



Supporting children and young people whose lives are affected by looking after someone with care needs

Donate to support our work at <https://www.solihullcarers.org/fundraise-and-donate/>



Since 2014 the number of young carers registered with us has risen from 330 - 653 - and numbers are expected to double in the next 3 years



We receive 170 new referrals a year



With new funding from Solihull Council to meet the needs of the growing number of young and young adult carers in Solihull - a few things are changing. Look inside for services available to carers aged 5 - 25 in Solihull, plus assessments for parent carers.

But the best events of the year are still happening!! Request your place now.



Young Carers Festival

3 day festival with 2300 young carers from UK - June 2019



Mount Snowdon Challenge

2 night camping and 1 day climb - with guide - August 2019

What's inside

What services you can receive from your local Carers Trust Solihull Young Carers Team

Stuff you need to know

Events, Activities, Training and Workshops for carers aged 5 - 25

What's happening during Carers Week!

Young Carers Promise

Aged 5 - 25 and caring for a family member or friend? Help you can get from Carers Trust Solihull Young Carers Team



Young Carers and Families Resource Centre

Borrow interactive books, games & DVD's which help to support feelings, health, behaviours and issues that affect your life when you're caring

Assessments & Reviews

Talk about how caring affects you and find out what support is available to help you

Carers Card

To use in emergencies and for free and reduced admission to fun places in the area

A break from caring

Activities, Clubs and Residential Trips - especially for you.

This includes Respite trips just for young and young adult carers who cannot get out easily or don't have access to other breaks from caring

Training and workshops

To increase your knowledge and skills to cope with caring and plan for your future

1 - 1 Support Worker

Talk through difficulties you may be facing, including feelings and caring at home

Specific help for carers aged 16 - 25

Support into adulthood, adult services and education and employment

Wellbeing Groups

Helping you discover and focus on good things in your life and what's around you

One to one and Group Peer Mentoring

Have a Mentor or be a Mentor - using your experience and knowledge to help others or receive support from a Mentor either by yourself or in a group

Group Befriending

Find or arrange for a Befriender to help you feel comfortable and join in during events, activities and clubs

Community Befriending

Access a Befriender to help you with what you need e.g. joining an activity close to home, building your confidence to do things by yourself

For information or to find out more about any of the above contact us on 0121 788 1143

Finding us online

Find us on Facebook, Twitter, our App or website. Talk to us on Skype or Facetime (contact details on back page). We can also tell you about other services.

Drop in's

Find us and speak to us for support in Blossomfield and Woodlands College and Solihull 6th Form. You can also drop in at our office - address on back page

Be a voice of young carers in Solihull

Join a Decision Making Group and be the voice of carers at meetings to help shape services for young carers in Solihull

Young Leaders

Once you have been a Peer Mentor receive training and become a Young Leader. Assist with activities and help other young carers to have fun!

Young Carers in School Award Scheme

We will work with your school / place of education to help them identify, work with, support young and young adult carers and refer to the right support

Young Adult Carers Time 4 Me Fund

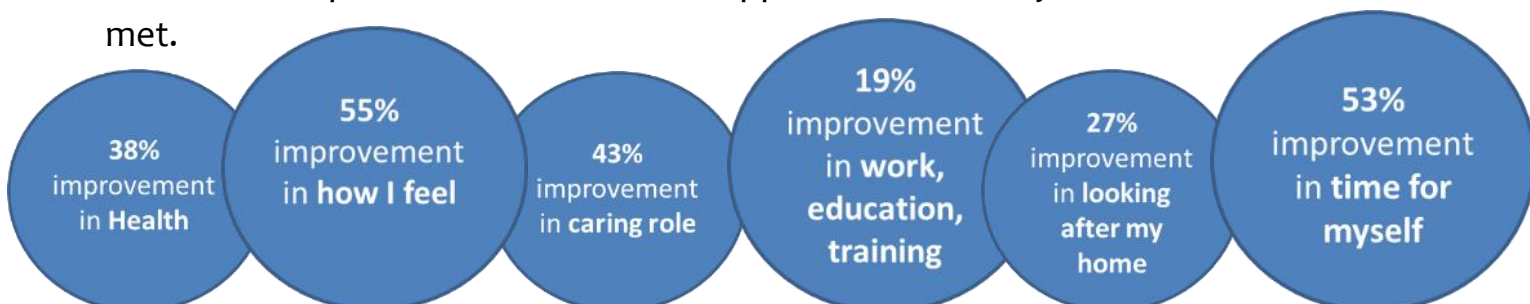
Ask us for £30 to do something fun with friends and/or family e.g. cinema trips, sporting event, relaxation treatment or a meal out

And.. Parent Carers Assessments

A Parent Carers Assessment is for carers aged 18+ who provide care to a child with a disability or additional needs for whom they have parental responsibility.

It will look at what impact the care and support they provide to their child has on their physical, mental and emotional wellbeing. It also looks at their feelings about caring and how it affects their health, work, education, leisure, finances and relationships.

Once an assessment has been completed, a support plan will be drawn up which considers the parent carers needs for support and how they can be met.



For information or to find out more about any of the above contact us on 0121 788 1143

Stuff you need to know

Reviews



To keep up to date with what is happening in your life, the support you are getting from others and us and checking if there's anything else you need - we carry out **Reviews**. If you request a replacement carers card or to go on Respite list, we will carry out a Review. You can also request one if you feel your circumstances have changed.

Respite Activities



In addition to the attached programme of activities we hold Respite Breaks exclusively for young carers who need a break from caring and are socially isolated. If you would like to request to go on our list to be contacted about these breaks contact us on 0121 788 1143 to check if you / your child is eligible for Respite Breaks.

Transport



Please note that when you are booked on to an activity but don't attend or request transport when it is not needed It costs our charity money and places that could be offered to others. We understand last minute cancellations are not always preventable but please be considerate of this.

Young Carer Clubs	Are accessible to any young carer, for a break from caring and to meet others in similar situations. We have planned activities at club, but these are optional.
Young Carer Activities	These are trips or activities open to all carers of all ages.
Young Carer Respite	For an invited group of young carers that really need a break from caring, and are isolated, normally run in the holidays.
Young Carer Training	Open to carers of all ages to build skills and knowledge through various training.
Young Carer Residentials	A few days away are residentials at Blackwell in the summer for Primary school young carers 8 plus and the young carer festival for secondary age range.
Young Carers Events	We celebrate national events for Carers, Young Carer Awareness Day, Carers Week and Carers Rights with various events.

What you can expect to happen and when (activities & respite)

- You can register interest for training/activity/ event– via text, phone, email or website
- Selections are made and you will be notified if you have a place 3 weeks before activity
- Letters and information packs are sent out 2 weeks before any activity. Consent & transport details need to be returned by parent /guardian at least 2 days before the activity
- We will contact you to confirm your attendance 5 days before activity
- **If we have no consent your child will not be able to attend. No exceptions**

May - Activities, Clubs ,Workshops and Training



Date	Activity	Age & Time	Location
Thu 2nd May	Young & Young Adult Carers Club Senses Challenges or just chill	5 - 7pm Primary 7 - 9pm Secondary & YAC	Carers Trust Solihull
Tue 7th May	Drop in Speak to someone about issues affecting you at college or home due to caring	College students 12 - 1.30pm	Blossomfield College
Wed 8th May	Drop in Speak to someone about issues affecting you at college or home due to caring	College students 12 - 2pm	Solihull 6th form college
Wed 8th May	Young & Young Adult Carers Club Senses Challenges or just chill	5 - 7 Primary 7 - 9 Secondary & YAC	Castle Bromwich Youth Centre
Sat 18th May	Young & Young Adult Carers Club Senses Challenges or just chill	All ages 1 - 3.30pm	Hatchford Brook Youth Centre
Tue 28th May	Activity Day Activities and games such as willow weaving, bath bomb making, apple pressing, den building, arts and crafts with natural materials, seed sowing, garden games, cooking, building bug houses, kite making, organic cooking and making elder flower cordial	All day Primary	Ryton Gardens
Wed 29th May	Activity Day. As above but for the older ones	All day Secondary	Ryton Gardens
Thu 30th May	Peer Mentoring Training Do you want to be a Mentor, contact us!	New Peer Mentors 10 - 3.30pm	To be confirmed

