



## 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...



*"It really has been a great summer and I can't thank you guys enough. Bronwyn has enjoyed it so much" - Parent*

- Paddleboarding Phenomenon
- Wonderful Wellbeing Day
- Frylands Fun
- BWYC App Update
- And lots more!



## Paddleboarding Phenomenon!

Our Summer got off to a swimming start: over 40 young carers joined us over two sessions at Beckenham Place Park to learn the art of paddleboarding and falling in gracefully.

*"Leo loved the paddle boarding and I have looked into him doing further sessions. Thank you for giving him another great experience"*  
Parent

Huge thanks to the staff from [@ptpcoaching\\_bpp\\_lake](#), Tom, Gabe, Ollie and Otilie, for ensuring that everyone was included in the paddleboarding games and felt safe and comfortable throughout the day.



We would like thank [The Rotary Club, Beckenham](#) for funding this activity. A lovely day was had by all.



*"Thank you for today, it was really fun!"*

*"Thank you for today. Ivy had a great time and it's really calmed her" - Parent*

Check out more photos & videos of the day on our Instagram page [here](#).



Young carers were excited to jump in feet first and enjoy the activity. It really was an exceptional day. Sessions concluded with a lovely picnic in the park and beautiful weather. To top it all off, each young carer relished in a delicious treat from the ice cream hut. Thanks to [Homestead Café](#) for their generous discount.



alifranks77 Thank you so much for having Abigail, she had a great time and made some new friends. It was so lovely to hear her nattering on about it! Looking forward to the next trip!

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# Wonderful Wellbeing Day

**A menagerie of marvellous treats were in store throughout our brilliant wellbeing day at Beckenham Place Mansion.**

The sun may not have been shining initially, however, that did not dampen the mood. The day started off with a mindful walk for our younger group. Yes, we wore our raincoats and enjoyed feeling the rain on our faces, which was rather pleasant. The walled garden showcased an array of beautiful flowers; stopping to take in the scent of the blooms including the lavender was delightful. Climbing trees was, of course, a must and did provide us with some shelter when rain droplets became heavier.



Back at the mansion, the day unfolded to include yoga, reflexology and practical support from Bromley Nurses [@bromley\\_0-19](#)

around both physical and mental health.

Young carers enjoyed the art of reflexology with Sarah from [@sarah.healing.lomilomi](#). The use of animal spirit cards was a great hit - young carers were intrigued to delve further into their spirit animals.

[View more photos and videos from the day here.](#)



*"It was so fun, and I loved learning yoga"*

Victoria from [@tormaxwellyoga](#) created a yoga class which demonstrated to young carers how to practice yoga in their day-to-day lives and not just during a practitioner-led class; this included breathing techniques and mindful strategies.

We also organised some sporting activities to let off steam during the lunch break.

Joe, Young Carers Support Worker, commented: **"I thoroughly enjoyed leading the lunchtime activities. What a great start to my new role!"**

Many thanks as ever to [@beckenhamplace](#) Mansion for the free use of practically the entire mansion. The space was perfect.

*"It was very peaceful & calming having the reflexology & yoga.. which I feel I was good at & really enjoyed doing it again. Everyone was nice"*



*"It was very nice; the people were nice, and I liked that we weren't made to do anything we didn't want to"*

*"I loved every second! I can't wait for the next one; hope it's soon"*

*"Roan had a fabulous day & he & I would like to thank you for organising the event. He loved the Reflexology & Yoga" - Parent*



*"My daughter very much enjoyed this event. She liked the group she was put in and it was age related so she made new friends as she is very new. She now feels more comfortable and confident, I thank you for that" - Parent*

## Fantastic Frylands Fun

### Young carers were treated to a spectacular day at Frylands Activity Centre.

The electric atmosphere amongst excited young carers was almost tangible. After all, we did have some wonderful activities organised for them to enjoy - archery, assault course and air rifle shooting all interspersed with a delightful picnic within the charming woodland setting.

