



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.

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Coordinator's update

What an incredible Easter break we've had, and what a brilliant start to our summer activities! From action-packed sessions at Laser Quest to delicious cookie crumble baking, plus climbing challenges at Rhino Boulder, it's been full of energy, laughter, and great memories. And we're not done yet! There's so much more still to come, including exciting day trips to Howletts and Digger land. Make sure you keep an eye on the app and book your space so you don't miss out.

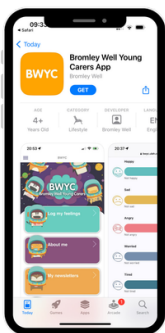
We can't wait to see you at the next one!
The Bromley Well Young Carers Team

Service updates



Carers Week (8th–12th June) focuses on **building carer-friendly communities**.

It is a great opportunity to celebrate our young carers and hear their ideas. This year, we are attending **Crofton Juniors**, where young carers will contribute to a message board, sharing their thoughts on what a carer-friendly community looks like to them. Thank you to every young carer who have agreed to take part, your voices help drive positive change for all young carers in the community.



To sign up to our Bromley Well Young Carers email list follow the link:
<http://eepurl.com/iIhVws>
Please make sure you sign up!

Our Bromley Well app is still growing!
Take a look and share your feedback and ideas in the app's feedback section. We're excited to hear your suggestions and see how we can continue to improve.
Also, don't forget to follow us on Instagram:
@bromleywellyoungcarers

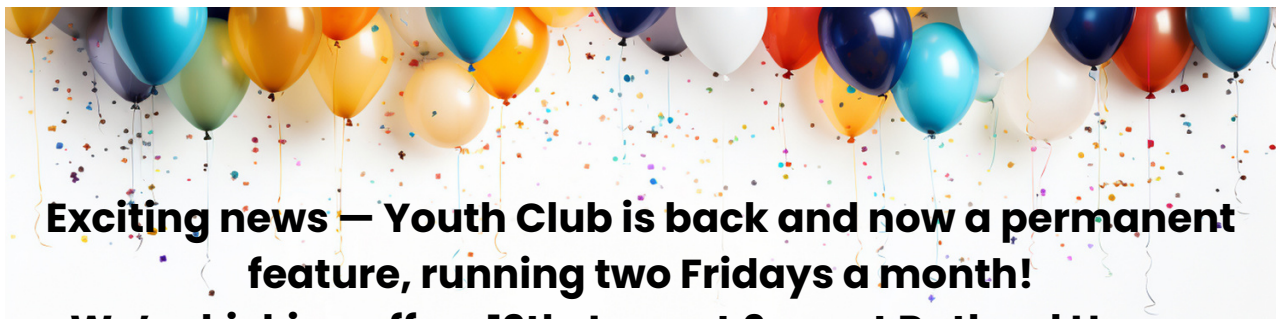
Service updates



*Thank
you*

**A big thank you to The Beckenham Rotary Club for their generous donation of £1,000 towards our Howletts Safari trip.
Watch this space for some fun pictures of the day in our Autumn edition!**

Youth Club Grand Opening 12th June, from 6–8:30pm



Exciting news — Youth Club is back and now a permanent feature, running two Fridays a month!

**We're kicking off on 12th June at 6pm at Rutland House.
Keep an eye on the app for updates and upcoming dates!**

Have we been to your school yet?

BWYC are visiting more schools over the coming months — and we're really looking forward to it!

If we haven't been to your school yet, please get in touch. We'd love to come in, meet you, and share what being part of the Young Carers community is all about.

We're working to reach every young carer in the borough and build a stronger, more connected community together.

School Visits this Quarter

Glebe School, Hayes, Key Stage 3–4
Balgowan Primary School, Beckenham
St Pauls' Cray CE Primary School, Orpington

Events April–Easter Half Term



BWYC Events update

Laser Quest, 1st April, 6–10 Years



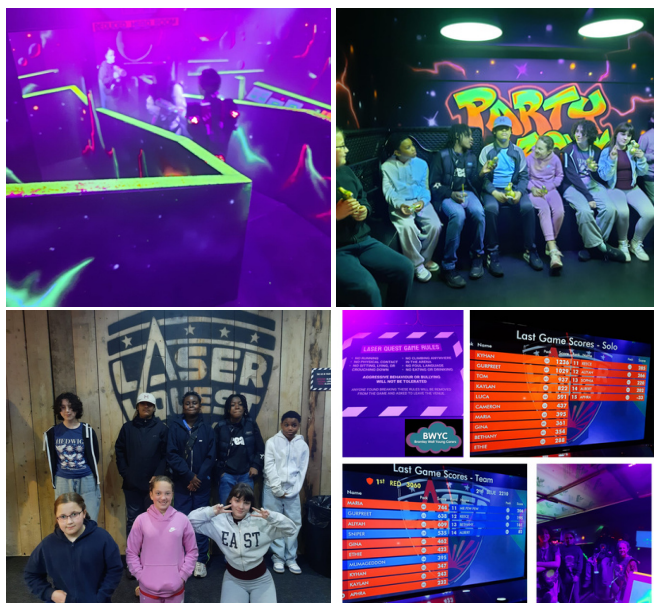
Our 6–10 year group had so much fun at our Laser Quest day event, as did the adults! It was a fantastic day of team building and some friendly competition between the teams.

