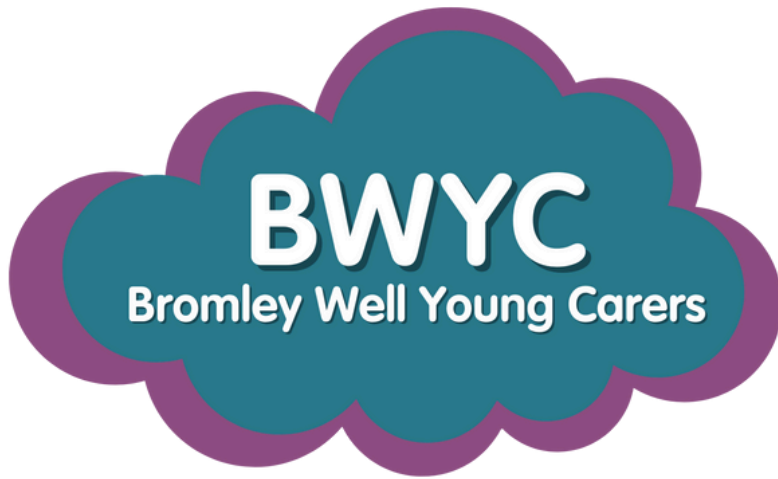




Bromley

Well


**EXCELLENCE
FOR CARERS**
 Carers Trust Quality Award

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...

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Coordinator's update

The Young Carers Team has been hard at work planning and delivering our autumn and winter activities! Many of our young carers returned to school, with some even starting at new schools. We've worked closely with several young carers on transitioning to a new school or further education, and it's great to hear that things are going well for so many.

Here at Young Carers HQ, we're into the festive season and had a wonderful Christmas Activities Event! Our next events will soon be ready to view on the Bromley Well Young Carers App. Don't forget to check them out and book your spot—we can't wait to see you all in the new year!

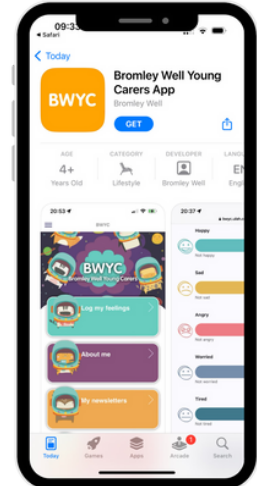
Service updates

Over the winter, we've been meeting with new Young Carers across Bromley. It's been great to connect with so many of you and introduce you to the **Bromley Well Young Carers (BWYC) App!**

The app is a fantastic tool to keep track of upcoming events and check in on your own wellbeing. We're excited to see you all getting involved and making the most of the support and opportunities available.

We've had a fantastic response with many Young Carers actively using our BWYC App to utilize the **"Log My Feelings"** feature. Keep up the great work!

Also, a big Thank You to all our Young Carers for your feedback for ideas on our Young Carers Youth Club, keep an eye out for further updates on the BWYC App.



ATTENTION YOUNG CARERS (AGES 7-11)!

Would you want an overnight summer event just for you! This is your chance to help us create something unforgettable!

Fun activities, cool adventures, and good times with friends await.

Your input is required—fill out the form below and let us know what you'd love to see!

Fill out the form on the Young Carers App to have your say!

We're excited to be planning another survey, running until the end of January 2025! This time, it's all about gathering your opinions on an **Exciting Respite Opportunity for Young Carers**, offering you a chance for some well-deserved, longer breaks from your caring duties. 

Your feedback and ideas are so important to us and play a huge role in making these projects happen. Once again, we'd greatly appreciate your thoughts and feelings—your input truly makes all the difference!

Thank you for your continued support—you're all amazing!



Service updates

We had a fantastic assembly with St Mary's Cray Primary School, where we connected with more amazing Young Carers and continued to grow our network of **Young Carer Champions** throughout schools in the borough.

If we haven't visited your school yet, let us know! Our mission is to establish Young Carer Champions in schools across Bromley, and we'd love to include your school in this important initiative.

Let's keep growing our community and supporting each other!



On 12th December, the Young Carers team got to play Santa as they collected Christmas presents from the **Salvation Army** and distributed them to our Young Carers! A massive thank you to the Salvation Army for their donations!



"Thank you so much we can't wait to open them!"

-YC

HAPPY
HOLIDAYS

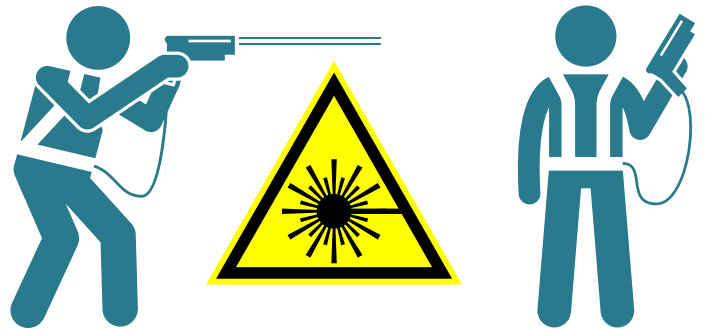
"I just wanted to say how much M enjoyed her gifts. It was a lovely surprise, thank you so much"

-Parent

Leisure Activities

We had an amazing time at our **Laser Tag event** on the 22nd of October! The feedback was fantastic, and it's great to hear that everyone really enjoyed the experience.

