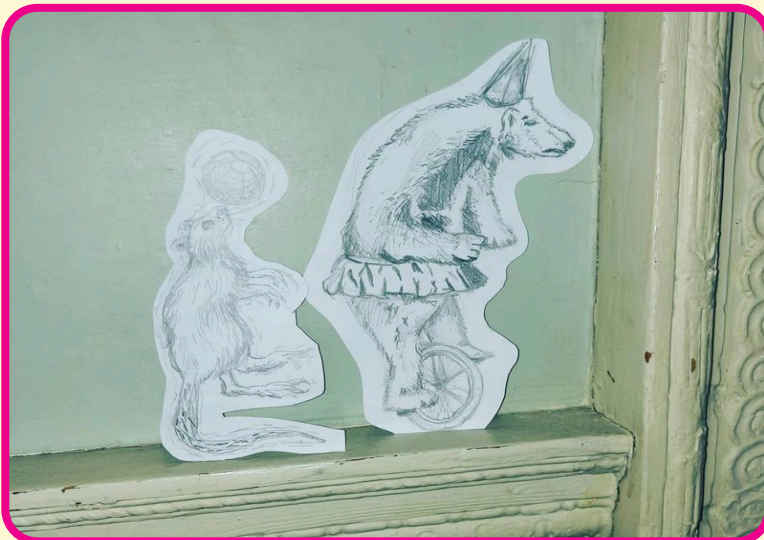


Welcome to our Young Carers Newsletter

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...

- *In-person activities start again!*
- *Bouncing around at AirJump Orpington*
- *16+ Young Adult Carers Transition Workshop*
- *3 day Art Workshop with Create*
- *Young Carers learn First Aid*



Bouncing around at AirJump!



Within days of breaking up for a well-deserved break from school, young carers were invited to launch our summer programme of events with a ‘Jump.’

This activity proved to be so incredibly popular that we decided to book two separate sessions. Primary school age and secondary school age young carers were in for a real treat. They enjoyed the frivolities of hurling themselves around, jumping for joy and in addition copious tricks and skills were unearthed.



Furthermore, fears were overcome, we loved encouraging Chloe [here](#) to make the ‘Jump’, she was very proud of herself and her joy was contagious!

“OWH loved air jump she made two new friends at the event”

Having spent all of their energy, young carers were treated to goodies in the café. They were then invited to open the ‘Forum’ discussing their thoughts and feelings about what being a young carer is to them and how they are supported. They were encouraged to discuss ideas on future events ensuring they have direct input on what is delivered from the service.

A joyous day was had by all. Thanks to Victoria and Julie who volunteered on the day ensuring the safety of young carers at all times.

“I just wanted to thank you both for facilitating such a fantastic opportunity yesterday! Olive had a little dance in her step; she said she had a brilliant time It’s been a long time since I’ve seen her beaming like that so thank you very much!”

Micro First Aid Workshop

Our most recent workshop entailed learning the basics of First Aid. Young carers enjoyed this interactive course where they learnt important aspects of First Aid to support them in their caring roles.



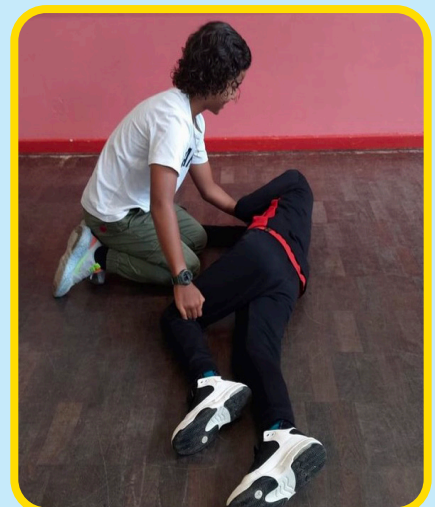
Mastering how to place someone in the recovery position was the highlight of the day!

It was lovely to see new friendships growing during what was a heart-warming afternoon.

We would like to thank our trainer - Martyn - for his time

which he gave freely to BWYC.

“Eva and Jack had the best time! Thank you so much for organising today. I have had both my hands bandaged up!” - Parent



Take a look [here](#) at Jack and Huey performing the recovery position.

