We will hold our loved ones a little tighter  
Celebrate what we have  
Because Christmas 2020  
Will be the best we ever had!*

## Self Care Week Yoga

As part of self-care week, we organised a special 'one off' Yoga class with our brilliant teacher **Victoria**. A lot of you have come to really value these relaxing classes for both body and mind. Keep a look out in the New Year as we will be looking to organise some more sessions for you all. In the meantime, here is Brittney, who a lot of you know as she is our teacher Victoria's lovely Bulldog! Here she is performing her 'Downward Dog'.



## Steering Group Update



Earlier this month a group of Quilter volunteers and young adult carers joined the 'Inspiring Change' grant assessment panels arranged by The Carers Trust. The group were joined by staff from Quilter and important decisions were made on how the funds from the Quilter Foundation are spent. We are exceptionally proud that Young Adult Carer Alex continues to participate on this steering group and that his voice is heard accordingly. This project continues to make a huge

difference to young carers and we look forward to securing further places in the future on these important groups. Please continue to look out for emails with details on future steering groups that may be created with The Carers Trust.

*"BTW, Alex was fabulous, he was so confident, he had so many good ideas – we all enjoyed it so much and I felt his confidence grow and grow. As we started each panel he was straight in there with his thoughts, we were super impressed!"*  
 - Daisy Falconer, The Carers Trust"

## Autumn Leaves Competition

Our 'Autumn Leaves' competition was inspired by the lovely leaves that Lorna saw on her lunch time walk around our lovely Bromley Borough Parks. So she did no more than organize that you all had to send in some beautiful pictures. We received some great entries, well done to you all. We picked two winners and Emily and Dylan were certainly very worthy of the title! They both received Amazon vouchers for their hard work!



### Mousetrap Theatre Productions Premier

Pyramids, Sherlock Holmes and a 6 foot 9 creature - an intriguing adventure from the brilliant minds of Bromley Well Young Carers! The final piece of the Autumn workshop can be seen [here](#).

## Young Carers App

Don't forget the Bromley Well Young Carers App is available for all Bromley Well Young Carers!

The App is FREE and is available for download from the App Store for IOS and Google Play Store for Android.

For more information or to sign up contact Lorna on **07598 828070** or [lorna.hammer@bromleywell.org.uk](mailto:lorna.hammer@bromleywell.org.uk)

Check out the App guide to find out more [> YC App Guide](#)



## Useful Apps

### eQuoo: Emotional Fitness Game

The eQuoo app uses adventure games designed by psychologists to help you increase your emotional fitness and teach you new psychological skills. You'll also find tips on how to communicate more effectively and maintain your mental wellbeing.



### Feeling Good: positive mindset

Relax your body and mind with a series of audio tracks designed to help you build confidence, energy and a positive mindset.



## 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, we are here for you.



**If you would like support, call or text us on**

Lorna: 07598 828070 Hannah: 07594 091769

"I don't think I could've spoken to someone face-to-face."



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[www.kooth.com](http://www.kooth.com)

## Bromley Brighter Beginnings

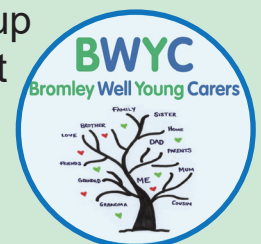
**Bromley Brighter Beginnings is a charity offering practical support to families including beds and school uniforms. A referral will need to be made from BWYC.**

Check out the website [here](#)

## BWYC Instagram

As well as our [twitter](#) page the Young Carers Service now also has a brand new Instagram page. Follow us to stay connected and up to date with the latest happenings!

[Bromley Well Young Carers](#)



# NEWS

COVID-19 UPDATES AND RESOURCES:

[FULL LOCKDOWN GUIDANCE](#)

[LOCAL NHS UPDATE](#)

[HOME-SCHOOLING FREE RESOURCES](#)

[JOE WICKS WORKOUTS\(11/01/2021\)](#)

[FREE SCIENCE RESOURCES](#)

## Save The Date!

**Book Club** - Come and join us for our third book club where we will be reading *The Ickabog* by J.K Rowling. Wednesdays at 4:30pm (Start date to be confirmed).

**Art Club** - We will be collaborating with The Carers Trust to bring you a very exciting art project. This workshop will be open to all secondary school aged young carers and will be a 'not to be missed' event. The project will take place over three days during the February half term.



**We have lots of exciting new activities and workshops to look out for in 2021!**

*Details to be emailed soon!*

## Welcome Hannah

### Hello Bromley Well Young Carers!

I joined BWYC in November as the new Young Carers Support Worker. I've been lucky enough to meet quite a few of you now via our zoom sessions. These last couple of months have flown by and I'm now well and truly settled into the team.



Before joining BWYC, I worked in various roles with children and young adults including the Prince's Trust, ReachOut and within the education sector. I am now really looking forward to working with the young carers of Bromley and their families.

Outside of work I play field hockey for local team Bexleyheath&Belvedere, I enjoy being outside and am a self-confessed foodie! I very much look forward to meeting more of you soon.

### Transition Support

**Do you want to go to university but not sure how you can do this as a young carer? Do you want to find a job after school but unsure how to do this?**

We can help you! All young carers have a right to support to prepare for adulthood, this is called transition support. BWYC offers transition support to young carers aged 14 -19 to help you start to think about your current life, your future and the things you want to achieve.

### Young Carers grant for aged 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 could be for a range of things including driving lessons or 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!**

*"We would also like you to thank the organisation responsible for provision of this grant, we are very grateful. It will be a great help for Tom in helping him achieve his goal of learning to drive. Could you please let the organisation know of our appreciation and thank them." - Young Adult Carer's Parent*

## CONTACT US

Young Carers Service

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**Bromley Well**



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