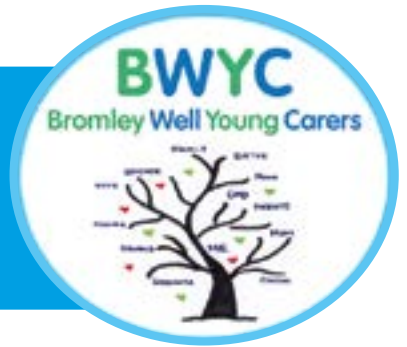


Young Carers Newsletter



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.

The Young Carers Team has been busy over the past few months – read on to find out more!

What have we been up to?

The Young Carers team have been exceptionally busy over these past few months. Lockdown did not stop us from delivering some amazing events and we have loved seeing you all on Zoom.

Book Club with Special Guest Appearance

Our young carers were in for a real treat when we managed to organise for Katya Balen the author of our chosen book 'The Space We're In' to attend our final book club Zoom session.

Not only did Katya read the last few chapters, but she answered questions too ... and the group certainly had questions! Katya told Lorna and Matt how impressed she was with the group reading out loud. It was really fantastic to have the author of the book share her thoughts and reasons as to why and how the book developed. All the young carers were excited to meet Katya and won't be forgetting the experience in a hurry! Katya kindly sent each young carer a personalised and signed bookmark. Watch Katya's interview [here](#). Our new book club is due to start very soon. See page 8.



“Thank you so much for everything you are doing at the moment. Because we all have to shield, we haven't been out of the house since March. It is such amazing support. The book club and other things you are organising are just wonderful.” Parent of a Young Carer

Cooking Workshops

Having had a huge response from young carers wanting to take part in our cooking workshops, Matt and Lorna decided to offer four online cookery sessions, reaching over 40 families.

Sourcing ingredients at the beginning of the pandemic was a tall order – however, we did it! All young carers received a hand-delivered food package containing all the raw ingredients required. We then met on Zoom where Regan from the Cooking Shed gave a fantastic tutorial on how to make the most amazing Italian meatballs, and the sauce was incredible! Each young carer made enough food to feed a family of four. We were thrilled with the response to this workshop and the photographs that you sent in certainly show you having lots of fun!



“All young carers received a hand-delivered food package”



Yoga Workshops

Yoga proved to be so popular that Matt & Lorna decided to organise a ten-week course. This course was individually tailored and delivered to young carers by Tormaxwell Yoga. Each session was themed to work on a particular part of the body and included helpful tips on relaxing your mind and creating a sense of personal empowerment. Each class lasted approximately one hour. Feedback was fantastic and coming together each week proved to be really helpful for a lot of young carers. We hope these sessions will give young carers the confidence to develop their yoga practice further in the future.



“Great workshop. My daughter said she can achieve anything after today’s yoga session”



Bugs and Birds Club

Our Bugs and Birds Club has been another popular online activity. Images are uploaded to @bromleywellyoungcarers Instagram stories and young carers get the chance to identify the bug or bird picture. We have seen a family of robins hatch and leave the nest and young carers have also emailed in lots of weird and wonderful bugs that they have found in the garden/park. We have had to mentally prepare ourselves for these visual delights before opening our emails with the creatures enclosed! Please continue to send your images via email to youngcarers@bromleywell.org.uk or WhatsApp/text images to Lorna on 07598 828070



“We have seen a family of robins hatch”



Quilter Employability Workshops

In partnership with the Carers Trust and Quilter, we were delighted to offer a series of workshops on employability skills. All young carers aged 14+ were invited to join us live on Zoom. Each session focused on different skills that are imperative for managing and entering adulthood, from what should and shouldn't be in your LinkedIn profile and how to network, through to which bank card or credit card to choose.

The workshops were both informative and fun. The volunteers from Quilter were brilliant at engaging young minds and sharing vital skills both on a personal and professional level. Additionally, the volunteers are very happy to proofread young carers' CVs/job applications and coursework. This is an invaluable service and we would strongly recommend you get in touch with Lorna or Matt for further information and to organise a one-to-one session.