It was a great opportunity for our young carers to run around, let off steam, and enjoy themselves.

Laser Quest, 2nd April, 11+ Event



AMAZING



Another fun Laser Quest event with our 11+ group of young carers. The pace was a little faster than the younger group, and they certainly kept the Young Carers team on their feet!

It was a great day had by all, with plenty of friendly banter and good vibes all round.

Events Easter Half Term



BWYC Events update

Cookie Crumble Event, 7th April, 4-11 years



Bake Off (well, almost!)

It was Bromley Well Young Carers' chance to shine and show off their baking talents – and wow, they did not disappoint.

Some amazing cakes were made and, of course, tasted too!



Cookie Crumble Event, 8th April, 12+



Another amazing baking session with our 12+ bakers. More sweet treats to taste and tempt! What a great session we had. Once again, it really shows what a talented community of young carers we have at BWYC.



Events

BWYC Events update

Rhino Boulder climbing event, 9th April, 4-8 years



Over the half term, we took on the climbing walls at Rhino Boulder, Bromley. We had a fantastic two days, really putting our climbing skills to the test.

For some young carers, it was their first time climbing, but both groups rose to the challenge and left wanting more. We've listened—so watch this space for more climbing adventures over the summer!



Rhino Boulder Climbing event 10th April 9+



PSSAT! intensity scale			
GRADE [Font]		GRADE [Hueco]	
1 - 3		VB	
3 - 4		VB - V0	
4 - 5		V0 - V1	
5 - 6A		V1 - V3	
6A - 6B		V3 - V4	
6B - 6C		V4 - V5	
6C - 7A+		V5 - V7	
7A+ - 9A		V7 - V17	



Young Carers Spotlight

A Royal Occasion to Remember



Well Done Amber



Amber proudly represented the Scouts at the State Opening of Parliament.

Amber had a wonderful time, helping to welcome the French Ambassador and assisting with ushering Lords, MPs and Ambassadors following the King's Speech. As a member of Bromley Well Young Carers and the retiring Orpington May Queen, it was a huge privilege for Amber to take part in such an important and historic British event.

Amber also enjoyed a special tour of the House of Lords during her rehearsal the day before. As an avid historian, this made the experience even more meaningful for her.

A truly memorable achievement.

Well done, Amber!



Young Carers Spotlight

Turning Care into Action By Sophie Bellamy



“

In March, I took part in a fundraising challenge for Cancer Research UK, running ten 5Ks across the month. It was challenging at times, but incredibly rewarding.

Together, my mum and I raised around £1,040, which will go towards developing life-saving treatments and supporting those affected by cancer.



As a young carer for my grandma, who was recently diagnosed with cancer, this challenge meant a great deal to me and my family. It gave me a positive way to make a difference for a cause that is very close to our hearts. I'm already looking forward to taking on my next challenge!

”

Sophie and Anne's 10x 5K Runs for Cancer Research

Total raised
£1,041.90
+ £206.72 Gift Aid

104% of the £1,000.00 target



10 Days of 5k Challenge Finisher 2026

This March

Your name
Sophie Bellamy

ran a total of
50
kilometres

raising
Amount raised
£1,041.90
to power progress for people
affected by cancer

Thank you for your support!
Every pound raised for every kilometre completed will help bring about a world
where everybody lives longer, better lives, free from the fear of cancer.



Cancer Research UK is a registered charity in
England and Wales (2089454), Scotland (SC048996),
the Isle of Man (2023) and Jersey (247).

Together we are
beating cancer

Resources

Young Carers grant for aged 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 £400 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!



Transition Support for Young Carers

BWYC offers dedicated 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 every step of the way.

To access support, you can contact **Gina or Maria at** youngcarers@bromleywell.org.uk, or head to the **BWYC App**.

Emotional Support

.Need Someone to Talk To?

Remember, we're always here for emotional support. Whether it's your mental health, your caring situation, or just things going on in your life, you can reach out to us.

Don't forget — our BWYC app now has other services you can connect with directly. You can also call us at BWYC, and we'll guide you through referrals or help you get the support you need. You're not alone, and we're here to help every step of the way.

Maria/Gina Email us:

youngcarers@bromleywell.org.uk



SAVE THE DATE

12th June – Youth Club
31st July – 4th August – Emma's pottery Parlour
27th July – Horse riding
6th August – Horse riding
18th August – Howletts Wild Life Park
26th August – First Aid Training



CONTACT US

youngcarers@bromleywell.org.uk | 0808 278 7898



Delivered by:



Funded by:

