



Young Carers are hidden

Help us find and support them

Did you know as many as one in five children and young people are young carers?*



Young carers are taking on responsibilities way beyond their years. Many struggle with their emotional health or with keeping up with schoolwork. With the right support, these young people can thrive but we need your help to lighten the load.



Lend a listening ear

Extend homework deadlines

More awareness



EXTRA HELP WITH STUDIES

More understanding

What is a Young Carer?

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Their caring role might include helping around the house, running errands, cooking, planning the shopping, administering medication, helping with siblings and supporting emotionally.

About Bromley Well Young Carers Service



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BROMLEYWELLYOUNGCARERS

We support Young Carers aged 4 to 19 to manage caring relationships whilst enjoying childhood. To find out more about our service or to make a referral, contact the Single Point of Access.

0808 278 7898

spa@bromleywell.org.uk

Instagram

Follow Us +

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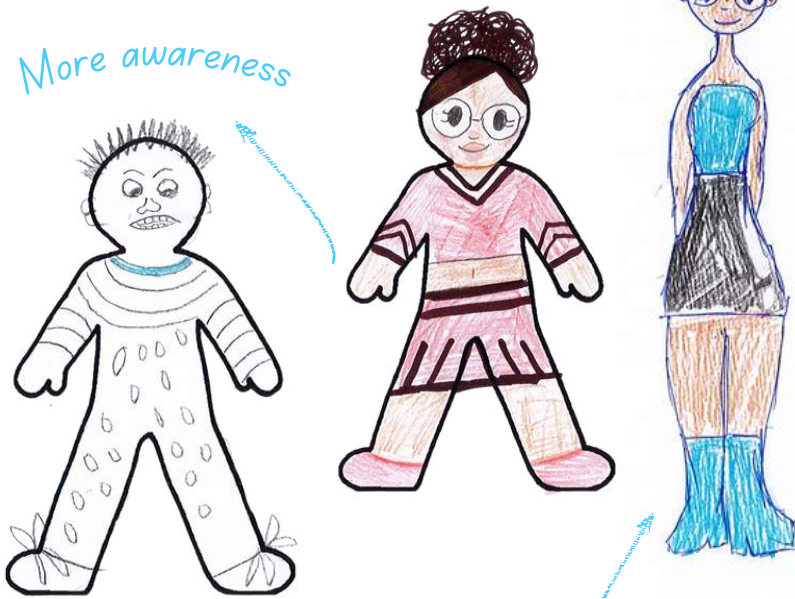
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Follow us on social media