To register interest:

To book/register interest in any of the above call us on 0121 7881143 or visit us at www.solihullcarers.org

****Without consent you cannot access our services. If you haven't submitted consent within the last 12 Months then go to www.solihullcarers.org/makeareferral**

June - Activities, Clubs ,Workshops and Training



Date	Activity	Age & Time	Location
Mon 3rd June	Young Adult Carers Decision Making Group & Pizza Help choose activities, shape services and make a difference - with other like minded young adult carers	14 - 25 years	Venue to be confirmed
Tue 4th June	Drop in Speak to someone about issues affecting you at college or home due to caring	College students 12 - 1.30pm	Blossomfield Campus
Thu 6th June	Young & Young Adult Carers Club Challenge Night or just chill	5 - 7pm Primary 7 - 9 Secondary & YAC	Carers Trust Solihull
Wed 12th June	Drop in Speak to someone about issues affecting you at college or home due to caring	College students	Solihull 6th Form College
Wed 12th June	Young & Young Adult Carers Club Challenge Night or just chill	5 - 7 Primary 7 - 9 Secondary & YAC	Castle Bromwich Youth Centre
Saturday 15th June	Trip to Western Super-Mare To celebrate Carers Week 2019 we will be taking a trip to the beach. Carers of all ages and their families can come along and enjoy.	Please call to book a place Transport Provided £5 Per Person	Weston-Super Mare
Wed 26th June	Next Steps Workshop - CV Writing Are you AWESOME! Show it on your CV	14 +	TBC
Fri 28th - Sun 30th June	Young Carers Festival (Residential trip) Camp, music, fun, activities or just chill	Young Carers in Secondary School	Southampton
Sat 29th June	Young & Young Adult Carers Club Challenge Night or just chill	All ages 1 - 3.30pm	Hatchford Brook Youth Centre

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July - Activities, Clubs ,Workshops and Training



Date	Activity	Age & Time	Location
Wed 3rd July	Next Steps Workshop - CV Writing Are you AWESOME! Show it on your CV	14+	To be confirmed
Thu 4th July	Young & Young Adult Carers Club Art and Design contest or just chill	5 - 7pm Primary 7 - 9 Secondary & YAC	Carers Trust Solihull
Mon 8th July	Peer Mentor Supervision Top up the support & training you need to be Peer Mentor	For Peer Mentors only	Venue to be confirmed
Wed 10th July	Young & Young Adult Carers Club (Art and Design contest or just chill	5 - 7pm Primary 7 - 9 Secondary & YAC	Castle Bromwich Youth Centre
Thu 25th July	Next Steps Work Shop - Interview Workshop Learn how to be AMAZING at interview	14+	Venue to be confirmed
Sat 27th July	Young & Young Adult Carers Club Art and Design contest or just chill	All ages	Hatchford Brook Youth Centre
Tue 30th July	Trip to the Park Have fun at the adventure playground	Primary	Meriden Park
Wed 31st July	Ackers Outdoors Activity Centre Activities to be confirmed	Secondary	Ackers Adventure

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August - Activities, Clubs, Workshops and Training



Date	Activity	Age & Time	Location
Thu 1st Aug	Young & Young Adult Carers Club Summer party sports and games or just chill	5 - 7pm Primary 7 - 9 Secondary & YAC	Castle Bromwich Youth Centre
Fri 2nd - Sun 4th Aug	Climb Mount Snowdon Camp, climb, eat, chill and raise funds for us	18 +	Snowdonia
Tue 6th Aug	Young Carers Decision Making Group & Pizza Help choose activities and decide what services look like for young carers	12 - 16 years	Venue to be confirmed
Thu 8th Aug	Beach Day & Coach Trip Make memories and sandcastles	All Ages	(BN) Venue
Mon 12th - 14th Aug	Blackwell Adventure (Residential trip) Camp, fun, games & activities	Primary 8+	Blackwell Adventure
Wed 14th Aug	Young & Young Adult Carers Club Summer party sports and games or just chill	All ages	Castle Bromwich Youth Centre
Thu 15th Aug	Be Confident Workshop - Be the best you! Learn techniques to increase your confidence	All day Secondary	Venue to be confirmed
Mon 19th Aug	Activity Day Activities and games such as willow weaving, bath bomb making, apple pressing, den building, arts and crafts with natural materials, seed sowing, garden games, cooking, building bug houses, kite making, organic cooking and making elder flower cordial	All day Primary	Ryton Gardens
Tue 20th Aug	Activity Day. As above but for the older ones	All day Secondary	Ryton Gardens
Tue 20th Aug	Information Session Topic to be confirmed	College students	Blossomfield Campus
Thu 22nd Aug	Be Confident Workshop - Be the best you! Learn techniques to increase your confidence	All day Year 6	Venue to be confirmed
Sat 24th Aug	Young & Young Adult Carers Club Summer party sports and games or just chill	All ages	Hatchford Brook Youth Centre
Wed 28th Aug	Year 7 Transition Trip Event to be confirmed	Year 7	Venue to be confirmed