Create Art Workshop

Three glorious days were spent creating an awesome array of art at the beautiful Mansion, which sits in Beckenham Place Park.

Young carers aged between nine and thirteen years old enjoyed professional artist Sam; and her incredible direction on how to form sculptures, 'Dress Trees', draw in the style of 'Banksy' and more. *“Dressing the trees was so much fun. I loved using foil, tissue paper and string to make fairy lights”*



Young carers enhanced their creative skills to form sculptures of their pets and favourite animals. Working on and moulding their pieces using papier-mâché proved to be tremendous, if not somewhat messy, fun!

Friends and family were treated to a brilliant exhibition which took place on the final day. *“Thank you so much. It has been lovely. This workshop was a fantastic reason for Ivy to leave the house, which she has found difficult to do recently. I am thrilled that she has made new friends, thanks again”*

Friendships were formed and needless to say a great time was had by all. Thanks very much to the wonderful ladies that joined us from Create Art - ensuring that this workshop was the highlight of what has been a stupendous summer!



Yoga & Games in the Park

Young carers finally had the chance to meet BWYC's in house 'Yoga Instructor' Victoria.

Two sessions allowed primary school and secondary school aged young carers to enjoy a relaxing class of yoga. *“I was really looking forward to doing the yoga in real life as I have enjoyed the zoom sessions so much”*

The morning was followed by some fun and games in the park - a kind of 'Kwik Cricket' with a twist! Of course, we also may have had a fairy cake or two to keep our energy levels up having worked our minds and bodies! A great morning was enjoyed by all.



Take a look [here](#) at Yoga teacher - Victoria - in action!

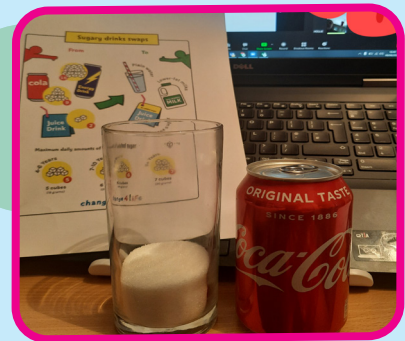
All About Me Workshop

Young carers were invited to attend a workshop delivered by Bromley Healthcare School Nursing.

Nina discussed with young carers the importance of healthy eating, bedtime routines, good hygiene, mental health, wellbeing and generally taking care of yourself. Workshops were delivered to both primary school age young carers and secondary school age young carers. They were interactive, informative and fun!

“I didn’t realise that staying on my phone right up until bedtime meant that my brain would find it difficult to get to sleep”

“I will now be making sure I clean my teeth for two minutes, putting a song on is a good idea to time yourself, I hadn’t thought of that”



Young Carers discovered that there are nine teaspoons of sugar in a can of coke!

Young Adult Carers & Beyond



Transition plans are offered to all Bromley Well Young Carers. This year, we launched our first ever ‘Transition Workshop’. The event was a tremendous success with the majority of our 16+ Whatsapp group attending.

The Whatsapp group has provided support to young carers through what has been a turbulent year. Coming together to engage with outside agencies at this incredible event was a momentous triumph.

The afternoon started with the most scrumptious pizza, kindly donated by The Homestead Cafe. The sun was out and the mood was vibrant as we chatted in the courtyard.

Young carers were then invited to the mansion for an afternoon of support and guidance. Presentations included hearing from Alex White, Sales Director at EarthStream Global and the challenges he faced as a young carer for his father, as well as exciting recruitment opportunities for young people at his

company. Next up was a presentation on all that Groundwork London has to offer young people in terms of support, volunteering, employment support and job opportunities.

Victoria Hammer was our final speaker, she shared with us all about utilising LinkedIn and how to create an attractive profile that employers will love. The day was then rounded up with some fun and games in the park with drama teacher; Michael.