*"Thank you for today. (My daughter) was looking very anxious on arrival but was so happy at the end. She is struggling a lot with anxiety at the moment and so was lovely that she enjoyed today so much" - Parent*



*"My daughter came home saying how much fun she had and how she would love to go again" - Parent*

*"It was a perfect day"*

Staff were delighted to witness perseverance ([check out the Instagram video of a young carer mastering the monkey bars](#)), healthy competition and camaraderie amongst the group throughout the day. New friendships were formed on what was a truly thrilling day. We will be **BACK!**

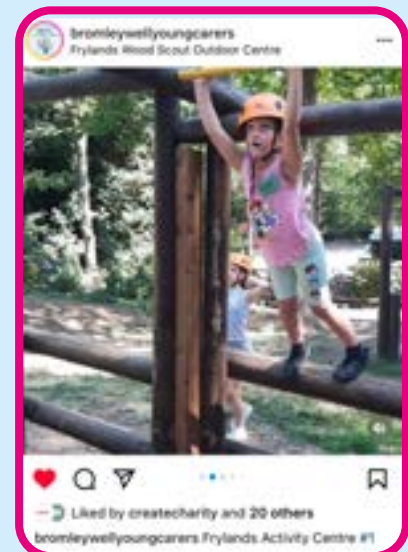


*Have you ever met someone for the first time, become immediate friends and then go on to compete against one another?*

*"It's natural skills isn't it"*

[Watch the video here.](#)

Slide here we come! Watch two young carers sliding in unison on Instagram [here](#).



*"I had lots of fun"*



Thanks to all the staff [@frylandswoodsoc](#) for ensuring an awesome and safe day was had by all.



## Thank you for the free tickets!

### Wireless Festival

Six young carers attended the Wireless Festival courtesy of [@crystalpalace.park](#). Through the power of Twitter, Olivia from the [@crystalpalaceparktrust](#) reached out and offered Bromley Well Young Carers the free tickets.

*"We were thrilled that Olivia had seen a tweet of ours and chose to offer Bromley Well Young Carers Service the tickets. The connection has been made now and we look forward to working with Crystal Palace Park Trust on future events"*

*Lorna, Young Carers Coordinator*



*"Thanks for the tickets, it was soooooo good"*

### Baseball MLB Home Run Derby

We were delighted to be able to offer one of our families five tickets to watch the baseball at Crystal Palace Park this summer. The tickets were gifted to Bromley Well Young Carers from [@crystalpalaceparktrust](#).



*Mum said that the entire family had a fantastic day - "The tickets were great; it was so kind of you"*

## Pet Corner Club

### A Snake called Banana and a Dog called Bear? Welcome to Pet Corner Club!

Every time this club runs, we never know quite what will be in store for us and each time we are delighted with what unfolds... This space is a safe way for young carers to share fun facts and stories about their beloved pets and teddy bears.

Percy the Penguin (teddy bear) was on loan from school as Edith had been awarded 'star of the week' and she was very proud to bring Percy along and share her moment amongst her peers.



Next time in Pet Corner Club, we will be meeting a pet dog belonging to Joe, our new Young Carers Support Worker. Lorna still hasn't got a pet so she will be bringing a teddy bear as usual – but which one? Come and join us and find out!

*Joshua pictured here just chilling with his pet leopard geckos 'Charlotte & Violet'*

## Mousetrap Theatre - Summer Programme

This summer, we were delighted to be included in an outreach programme run by [@mousetraptp.](https://www.mousetraptheatre.co.uk/) Young Carers were able to apply for the prestigious Mousetrap Theatre Drama Summer Workshop. The workshop is a week-long placement and is run by professionals within the industry in London.



We were happy to hear that one of our Young Carers was not only successful in gaining a place on the course, but they also received a part bursary. Do keep an eye out on the opportunities that we email home.

*"I just wanted to let you know that OH got a part bursary for mousetrap; so exciting. Thank you as always" - Parent*



## Transitioning & Beyond

### Transitioning through life can be a daunting task!

What will my new secondary school homework timetable be like? Will I be able to make friends? I wonder if my university offers bursaries for young carers? Who will help care for my Mum whilst I am living away from home?

At Bromley Well Young Carers Service, we have been exceptionally busy this summer supporting young carers with these important steps in their lives and helping to answer their questions.

*"Hi Lorna, I found our chat helpful, thank you so much. I won't hesitate to contact you if I need any help once I have started my new university" - Hazel, Young Carer*

*"Thank you for seeing HN today; he came out of school and told me straight away. He was very happy to see you! I love the transition work that you are doing with Young Carers" - Parent*

Transition support is provided at pivotal points in each young carer's journey and we pride ourselves on going above and beyond to ensure that young carers are supported.

