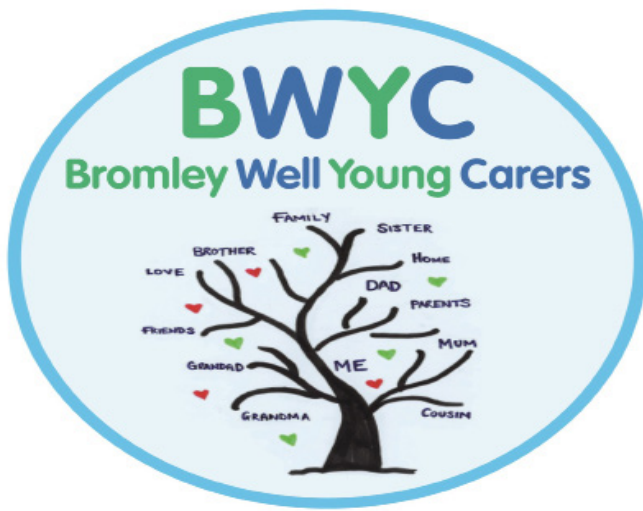



**Bromley Well**

## 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.**

**Bromley Well has been awarded the Carers Trust Excellence for Carers Quality Standard. The award demonstrates Bromley Well's commitment to providing consistently high-quality services to unpaid carers.**

## In this issue...

- **Young Carers Action Day (YCAD) 2023 Celebrations**
- **TikTok Fun**
- **The Bromley Well Young Carers App Launch**
- **Sewing Workshops and lots more!**

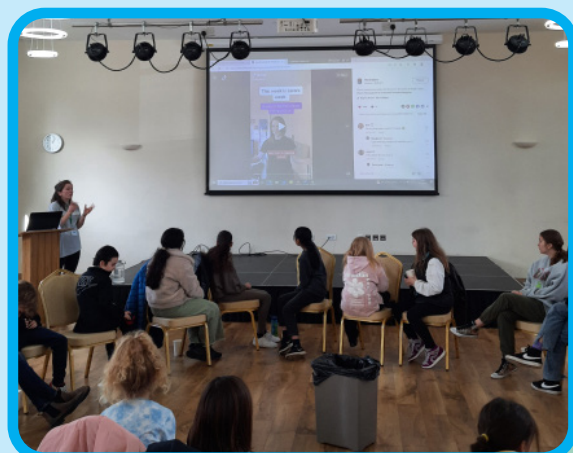
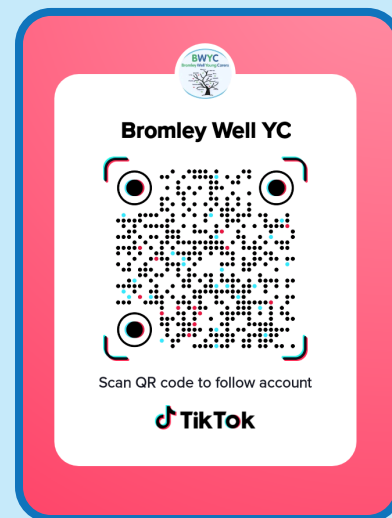


## Young Carers Action Day (YCAD) 2023

### Make Time for Young Carers: Media Workshop

Young carers enjoyed flexing their creativity in the form of writing, drawing and making videos for our new and exciting TikTok account.

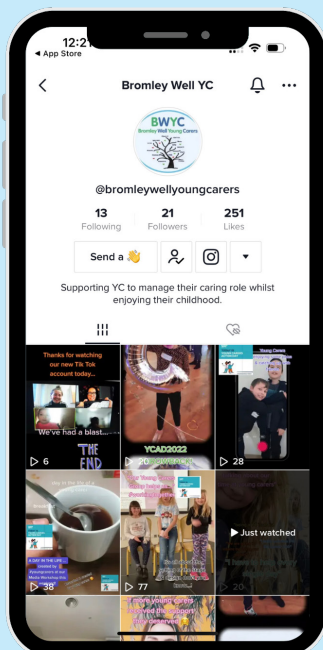
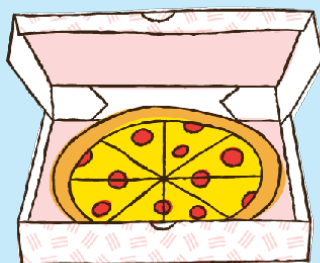
During the workshop at [@amrita\\_hall](#), young carers were asked to consider what their caring role involved and how they make time for themselves. They enjoyed drawing and creating a storyboard explaining an average day in the life of a young carer, as well as sharing top tips on self care.