@bromleywellyoungcarers @BromleyWell_YC

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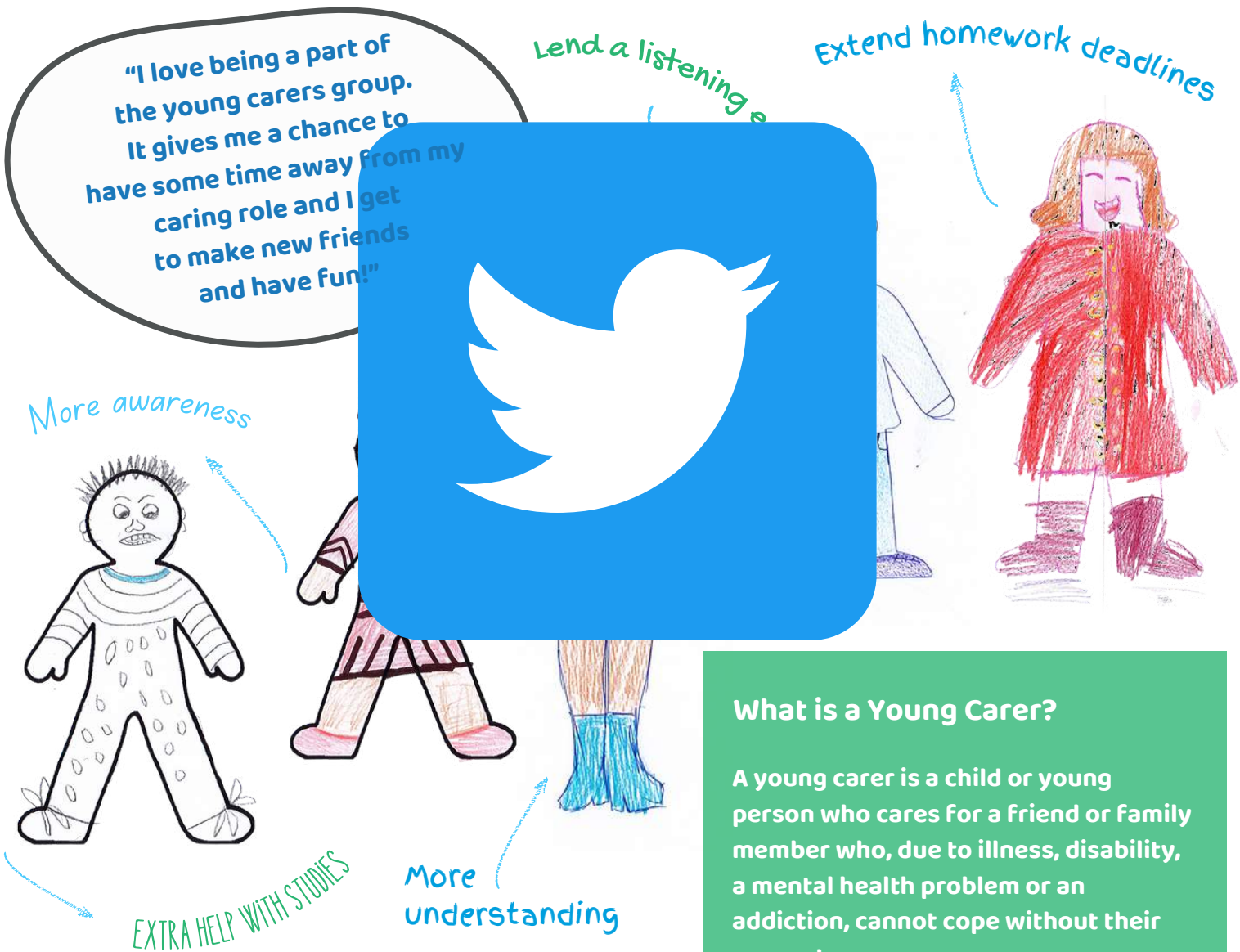
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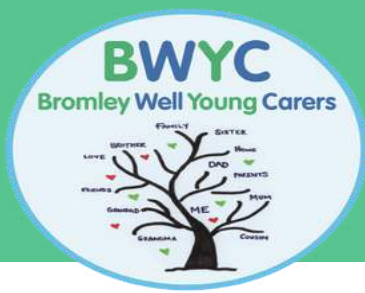
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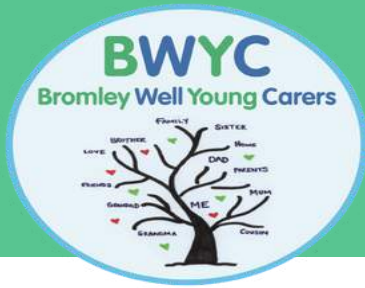


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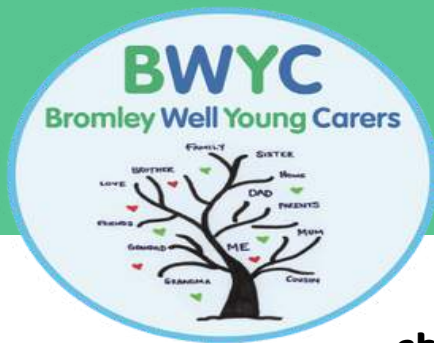