A special shout-out to our top scorers: **Kaylan** with an impressive 1,260 tags, and **Theo** with 1,057 tags! Well done to both of you!



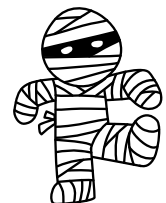
We enjoyed two days of Halloween fun and activities with **Healthwatch Bromley**, who held these events in collaboration with Bromley Well Young Carers. We even had a familiar face drop by—Hannah, former Young Carers Support Worker!



Spooky fun and games were the order of the day at the **Young Carers Halloween Party** at Crofton Halls, where both young carers and staff had a fantastic time! The "Best-Dressed Mummy" competition was a particular favourite among everyone.

"I really enjoyed the dress the mummy competition it was a lot of fun and messy"
-YC

"I really had fun just wish we could stay longer. I don't want it to finish!"
-YC



Leisure Activities

For our final spooky event of the season, we visited **Sea Life**, where we came face-to-face with some pretty scary sharks! We wrapped up the day with an eerie trip to the **London Dungeon**, making for a fun and spooky outing—perfect for the Halloween season!



"I had so much fun today—it felt even spookier visiting the London Dungeon on Halloween!"

—YC

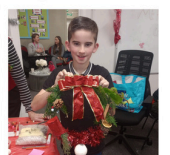
"R has not stopped talking about his adventures in London today Thank you so much for these opportunities"

—Parent



A fantastic day was had at the **Young Carers Christmas Event**! Despite the storm raging outside, we warmed up nicely with festive activities, including wreath-making, tree decoration crafting, card-making, and biscuit decorating.

We received some lovely feedback from Young Carers, parents, and volunteers, making the event even more special.



"Both boys had a fantastic time. Thank you so much"

—Parent

"This has been so much fun! I loved the Wreath Making!"

—YC

"Fantastic event you put on, ladies. Happy Christmas!"

—YC



Leisure Activities



We read *The Boy Who Slept Through Christmas*, and it was such a festive treat! The **Young Carers Book Club** ran every Wednesday on Teams. A wonderful mix of holiday magic, reading, chatting, and a heart warming story.

All attendees received their book in November – don't forget to check out the QR code on page 269 of your book to download the songs and lyrics. It's a great way to add some extra Christmas cheer!



SAVE THE DATE



- **21st January 2025 – Pets Corner via Teams**

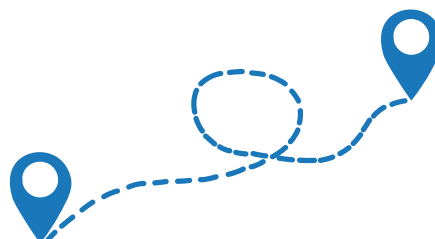
Look out for the flyer for this and other events on your BWYC APP Calender.

DID YOU KNOW?

Transition Support for Young Carers

BWYC offers transition support for young carers, designed to help you navigate important life changes. Whether you're moving to a new secondary school, starting university, or planning for your future, we're here to guide and support you. Contact Gina or Maria:

youngcarers@bromleywell.org.uk



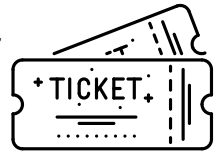
Guest YC Contributor

Young Carer, Florence (age 10)

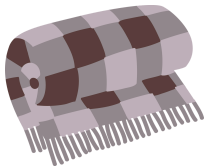
fAMILY

Life is Great When You Have Your Family Around You

My name is Florence, and I am 10 years old. I love Taylor Swift and have seen her in concert. I really love steak and chicken! I don't like scary stuff like clowns.



I am a Young Carer to my nan, who lives with us. She is 80 years old and has dementia. She forgets things quite a lot. Sometimes my nan goes to the hospital, and I like to put the cover over her to keep her warm.



Sometimes I really worry about my nan, but that's part of being a young carer. It's ok because I know my nan appreciates me, my mum, and my family, especially when she makes a mess, and I clean it up for her.



Life is great when you have lots of family around you.

At Christmas I make sure I stay with Nan as sometimes it can be busy, and she gets a bit muddled. So, I just give her lots of hugs



Florence joined us for lots of events in 2024, including this horse-riding event in the summer!



Resources

Glasspool Fund

Are you in a family with financial difficulty? We may be able to refer you for a £500 grant for support to obtain essential items. Speak to a member of the Young Carers team if you would like further information.

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 could be for a range of things including driving lessons, help to buy items for the home giving a break from your caring role. If you are interested in applying for this grant, please contact us!

Brighter Beginnings

The object of the charity is the prevention or relief of poverty of families with dependent children in the London Borough of Bromley in particular. Ask us about making a referral.

Emotional Support

Please remember that we are available for emotional support and someone to talk to if you need it. 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. Contact Gina or Maria at the email address/number below.



CONTACT US

youngcarers@bromleywell.org.uk | www.bromleywell.org.uk/refer