Scan the QR code to follow us on TikTok. Users must be 13+ and obtain parental consent.

We then enjoyed some delicious pizza and a presentation from Joe regarding our new and exciting Young Carers app. Turn to page 3 to find out more.

Everyone had lots of fun and it was a wonderful afternoon bringing young carers together to celebrate Young Carers Action Day. You can see more videos on our [Instagram page](#).



### Our TikTok account has launched!

Why not head over to our [brand new page](#) and check us out? TikTok is a video-sharing platform where you can watch and create videos, and livestream. The app has an age-rating of 13+. Visit the [NSPCC](#) for more information on how to stay safe on TikTok.

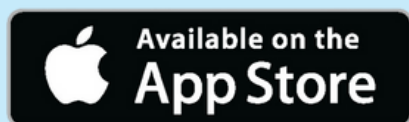
**We need your content** - If you want to share a top tip, your 'day in a life' story or just want to have some fun, then let us know. We will need to obtain consent from a parent or guardian first but this is quick and easy to do. Sharing **YOUR** words will mean that we can raise awareness around the important role of a young carer and ensure that more young carers are supported throughout Bromley and the UK as a whole.



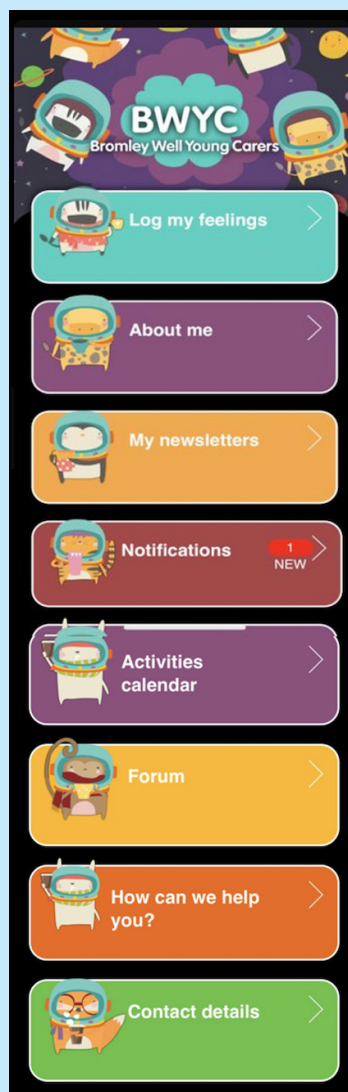
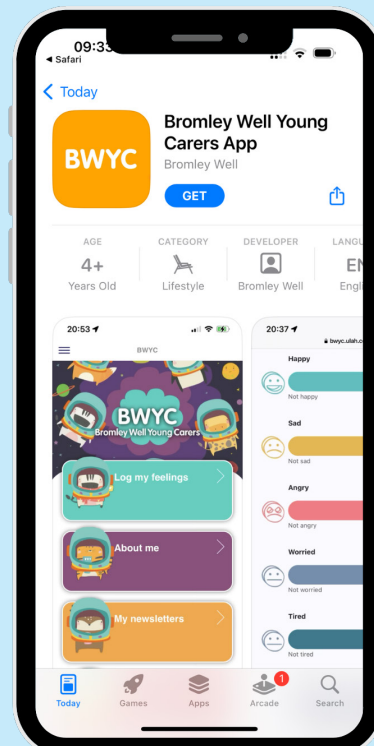
## Young Carers App Launch

Have you downloaded your new Young Carers App?

