

Young carers are young people who live in a family where someone is affected by a long term illness, disability, mental health issue, alcohol or substance misuse or HIV. Carers Bromley's Young Carers Service supports young carers aged 4 - 18 years.

# Seeing Stars

## NEWS FROM CARERS BROMLEY

*YC events are always a drama!*



*Listen out for GLOBAL'S MAKE SOME NOISE!*

**Carers Bromley has been selected as one of this year's beneficiaries to receive funding and support through Global's Make Some Noise.**

Global's Make Some Noise was created by Global, the media & entertainment group. The charity unites all of Global's brands, including Heart, Capital, Capital XTRA, Radio X, Classic FM, LBC, Smooth and Gold, to give a voice to small charities and projects across the UK which struggle to raise awareness.

Lynne Powrie, Chief Executive of Carers Bromley, said: "We are thrilled that our bid to Global's Make Some Noise has been successful and that we will be a recipient of a proportion of the funds raised this year. This will enable us to raise awareness and supply much-needed support to more young carers. Big thanks to **Global's Make Some Noise!**"

**It was a mini-musical jamboree at the three day performing arts event for young carers. The event, which featured young carers of all ages, who learnt the art of composing and making music, was facilitated by ArtsTrain.**

Participants were divided into three groups, with each group taking turns to DJ and use different instruments to make great sound productions.

The groups composed songs, played ukuleles and tambourines to make beautiful music and the other were 'professional sound engineers' during the event. The whole event was enjoyed by all and offered young carers the opportunity to learn a new skill and catch up with other young carers.



### It's the law!

**Please remember legislation has been published to help young carers.**

The Children and Families Act 2014 states that Local Authorities must meet their duties to identify, assess and support young carers, young adult carers and their families.

Young carers, parents or professionals can request a Young Carers Needs Assessment by contacting the **London Borough of Bromley on 0208 464 3333.**

**WANT REGULAR UPDATES?**



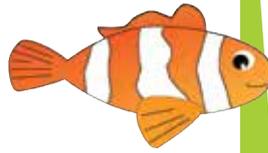
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# Big fish to little fish? Is that how it feels?



## Are you moving to secondary school this September?

Young carers frequently report that their caring role can cause distress and impact on their mental health. It can cause tiredness, worry, stress and isolation and affect their ability to access services. Whilst a young person's caring role can be a positive part of their family relationships and a source of pride, it can also be a risk factor for their mental health.

For young carers coming to terms with caring responsibilities whilst navigating growing up and all that the modern world throws at them can be overwhelming, the move from primary to secondary school is a significant period in the lives of young people and their families.

Pupils, typically, move from a relatively small primary school where they are well-known and taught all their subjects by one class teacher, to a large secondary school where they are taught by many subject teachers who each see them for a limited time each week.

For some this can be an exciting time of new experiences and widening horizons.

For others, however, it is a time of uncertainty, anxiety and a loss of confidence.

Information from [www.carers.org/news/young-carers-need-more-mental-health-support-or-they-will-remain-invisible-](http://www.carers.org/news/young-carers-need-more-mental-health-support-or-they-will-remain-invisible-) and [www.bristol.ac.uk/education/news/2010/transition-bristoluniversity.p](http://www.bristol.ac.uk/education/news/2010/transition-bristoluniversity.p)

The Young Carers Team are here to help. We can offer you the chance to talk to someone who you can share your thoughts and feelings with and to whom you can tell your problems and concerns.

Call **01689 898 289** or **0800 015 7700** to book a 1:1 session you can even book a skype sessions!



## Express Yourself!

It happened on April the 1st and no - it was not an April fool! Young carers had the opportunity to make music with the 'ArtsTrain Team' at Bromley Youth Music Trust.

Everyone had the chance to explore music technology with drum machines, synths, microphones, percussion and lots of other cool equipment. The young carers worked as a team and even performed their very own songs at the end of a rather noisy day.



The group took part in a rapping workshop and wrote their own verses to the beat - we were amazed at the song writing talent and some were brave enough to stand solo and show off their skills. It was great to be able to hear their stories through music. We learnt that song writing is a fantastic way to express your feelings.



## Watch out! Reptiles about!

Our spring activities kicked off with a visit from 'Reptile Events' for a full-on day of fantastic facts and knowledgeable insight into the lives, habitats and characters of these amazing reptiles. Young carers had a chance to get up close and personal with the reptiles, snakes, snails, skinks and more - some were even brave enough to hold them!

The younger age group had a great arts and crafts session before the arrival of our slippery friends with a chance for everyone to make their own paper snakes and paint a money box to take home. The older group had a chance to meet the reptiles, asking some brilliant questions and then it was time for a pizza feast and a DVD.