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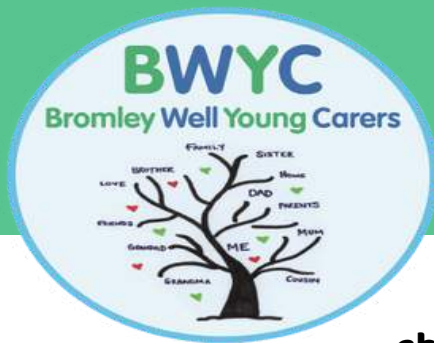
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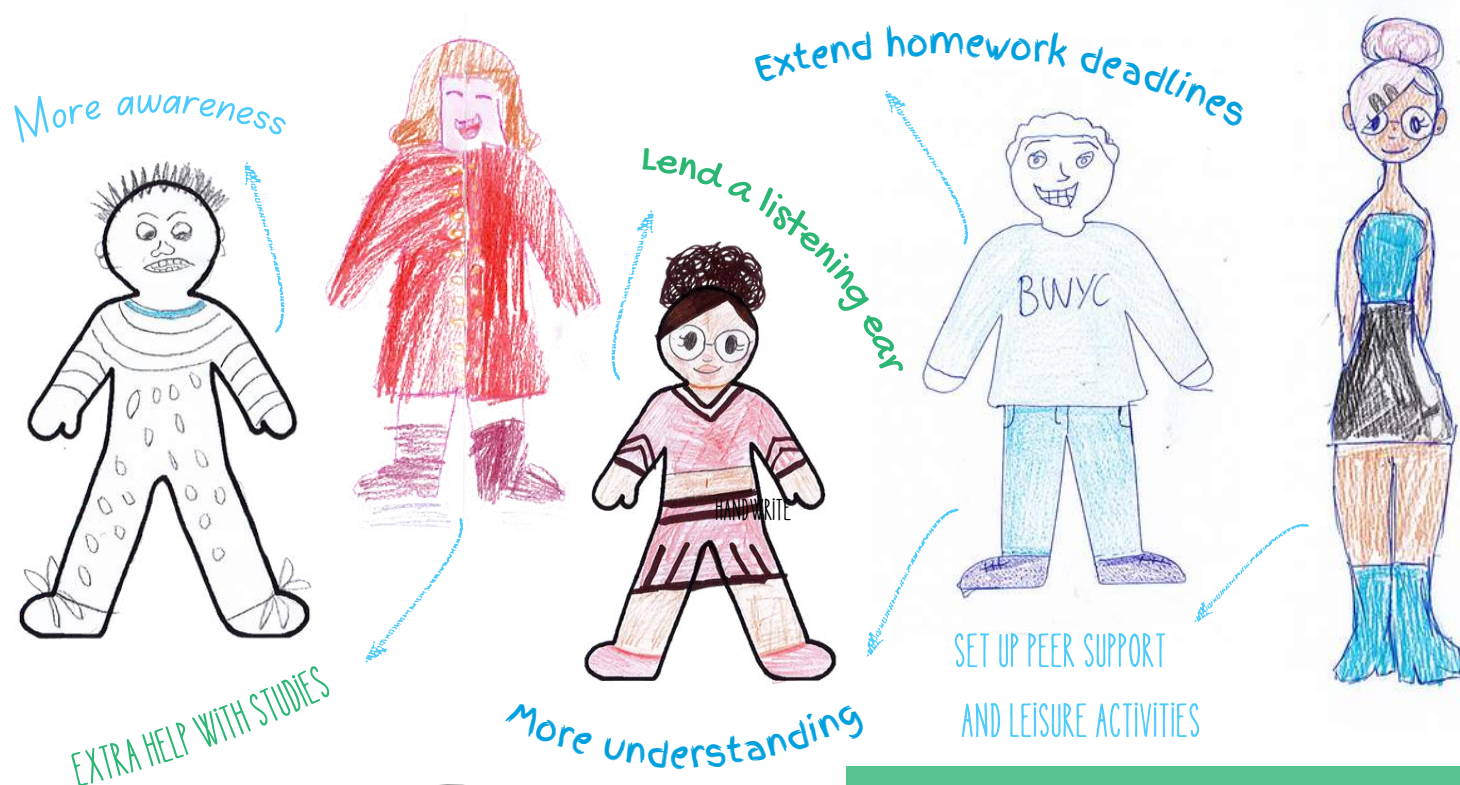
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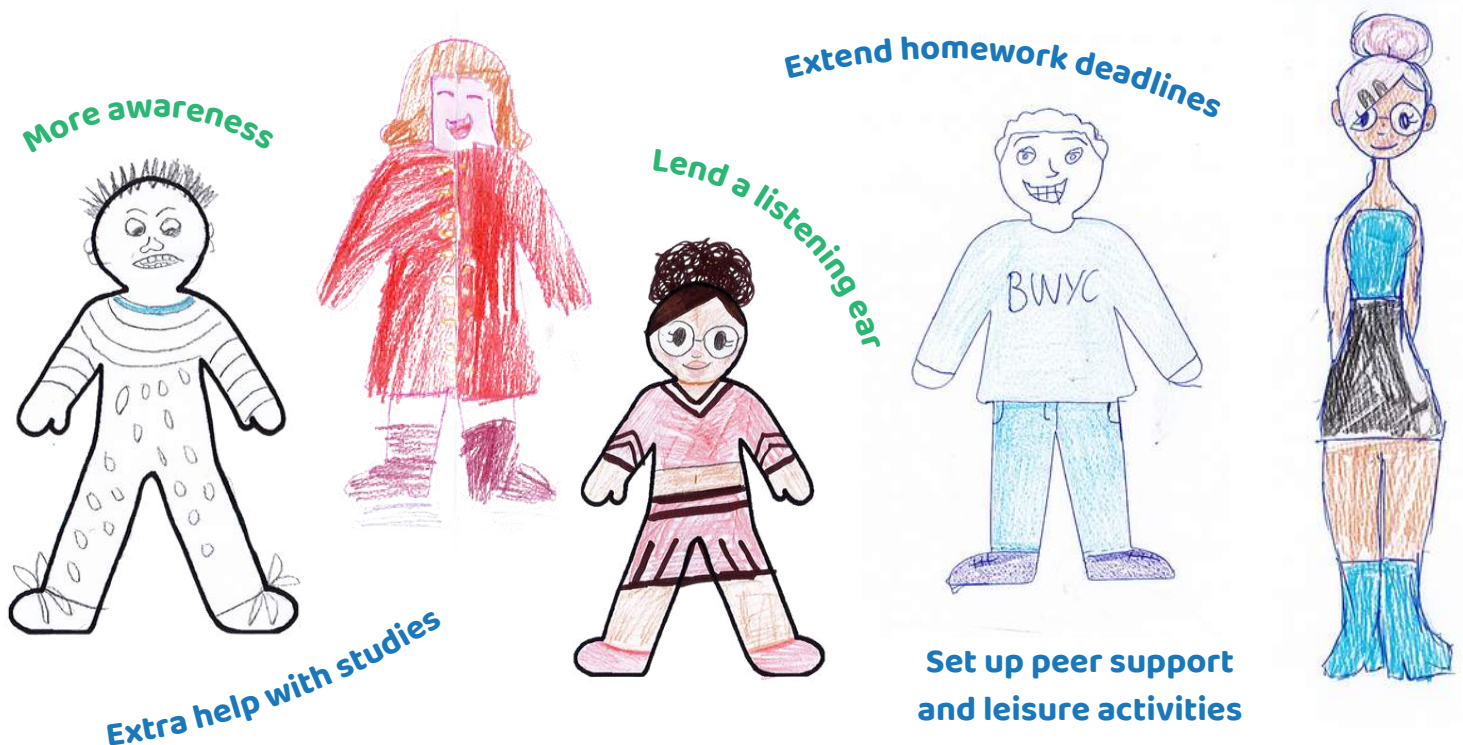