### But what happens when we have to say goodbye to our wonderful 19+ cohort?

A lovely gathering with pizza, lots of chatting, laughing AND some all-important referrals to pathways within the Bromley Well Service... and that is exactly what happened this summer.



*"I can't believe I have now transitioned to Adult Carers. Thanks for your support today with it all. I will miss the Young Carers Service. Thanks for everything that you have done for me"*

Young Carers wishes and feelings are at the very heart of the service that is delivered throughout the borough. Having their thoughts and ideas listened to by the Adult Carers Team during an afternoon spent together proved to be beneficial for all. Young carers came away feeling valued and listened to and their ideas on how to develop and build on the service proved to be insightful. Thank you to both [@blgmind](#) and [@bromleywelladultcarers](#) for spending time with us at our transitioning event.

Thanks also goes to [Homestead Café](#) for providing tasty pizzas and to [@beckenhamplace](#) Park Mansion for allowing us to use their venue free of charge.



## Emotional Health & Wellbeing

### BAM (Boxing and Mindfulness)

At a loose end? Why not sign up for free online boxing and mindfulness sessions specifically for young carers.

Sessions are every Thursday evening via Zoom and young carers from everywhere in the UK are welcome to join. No experience necessary.

They are a fun and engaging way to feel healthy and look after mental wellbeing.

For more information, hit the link below or telephone 07507 600601.

[Young carers can join for free by registering on the website here.](#)



### Bromley Y

If you're finding returning to school stressful, text The Signpost to chat with a [@bromley\\_y](#) practitioner. They can offer support and advice to help you feel emotionally prepared for the new academic year.

It works just like a text thread that you can come back to as needed - you don't need to sit down for a long conversation! And because it's run by your local mental health service, they can provide support that's relevant to you.

Text **07480 635 025** to start a conversation and get support.

Check out the [Bromley Y website](#) to find out more about the free emotional support available.

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

**If you would like a 1-1 emotional support session, call or text us!**

**Lorna: 07598 828070**

**Joe: 07594 091769**

For more support: <https://community.themix.org.uk/>  
<https://www.kooth.com/>





## Young Carers App

### We are ridiculously excited about the launch of your new young carers app.

The steering group have been busy and were one of the first groups to use the new facilities [@bromleymencap's](#) community hub at Station Road.

We came together to discuss ideas and thoughts around the self-assessment area of the app. This area is a key element and will ultimately provide meaningful data for young carers to evaluate their own health and wellbeing.

Young carers enjoyed working on developing the artwork for the app - a bee, a giraffe or a penguin?



Debates continued well into the afternoon as to what the app emblem should be and all will be revealed soon.

*"I Just wanted to say a huge thank you for having Cameron today. He was really nervous about going in but when he came out, he was absolutely buzzing! He told me on the way home that he'd had the best day ever! Thank you so much for all you do to support the young carers. It really is lovely for Cameron, and I'm sure others too, to have a break from everything at home" - Parent*

The next stage is to get together to test the prototype – Watch this space!

## News

### Movement to Work

As we go to print, we are incredibly excited to be heading off to The Shard for the brilliant [@movementtowork](#) event – As a network partner of Carers Trust, Bromley Well Young Carers are delighted to have representation at this event. One Young Carer will be using her voice to contribute to this youth-focused event. More about this next time!

Movement to Work (MtW) is a not-for-profit coalition of UK employers, youth-outreach organisations, training providers and government allies – all aiming to level the playing field for young people aged 16-30 facing barriers to work. MtW works with employers to design and implement brilliant work experience and vocational solutions for their organisation, either in-house or through one of their recommended training providers.



### Young Carers Action Day 2023 is Wednesday 15th March

The theme will be 'Make time for Young Carers'

What would you like to do to celebrate the day? Please share your ideas with us so that we can start to implement the perfect plan to celebrate this exceptionally important date in all Young Carers' diaries!

Please email [lorna.hammer@bromleywell.org.uk](mailto:lorna.hammer@bromleywell.org.uk) or message 07598 828070 with your ideas.

## News: What's On

### Book Club

Join us on Wednesdays from 4.30-5.15pm on Zoom.

Come and discuss The Unmorrow Curse by Jasmine Richards [@writeonauthor](#) every week. [Watch the book trailer here](#) to get a feel for what this exciting book is all about!