# Health Wise SESSIONS update

## Why Not Join In?

Health Wise Sessions are monthly interactive groups for 10 - 18 year olds looking for information and fun. Be a wise owl and join the gang - you can also stay in touch with everyone at Carers Bromley.



**GOT ANY WISE IDEAS?**

If you have an idea for a Health Wise Session, please call:

**0800 015 7700**

## Look out for the owl

Over the last few months, our Healthwise sessions have included a visit from CASPA for a brilliant workshop on understanding Autism. We also had a blast with an interactive art workshop, getting messy and creating our own paintings on canvas. We even got up early on a Saturday morning for an amazing healthy breakfast session - we never knew what budding chefs we had! Thank you to Judy from Judy K 'Cake decorating for all' who facilitated the session.



Regular attendees agree that Carers Bromley's Health Wise sessions are...

Informative

A chance to spend time away from your caring role

Fun

Interactive

A chance to catch up with other YC's

They even provide great healthy snacks!

Time to relax and chat



## So why not give it a go?

If you are aged 10 to 18, look out for the flyers with the wise owl in the corner, or for more information call **0800 015 7700** or **01689 898289** and speak to a member of the Young Carers Team.

## Magic Media Crew update

The Magic Media Crew is a project for young carers aged 11-16, to equip them with skills to enable them to tell their stories to the media.

YOU have the power to raise awareness and help hidden young carers. New members are welcome at any time of the year!

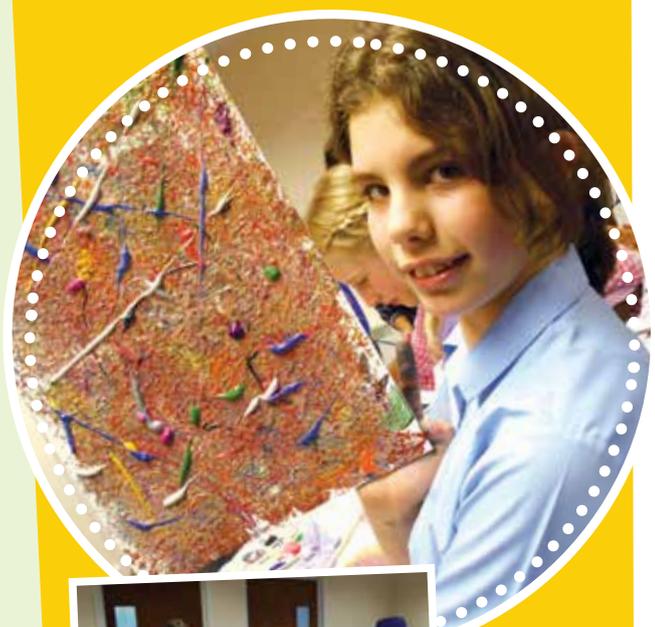
We had a great time at the April Magic Media Crew event! The young carers that attended used their creative minds to develop a news program with a twist. All interviews were linked to young carers in some way, including a weather and gossip report. Keep your eyes peeled for the edited version at the next MMC meeting. We also had a visit from a young carer who wanted to share his story about caring for his mother who is living with a mental health issue. To read his story, visit the MMC blog.

The most recent event was a Cartooning Workshop with Talmud Bah. The group had a chance to

create their own comic strips and learn how to use story boarding skills to develop their own stories. We also ran a competition to win a voucher and asked young carers to share their story. The winner will be announced soon and the winning piece will be available to view on our blog: [www.magicmediacrew.wordpress.com](http://www.magicmediacrew.wordpress.com)



If you are 11 - 16 years old and would like to find out more about the Magic Media Crew, please contact **Lucy Ely, Young Carers Media Worker**, at [Lucy.ely@carersbromley.org.uk](mailto:Lucy.ely@carersbromley.org.uk) or call **0800 015 7700**.



# News From The Team

## Seeing Stars : suggestion box

This is a quarterly newsletter, informing young people and professionals about the services Carers Bromley offer to young carers living in the London Borough of Bromley. If you have any comments you would like us to share regarding any of the content of this newsletter please call Tracey Parry, Young Carers Services Manager on 0800 015 7700.

## UCAS tick-box campaign

Carers Trust are getting involved in a campaign for UCAS to add a tick-box to the online form that people use when applying to university.

This campaign was started by a young adult carer. She explained that while carers are not able to tell universities about their caring role they are cut off from the information and support that would help them plan and help them during their studies. Right now half of young adult carers report that they are struggling with their studies because of their caring role. Without the right information and support they are four times more likely to drop out of university. That needs to change and we need your help to do it. Please sign the petition from Carers Trust and ask your friends and family to show their support as well. <http://bit.ly/1WN56gQ>

Sorry!