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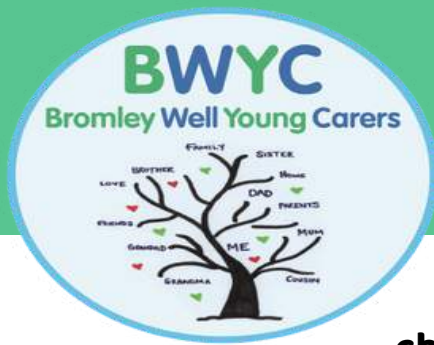
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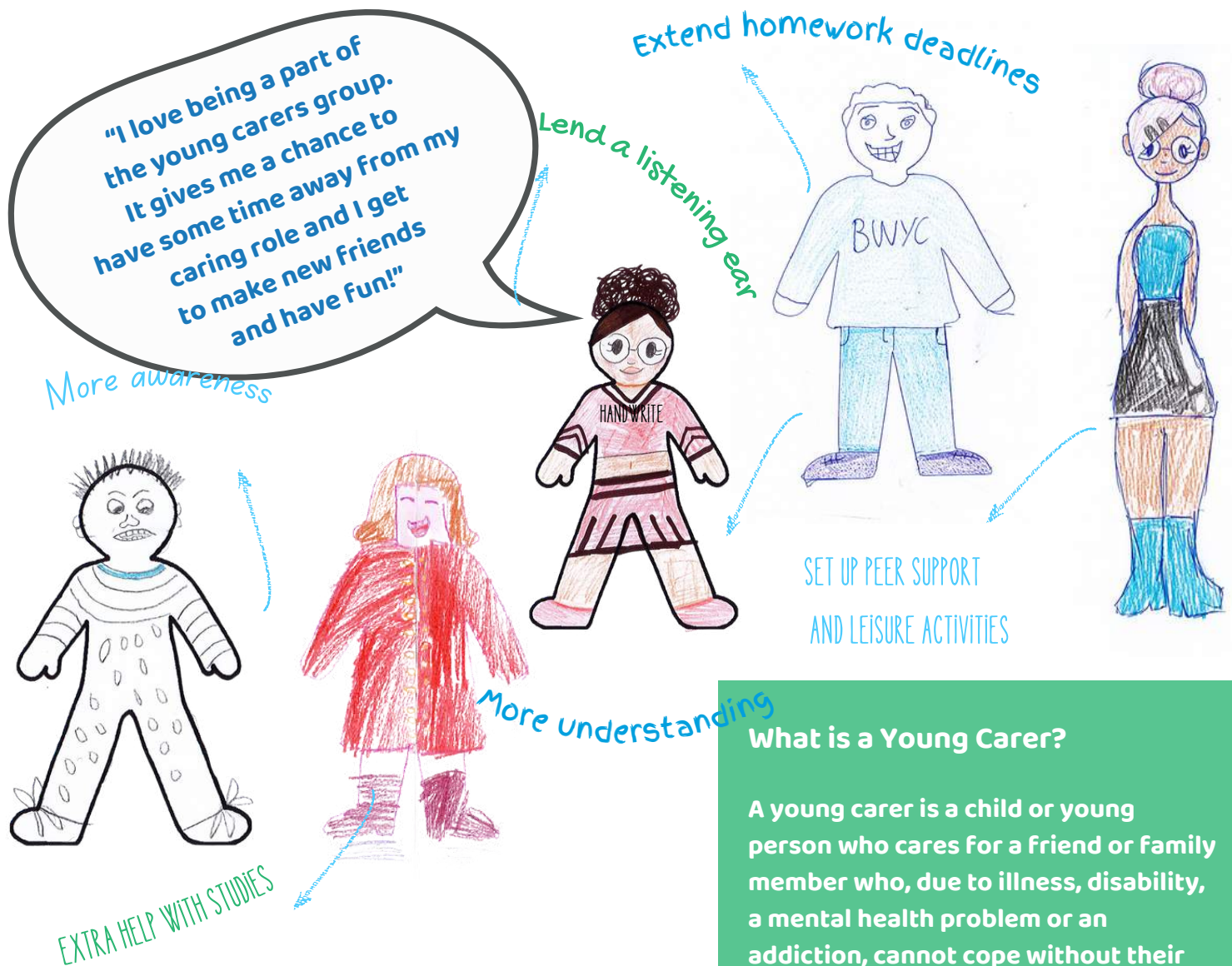