We are excited to launch our new young carers app.



All registered young carers will have received an email asking you to download the new app (QR Code above). If not please, contact Lorna. Email [lorna.hammer@bromleywell.org.uk](mailto:lorna.hammer@bromleywell.org.uk) or telephone 07598828070.



The app has some fantastic features: You can choose an avatar once you have logged in - Which one will you choose?

Lorna and Hannah like to change theirs every now and then!

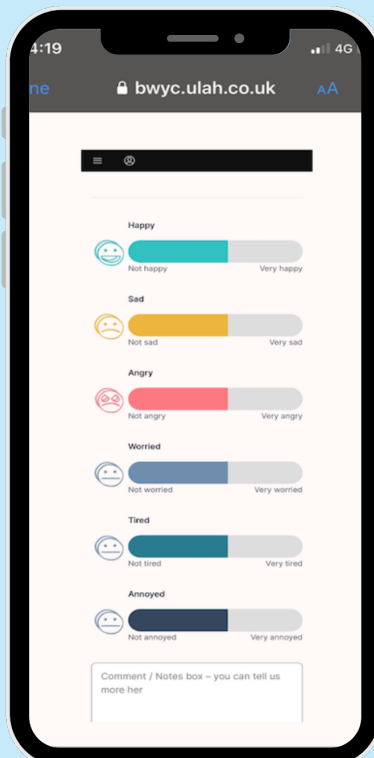
The app has an area where you can ask questions and share top tips with other young carers. You can log your feelings too.

**"I am keen to start using the 'about me' section as I can log my feelings and keep track of them, which will help me monitor how I am feeling month by month"**

### Young Carer

You can check what activities and workshops are coming up in the calendar section and lots more. We hope that you enjoy your new app; please do let us know what you think.

Thanks to our fantastic steering group of young carers who have helped with the design and development.



## Pet Corner Club

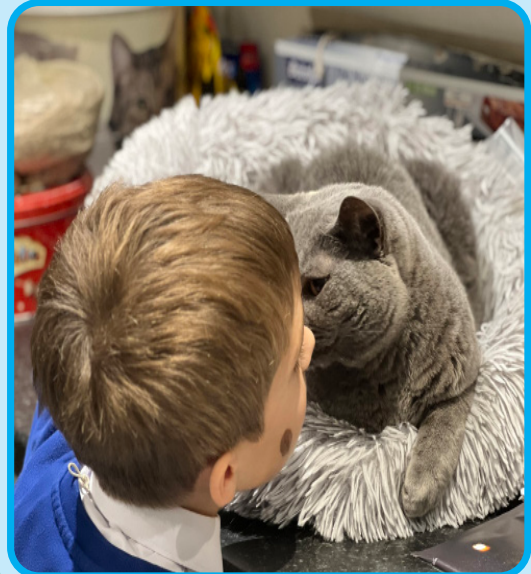
**We couldn't start the new year without one of our favourite virtual activities - Pet Corner!**

It was a fantastic meet up and another great chance for young carers to introduce and tell us all about their pets and favourite teddies! Hannah brought along her teddy Turkish – who's been to his fair share of Pet Corner Club sessions.

It was lovely to have some new young carers and their furry friends join us, along with volunteer Claire. We're already looking forward to the next instalment.

**"I really enjoyed today's Pet Club.  
I take comfort in spending time with my pet and  
it was nice to talk about him today"**

**Young Carer**



**William pictured with his furry friend, Zebedee the cat.**

## Sewing Workshop

**Young carers took to their sewing machines during February half-term's workshop.**

Set against the glorious backdrop of [Beckenham Place Park](#), young carers came along to the KSY Sewing School where they got to work earning their sewing machine driving licenses and making their very own drawstring bags! The event was attended by 30 young carers of all ages. Some left having learnt an amazing new skill, while others were able to enhance what they already knew.