“The volunteers are very happy to proofread young carers' CVs/job applications”

CARERS TRUST **BWYC** **Quilter FOUNDATION**

Employability Workshops

WORKSHOP DATES - ON ZOOM

Networking & LinkedIn Tips	-	FRIDAY 5th June @ 14:00 - 15:00 Hrs
CV & Interview Tips	-	FRIDAY 12th June @ 14:00 - 15:00 Hrs
Creative Roles in Corporate Industry	-	FRIDAY 19th JUNE @ 14:00 - 15:00 Hrs
Finance Tips	-	FRIDAY 26th JUNE @ 14:00 - 15:00 Hrs

We are thrilled to bring Young Carers aged 14+ employability workshops thanks to Carers Trust & Quilter

Contact Lorna @ lorna.hammer@bromleywell.org.uk

BWYC's Got Talent!

Wow, Wow, Wow!! Who remembers this spectacle of tremendous talent? We were absolutely blown away by the performances from BWYC. There was an array of talent from football skills and dance through to singing and playing various instruments. The show's success relied greatly on how you all accepted the challenge and were confident enough to perform in front of your peers on our live Zoom session on a rainy Friday afternoon. The rain didn't dampen the mood though, with lots of cheering and encouragement from the online crowd. This show really lifted everyone's spirits particularly as it has been a difficult few months. All those who took part received a well-deserved Amazon voucher in the post after the event. We hope you enjoyed the talent show as much as we did... Now, let's get practising for the next one! Watch talented Lily-May performing [here](#).



Creative Writing Competition

Lockdown produced a creative flair that astounded us here at BWYC. We were incredibly impressed with both the number of entries and the quality of written work. The judges certainly had a difficult time deciding on who should win the competition. Thanks to Sue and Toni at Bromley Well and Daisy at the Carers Trust who had the difficult task of choosing a winner. The winner Eva Ruby created a beautiful video of her reading the winning entry which you can view on Instagram [here](#).

Well done to all those who entered – you should all be exceptionally proud of yourselves.

First Prize – Eva (aged 12)

Lockdown

Lockdown, lockdown isn't the place for me,
Need to keep fit and busy
with Joe Wicks on TV.

Lockdown, lockdown, home is the new school,
No teachers here to tell us off
If we break a rule.

Lockdown, lockdown cooking with Lorna and
Matt,
Mum doesn't have to do dinner now
And she's certainly happy with that!

Lockdown, lockdown staying safe at home,
Stick to the government guidelines,
And use email and your phones!

Lockdown, lockdown please rain stay away,
Being out in the garden
Is where we want to stay!

Lockdown, lockdown clapping at 8pm
Our NHS are amazing,
We owe so much to them.

Lockdown, lockdown, we've got friends and
family to see,
Let's hope it will soon be over,
It will go down in history!

Third Prize – Shahnaz (aged 15)

What if?

Overthink, that's what we do
but do these thoughts ever come true?
We waste time wondering 'what if?'
But what if all the fear was just a myth?
What if we were brave and did what we wanted to do?
Do you think we'd ever be sad and feeling blue?
What if we pushed our past troubles away
and just focused on the present day
What if we looked in the mirror less
and dressed how we wanted to, not always to 'impress'
What if we just let go of our thoughts, set them free
Do you think we'd be exactly who we want to be?

Second Prize – Tabitha (aged 16)

Dear Little Me

Dear Little Me,
A little girl grows up,
Chubby and plump,
Her body was big but so was her heart,
She goes out into the world,
Ready to learn,
What she was given was a delight,
She comes home smiling,
But also came pain and fright,
Her façade, slowly breaking,
Her eyes of wonder,
Overshadowed by her fears,
Had let her plunder,
This lead over the years,
Laying in her room she would cry,
To know that she was stuck,
All she wanted to do was die,
But the tables turned and then came luck,
The loneliness she once had,
Replaced by her great friends,
She was so glad,
To know that this fear had come to an end,
She says that life is hard,
To seem perfectly fine,
But really she was scarred,
A life like hers,
She was scared to share,
To let people, see and become aware,
So Dear Little Me just know we are there.