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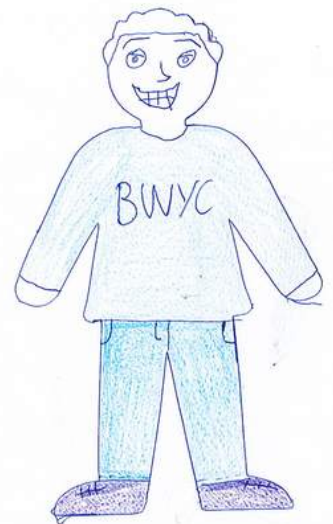
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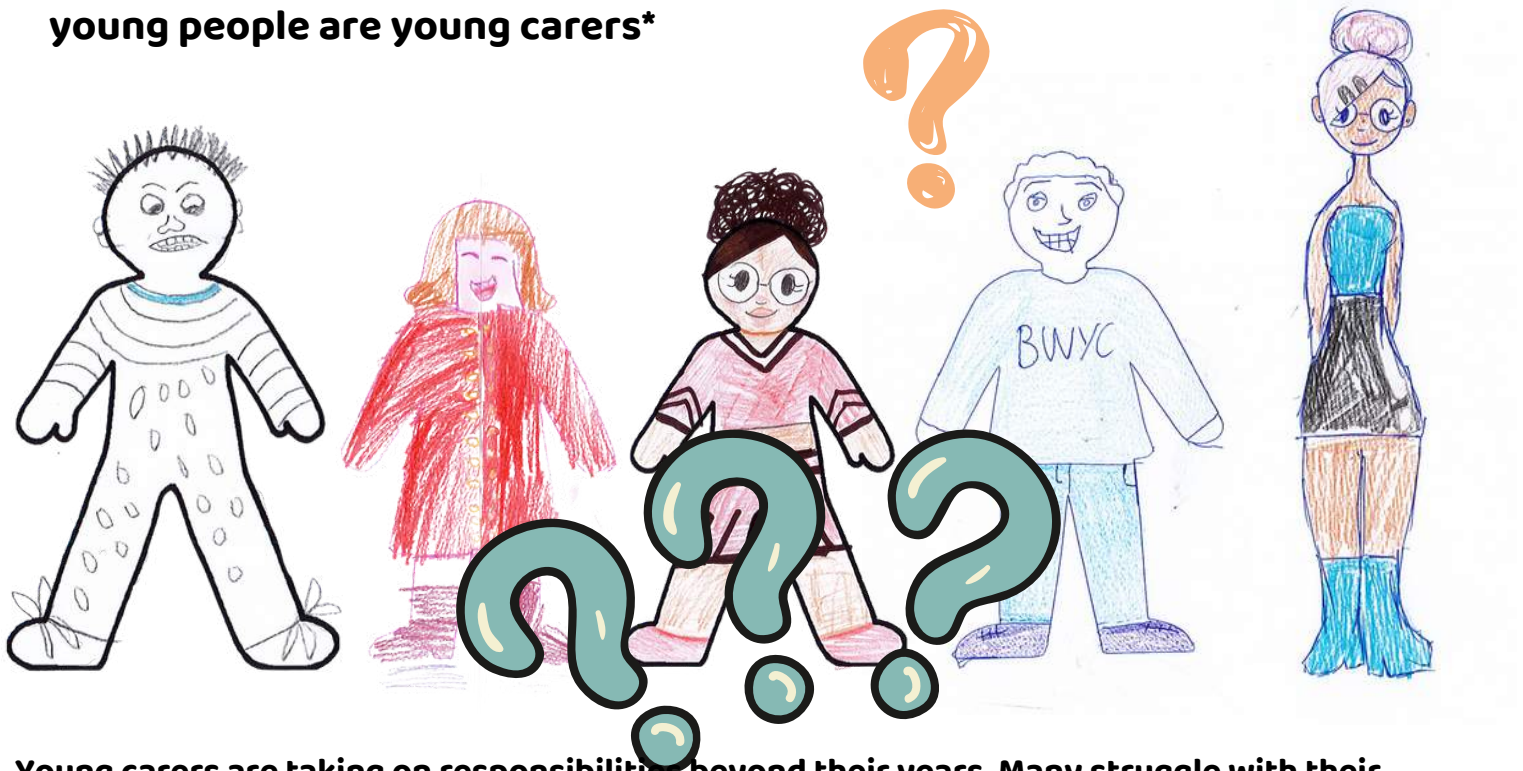