### Pet Corner Club

Tuesday 18th October from 2-3pm on Zoom.

Joe will be bringing his dog along and Lorna will be joined by one of her teddies... But which one?



### Photography Workshop

Three-day course in collaboration with [@createcharity](#).

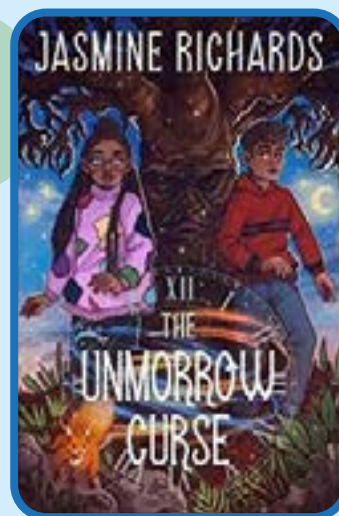
- Tuesday 25th October from 10.30am-3.30pm
- Wednesday 26th October from 10.30am-3.30pm
- Thursday 27th October from 10.30am-3.30pm

**Venue:** Beeche Rooms, High Elms Country Park

### Sculpture Making & Painting Workshops

- Wednesday 9th November – Make your sculpture from clay from 4.30-7pm
- Thursday 17th November – Paint your sculpture from 4.30-7pm

**Venue:** Bromley Mencap, Station Road, Bromley, BR1 3LP



*Information for all activities have been emailed home. You can also check upcoming events in the BWYC App. Don't have it? Let us know and we will send you a new password to download it.*

Follow us on our social media platforms for up-to-date posts on what's happening at BWYC.



[@bromleywellyoungcarers](#)



[@BromleyWell YC](#)

## News

### City and Guilds Paid Internship

As a network partner of Carers Trust, we were thrilled to pass on an opportunity that became available with City and Guilds as part of their 'Intern To Work' Internship Programme. Having applied directly to the programme, a Bromley Well Young Carer was successful and achieved a place on the six-week programme which took place over the summer. The programme has been developed to help young people who don't have existing access to employers to build their experience, networks and confidence throughout the internship.



*"I Just wanted to inform you and also appreciate your help towards making this a reality. Thank you so very much for bringing this to our notice and for your support through it all" - Parent*



## News

### Work opportunities with The Body Shop

The Body Shop is putting young carers at the forefront of its employment. Opening up any vacancies to young carers seven days in advance of new roles becoming public has meant that a Bromley Well Young Carer was able to apply and successfully secure the role at her local Body Shop branch.

Opportunities like this one above are regularly shared within the 16+ Whatsapp chat, so do let Lorna know if you would like to join.



*"I am so grateful that you sent me the link to apply for this Job. I can't believe that I got it! Thanks so much, this will really make a difference to me both financially and for my mental health"*

If you are aged 16+, we recommend that you think about creating a [LinkedIn](#) account. It has a wealth of information and network opportunities within it and is a great way to start making connections with professionals in the industry that you may be considering entering. Please do contact us if you require further support with setting up your profile.



## Grants & Financial Support

**The Carers Grant Fund** is available from the Carers Trust 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, please contact us.



*"Thanks for reminding me and organising to come to my school to help me apply for the Carers Trust grant"*

*"At 17 I had no idea I was a young carer. Now that I have been registered, it has been really helpful to understand the support available. Thanks for letting me know about the Carers Trust grant opportunities - a Zoom call will be great to run through the application"*

### Bromley Brighter Beginnings

Charity [@bromleybrighterbeginnings](#)

offers local families support with a variety of items. We can refer clients to Bromley Brighter Beginnings. Please do check out their [website](#) if you feel that a referral would be appropriate.



*"Thank you for the Bromley Brighter Beginnings referral. My daughter has started her new secondary school in head-to-toe new uniform. She was so excited. Staff at BBB were amazing. I can't tell you what a relief it was (not just financially) to have someone help me get organised when I was feeling poorly and overwhelmed with it all" - Parent*

*"The new beds and mattresses for my children were very much appreciated. Thanks for your support" - Parent*

## CONTACT US

[youngcarers@bromleywell.org.uk](mailto:youngcarers@bromleywell.org.uk) | 0208 466 0790 | Lorna: 07598 828070 | Joe: 07594 091769

**Bromley Well**

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