Laptops

Bromley Well Young Carers successfully applied for funding from The Carers Trust which enabled us to purchase three laptops for our young carers to use during lockdown. It was humbling to deliver the laptops on a sunny Friday and it certainly made for a good weekend for those who received them!



15 + Weekly Zoom Catch-up Sessions

Lockdown has brought many challenges. However, not being able to meet face to face for pizza and a movie didn't stop us from engaging with the age 15+ group of young carers as our weekly sessions have now become a regular event. These informal Zoom meetings proved to be both informative and fun, with a menagerie of quizzes completed on Kahoot together with 'Guess What I Am' and general chit chat. We have a feeling that they will continue long after lockdown! They need to, as Matt may well have made the number one spot on the Kahoot podium in our quizzes, but Lorna hasn't yet... bring on the challenge!

Instagram

We launched our very own Bromley Well Young Carers Instagram account at the beginning of lockdown. We hope you find it a helpful tool to discover what is happening on a regular basis at BWYC. We are able to keep families informed and are interacting far more frequently with the wider community. We enjoy sharing the fantastic images that you have been sending us whilst taking part in our virtual workshops and activities too. If you haven't checked it out yet, please do take a moment to have a look at our new Instagram account and follow us @bromleywellyoungcarers [here](#). Instagram users must be aged 13+.

Useful Apps

MeeTwo

The MeeTwo app provides a safe and secure forum for teenagers wanting to discuss any issue affecting their lives. You can anonymously get advice from experts or other teenagers going through similar experiences in areas such as mental health, self-harming, relationships and friendships.



Cove

Create music to capture your mood and express how you feel with the Cove app. Instead of words, create music to reflect emotions like joy, sadness, calmness and anger. You can store your music in a personal journal, or send them to someone and let the music do the talking.

Free, safe and anonymous online counselling and support

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

 Chat to our friendly counsellors

 Read articles written by young people

 Join live moderated forums

kooth
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](#).

Emotional Support

The Coronavirus pandemic has brought with it many challenges. If you are having difficulties managing your caring responsibilities at home during this period of social distancing and reduced contact with people outside of your household, please do contact the Young Carers Team for practical or emotional support.

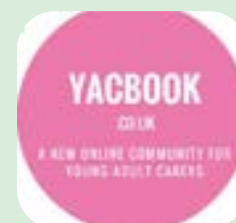
If you have any concerns about your mental health, your caring situation or if you just want to talk about things going on in your life, we are here for you.

If you would like support, call or text Matt on 07594091769 or Lorna on 07598828070



Useful Website

YACbook is an online community and resource centre for young adult carers across the UK. It has information on a range of subjects aimed at young adult carers such as mental health, education and work, and has regular blog posts and video interviews from young adult carers. You can also get involved and submit your own stories to the blog. [>Click here<](#)



News

New guidance for young carers and young adult carers

The Government has published new guidance for anyone under 25 who cares for a family member who cannot cope without their support during the coronavirus (COVID-19) outbreak. The guidance includes information on staying safe and well, practical advice and support, schools and education, and information for young adult carers on how to support people when you are not living at home. Click [here](#) for more information.

Events

Activities and Dates are as follows:

Mousetrap Theatre Workshops - FULL

This is going to be brilliant. Professionals from Mousetrap will be facilitating the six sessions.

- Tuesday 11th August from 3.30-5pm
- Thursday 13th August from 3.30-5pm
- Tuesday 18th August from 3.30-5pm
- Thursday 20th August from 3.30-5pm
- Tuesday 25th August from 3.30-5pm
- Thursday 27th August from 3.30-5pm

Book Club

Starts on
**Wednesday
12th August**
from **3.30-
4.30pm** and
will run for
approximately
six weeks.



Cup Cake Baking

- Friday 28th August – 11:00am
- Friday 28th August – 12.30pm



Contact us

Young Carers Service
youngcarers@bromleywell.org.uk
0208 466 0790
Call or text:
Matt – 07594091769
Lorna – 07598828070