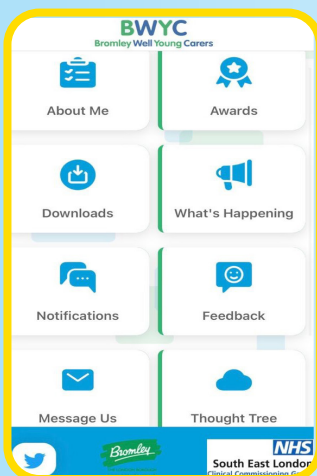


“Alex was inspiring. I worry sometimes about my future and looking after my Mum, but listening to Alex has made me feel really positive about what my future holds”

The event was held in collaboration with Bromley Well Adult Carers Support Service, Bromley Lewisham & Greenwich Mind and Lewisham Young Carers Service. Thanks to all involved!

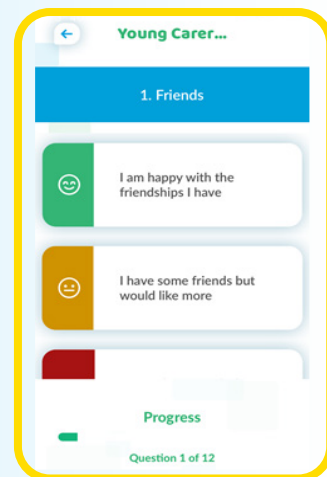
Young Carers App

The BWYC App has been updated! Please get in touch for your username and password.



The App has some great features to support young carers including a self-assessment section, useful downloads and a 'Message Us' option for young carers to get in touch with the team. The App also gives you notifications when new information is added for upcoming events and activities. Check out the App guide to find out more. [> YC App Guide](#)

The BWYC App is available for download on the App Store for IOS and Google Play Store for Android.



Give us your feedback!

How can we improve the app? What would make it really helpful and fun? Let us know, we value your comments on your app.
email youngcarers@bromleywell.org.uk

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!

"OMG! Thank you so much I really appreciate this, I'm genuinely so happy and I can't thank Carers Trust enough for that. This is the best news I've heard this week, thank you so much. I am so excited to start to learn to drive, this will make a huge difference to my caring role!"

- Young Carer

"OMG Thank you so much this is going to help me become so much more independent and help me regain my confidence with going out again. I'm shocked WOW"

- Young Carer

Emotional Support

If you have any concerns about your mental health, your caring situation or you just want to talk, we are here for you.

"It's nice being able to talk to someone different in lockdown. I like that I can share what's on my mind and have a bit of time without my siblings"

If you would like an emotional support session, call or text us on Lorna: 07598 828070 Hannah: 07594 091769

For more support check out

<https://community.themix.org.uk/>

<https://www.kooth.com/>

[our-services/young-carers/](#)

Transition Support

Do you want to go to university but unsure how you can do this as a young carer? Do you want to find a job after school but unsure how?

We can help you!

All young carers have a right for support to prepare for adulthood (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.

NEWS

Save The Date!

Book Club (All Ages)

Book Club returns for its fourth installment where we will be reading 'The Danger Gang' by Tom Fletcher

Date: Wednesday 29th September - weekly thereafter.

Time: 4:30pm (approx 45 mins)

Location: Online via Zoom



LGBTQ+ Workshop (Secondary School Age)

Join Santi from GenderSwap for an informative workshop and an insight into the LGBTQ+ community.

Further details to follow!

Mental Health and Wellbeing Workshop (All Ages)

In collaboration with Bromley, Lewisham and Greenwich Mind.

Date: Monday 25th October

Time: 1pm - 4pm **Location:** Azailia Rooms, Beckenham



Winter Pet Corner Club (All Ages)

Bring your furry companion along to our Pet Zoom get-together!

Date to be confirmed!

Time Together Tuesdays (Primary School Age)

Date: 21st September 2021 - fortnightly thereafter

Time: 4:30pm (approx 30 mins) **Location:** Online via Zoom

BWYC Social Media

Follow us on our social media platforms for up-to-date posts on what's happening at BWYC! Click on the links below:

 Instagram: **Bromley Well Young Carers**

 Twitter: **BromleyWell_YC**

<https://www.bromleywell.org.uk/>



Have you joined the 16+ WhatsApp Group?

If you're a registered Young Carer aged 16- 19 why not contact Lorna or Hannah to be added.

This group is a safe space to chat, receive additional support around transitioning, employment, what's on, fun facts and more!

Listen to our latest podcast [here](#).

Find out more [here](#).

CONTACT US

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Bromley Well

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