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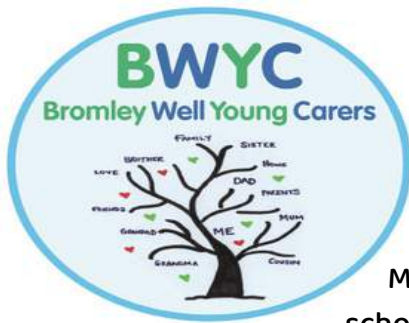
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More awareness



Help with studies

Lend a listening ear



Set up peer support and leisure activities



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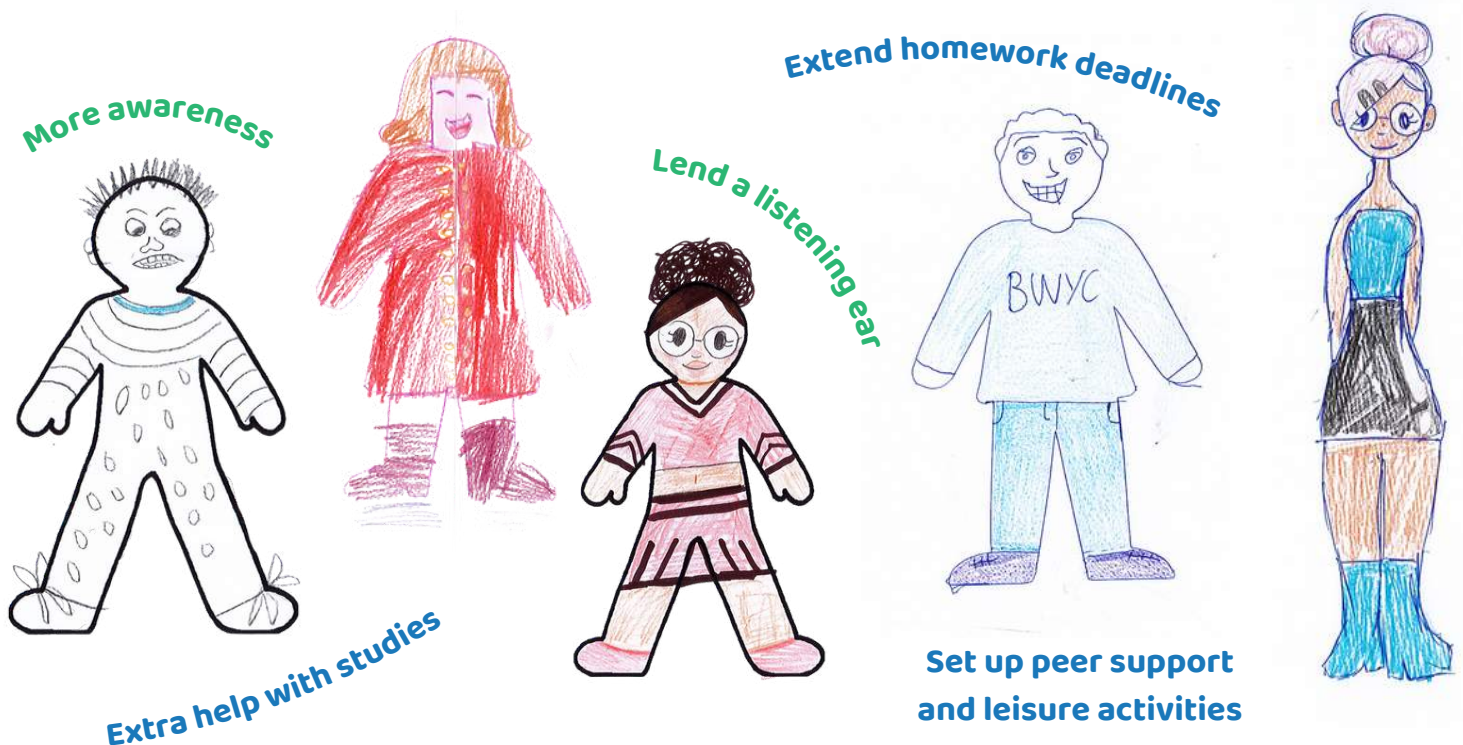