In the last issue of Concerning Carers, we thanked the Widow Bikers Santa Toy Run for donating presents to some of our young carers. However, we also neglected to thank Bromley Children & Families Voluntary Sector Forum who arranged this event.

They generously invited several organisations, including Carers Bromley, to collect the toys and distribute to children. It is clear that without the Forum, we would not have been able to give presents to young carers and we wish to sincerely thank the Forum for their efforts on behalf of the children in the borough.

## Over The Wall

Free and fun camps for children, teenagers and their families living with serious health challenges.

**HEALTH CHALLENGE CAMPS:** Applications are accepted from children aged 8 to 17 years, living in the UK, who are currently receiving treatment, or experiencing health challenges.

**SIBLING CAMP:** Applications are accepted from children aged 8 to 17 who have a brother or sister (of any age) who is currently receiving treatment, or experiencing health challenges. Unfortunately, they are unable to accept children with an Autistic Spectrum Disorder or diagnosed behavioural difficulties.

**FAMILY CAMP:** They invite applications from families who have a child aged from birth to 17 years, who is currently receiving treatment, or experiencing health challenges.

**MORE INFORMATION:** To find out more about the camps and their criteria, please visit [www.otw.org.uk](http://www.otw.org.uk) or call 02392 477 110.

## Young Carers Support

**Babble** is an online service for young carers under 18 years, where you can find other young people in a similar position, chat, share your stories and hear about others experiences.

To find out more visit [www.babble.carers.org](http://www.babble.carers.org)



**MATTER** is an on-line service for 16 – 25 year olds. The site brings together young adult carers from across the UK. There is also an online community team to provide support when necessary.

To find out more visit: [www.matter.carers.org](http://www.matter.carers.org)

## FREE APP

**Emoodji by Mind** is a free app for the ups & downs of university life, from exam stress & homesickness to the joys of last exams done! Take a selfie, choose an emoji for your mood, maybe send it to friends – and track your mood over time.

## Thank you's

Carers Bromley would like to thank the following people/organisations for their support and kind donations: Soroptimists International Beckenham and District, Newstead Wood (year 8 students) for coming first in the First Give competition, Rotary Club of Beckenham, Co-op, Caspa, ArtsTrain and Nick (young carers volunteer) for his artistic talents.

## Everyone's invited to join Parallel London

Carers Bromley is delighted to announce that we have charity places for the world's first disability-led fun push/run!

London Olympic Park, Sunday 4 September.

**All ages. All abilities. No cut-off times.**

Places will be allocated on a first come, first served basis. Please help us to raise as much as we can. Please contact **Karen Waldron**, Resources Manager, on 01689 888966 or email [Karen.waldron@carersbromley.org.uk](mailto:Karen.waldron@carersbromley.org.uk) for more information.

You choose  
100m, 1k,  
5k or 10k

## Useful Contacts

Carers Bromley	0800 015 7700
CLUB 358 (16 – 24 years)	07908 063331
Carers Trust	<a href="http://www.babble.carers.org">www.babble.carers.org</a>
Carers Trust Forum for YAC's	<a href="mailto:matter@carers.org">matter@carers.org</a>
BEAT	Helpline for young people to beat their eating disorders 0845 634 7650
BEAT young carers club	<a href="http://www.b-eat.co.uk/get-help/get-support/online-service/young-carer-s-club/">www.b-eat.co.uk/get-help/get-support/online-service/young-carer-s-club/</a>

Bromley Healthcare	<a href="http://www.yourchoiceyourvoice.co.uk">www.yourchoiceyourvoice.co.uk</a>
Childline	0800 1111 <a href="http://www.childline.org.uk">www.childline.org.uk</a>
Macmillan Cancer Support	0808 808 0000 <a href="http://www.macmillan.org.uk/Cancerinformation/Ifsomeoneelsehascancer/Youngcarers/Youngcarers.aspx">www.macmillan.org.uk/Cancerinformation/Ifsomeoneelsehascancer/Youngcarers/Youngcarers.aspx</a>
The Samaritans	01689 833000
Young Minds	<a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a> Parent Helpline 0808 802 5544

Seeing Stars is a newsletter that is keen to welcome points of view from young people. Therefore, the views expressed in this newsletter are those of the individual contributor and do not necessarily reflect the views of The Young Carers Forum, young carers or Carers Bromley. We welcome contributions whether letters, articles, cartoons, stories, jokes or poems. Please forward any contributions to Carers Bromley, Young Carers Service.



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