**"I Just wanted to thank you and all the team for making  
the sewing workshop so enjoyable. The girls loved it and  
were very proud to show their lovely bag to everyone!"**

**Parent**



We were feeling the love as the workshop fell on Valentine's Day and some young carers chose a lovely heart-themed material to make their bags from. Needless to say, a fun-filled day was had by all.



## Emotional Health & Wellbeing

### Bromley Y Text Support Service

The Signpost is a text service for 11-18-year-olds that offers emotional health support Monday to Friday from 9am-5pm. Text **07480 635 025** to start a conversation with a trained practitioner. [Watch the video here.](#)

Bromley Y also offers free mental health and emotional wellbeing webinars for parents and carers of both primary and secondary school-aged children, as well as webinars for young people of secondary school age. Topics for young people include managing anxiety, low mood, motivation and depression, academic stress and healthy study habits. Topics for parents and carers include supporting transition to secondary school and emotionally based school avoidance.

Visit [Eventbrite](#) to find out available dates and to book your place.

Take care  
OF  
YOURSELF

### We are here for you

If you have any concerns about your mental health, your caring situation or you just want to talk, please get in touch. Email [youngcarers@bromleywell.org.uk](mailto:youngcarers@bromleywell.org.uk) or phone or text Lorna on 07598 828070 or Hannah on 07594 091769.

**BROMLEY Y**  
Building Strengths

Powered by  
**ChatHealth**

# THE SIGNPOST

Text support for 11-18 year olds

Listening  
Advice  
Information

Stressed?  
Worried?  
Feeling low?  
Problems with friends or family?

When you are struggling with something, it can be difficult to know which way to turn for help.

The Signpost offers emotional health support and will help you think about what options are available.

**Text: 07480 635 025**

Texts are monitored Monday-Friday, 9-5 (excluding Bank Holidays)

bromley-y.org @bromley\_y @bromley\_y @bromleywellbeing

## Save the Date!

### Wellbeing catch up for ages 16-19 Thursday 6th April from 2-4 pm in Bromley North

Drop in for a chat and catch up.  
Booking required.



### Learn how to manage money through Music Tuesday 11, 12 and 13th April at Station Road

This three-day workshop, in collaboration with Create Art, is open to young carers in year groups 5,6,7 and 8. Booking required.

## Welcome back, Hannah!

**For those who don't know me, my name's Hannah and I'm the Young Carers Support Worker. I have recently returned from maternity leave after having my beautiful daughter, Grace.**

It's great to be back and I'm enjoying catching up with the young carers I worked with prior to my leave and seeing what they've been getting up to!

The service has been really busy so there's lots to catch up on and loads of new faces to meet. Outside of work, a lot of my free time is taken up by an active one-year-old, but I continue to make time for my passion - field hockey – and still play for a local team, Bexleyheath and Belvedere.

I've always enjoyed being outside and I am a self-confessed foodie, so it's great that I can now do these things with my daughter too!

**WELCOME BACK!**



## News: Carers Trust Survey

A Carers Trust survey released recently shows the devastating double whammy of the cost-of-living crisis and the increasing intensity of caring responsibilities shouldered by children and young people providing unpaid care to family members.

**CARERS TRUST**

**CARERS TRUST**

**“There is a lot of pressure on me, to the detriment of my own health, wellbeing, success, happiness and future.”**

Young adult carer

- **56% of respondents say the cost-of-living crisis is always or usually hitting them and their family**
- **32% say they always or usually face additional costs because they are a carer**
- **56% say the time they spend caring has increased in the past year**
- **47% are now caring for more people than they used to**

### Sign the Young Carers Pledge

The Carers Trust is asking MPs, organisations and individuals to pledge their support for young carers and young adult carers by signing the [Young Carers Pledge](#). Encourage all that you know to do the same so that the Carers Trust can build a case for more support for young carers and young adult carers.

**Bromley Well**

Funded by:



**NHS**  
South East London

A Network Partner of  
**CARERS TRUST**