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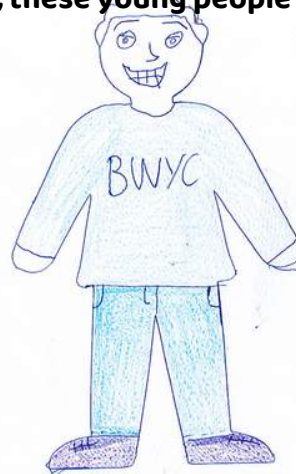


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Research suggests that as many as one in five children and young people are young carers,* but how can you help lighten the load?



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Ways adults can help Young Carers lighten the load :

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MANDALA WORKSHOP

Rid the mind of frustrations and worries and learn to relax



Wednesday 21 June 2023



10am to 12:00 noon



**Bromley Mencap
Community Hub,
Station Road,
Bromley North,
BR1 3LP**

Free to attend



Join us for a relaxed morning and learn the therapeutic art of Mandala. This workshop is led by Mental Health Practitioner, Michelle Tiedman.

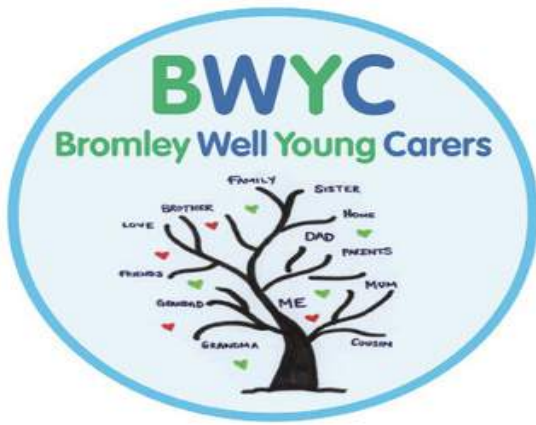
Spaces are limited. Please contact Maria or Emma to book your place.



Telephone: 020 8466 0790 or Mobile: 07752466928



Email: maria.carver-carter@bromleywell.org.uk



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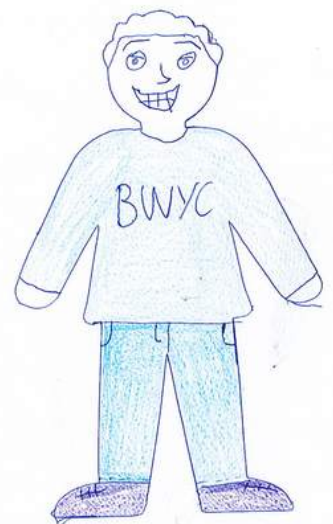
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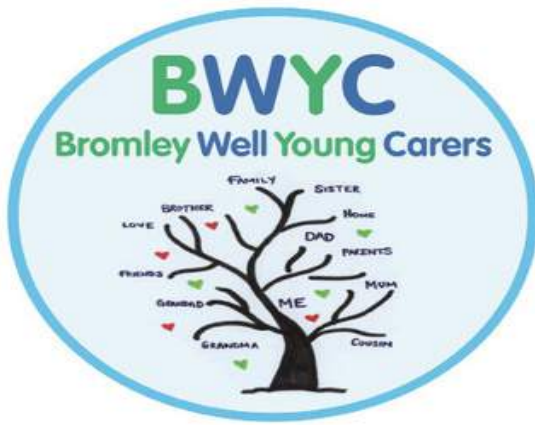
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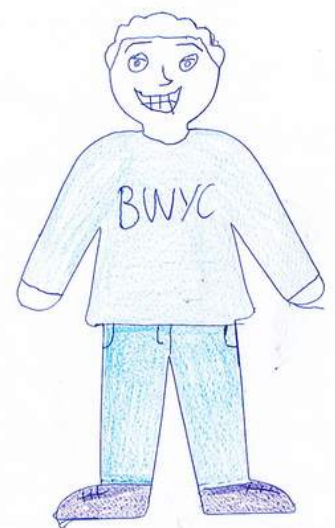
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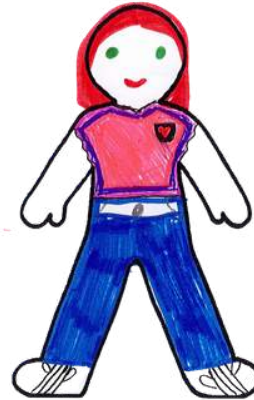
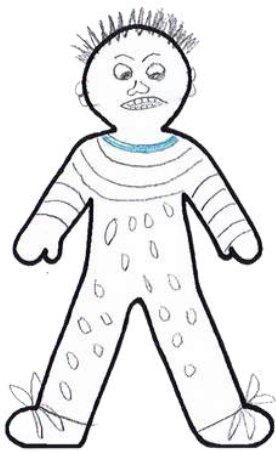
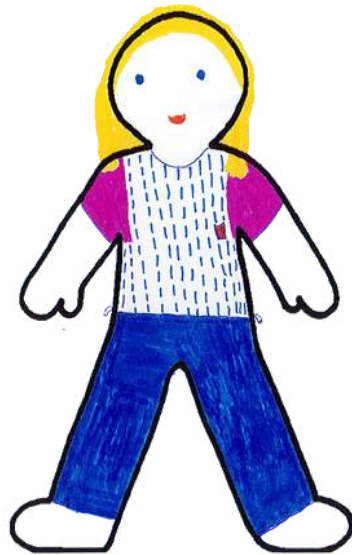
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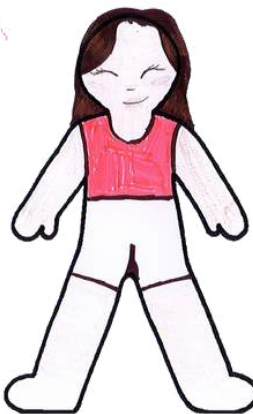
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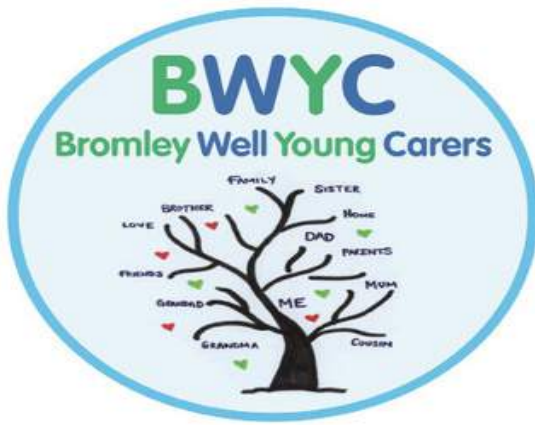
Many struggle with their mental health or with keeping up with schoolwork. With the right support, these young people can thrive but we need your help to identify them.





People who are
young
are:
• Patient
• Kind
• Respectful
• always ready
to help





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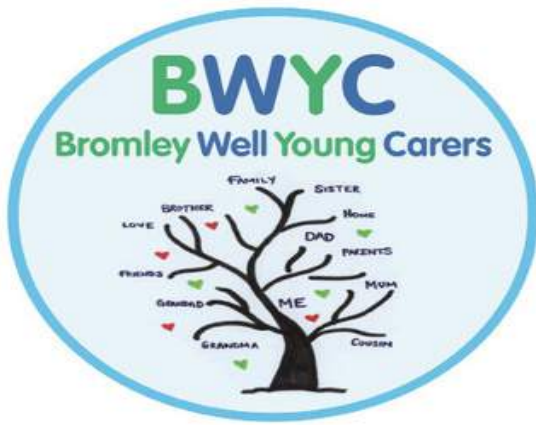
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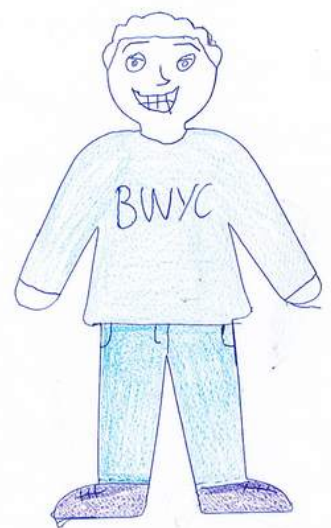
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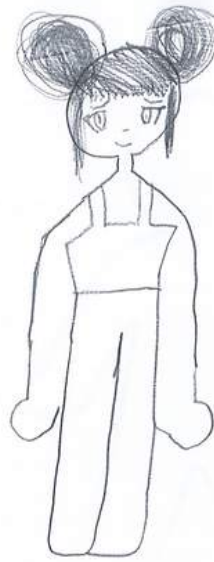
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