Fundraising Story



Running the London Marathon is no easy feat. To do it and raise awareness and funds for a Charity makes you a Superhero Runner in our eyes. Kelly raised around £1000 to support our work with young carers and four days later she was still recovering but said it was worth it.

Kelly chose to support young carers after hearing about the work we do and why - but also after seeing the compassion, and drive and love for the work we do in one of our Support Practitioners - who is a good friend of Kelly's.

Thank you Kelly!! You're a star!!

Help Us to Raise Funds

We rely on donations to provide the variety of support carers of all ages need in Solihull. Funds raised help pay for days out, residential trips, training, resources, transport for young carers when needed and more. If you, or you know someone who would like to help raise funds, there are lots of ways to do this:

You can find out more or request a fundraising pack by visiting:

www.solihullcarers.org/fundraise&donate or call Gina Ward on 0121 788 1143

Hold a bake sale or car boot or do Charity fun runs to raise funds for us

Donate regularly from your bank

Ask a local shop, pub or business to make us their charity of the year

Donate a regular amount through your bank account

Make a donation by cheque in the post payable to Solihull Carers Centre

Increase your donations by 25% by using Gift Aid



10 — 16th June 2019

Carers Week is an event that happens every year - to raise awareness of children, young people, adults and older people caring. The event highlights the challenges unpaid carers face and recognises the contribution they make to families and communities throughout the UK. It also helps people who are caring to access much-needed support.

The event is brought to life by thousands of individuals and organisations who come together to organise activities and events throughout the UK, drawing attention to just how important support for carers is.

What's Happening in Carers week?

Sunday 9th June, Annual Carers Charity Walk

Come and join us for a 5k walk in the Warwickshire countryside. Free entry to Baddesley House and Gardens and all proceeds go to supporting carers in Solihull.

10.30am - 12pm, £5 Adult, £3 Children

Friday 14th June, Care to Discuss?

We shall have a live panel for carer related questions. This will be broadcasted online. More details to follow on www.solihullcarers.org/carersweek

Saturday 15th June, Trip to Western Super-Mare

To celebrate Carers Week 2019 we will be taking a trip to the beach. Carers of all ages and their families can come along and enjoy.

Transport provided £5 per person

If you are interested in any of the activities please get in touch, 0121 788 1143

**For Carers Week 2019 we
will be Getting Carers
Connected in their
communities**



Solihull young carers PROMISE will

Help you to Care

See you and listen to you

Make sure you are **Safe**

Provide opportunities for **Family time**

Make sure you can be **children and young people first**

Support you in **education and/or work**

Help you to be **Healthy and Happy**

29th January 2019

carerstrust Solihull action-help-advice

NHS Birmingham and Solihull Clinical Commissioning Group

Leader of the Council

Chief Executive Solihull Council

Young Carer

Birmingham and Solihull CCG

Director of Children's Services and Skills

Solihull METROPOLITAN BOROUGH COUNCIL

Young Carers Promise in Solihull

A number of young carers helped Solihull Council understand what they and other young carers want from support. The council decided to update their Promise to young carers and this is the NEW Young Carers Promise.

It lists what support you can expect from services and support in Solihull and it has been signed by some very important people who are able to make these things happen.

If you would like to be involved in shaping what support looks like for young and young adult carers and make a difference to children and young people caring in Solihull then contact us to join our Decision Making Group (DMG). It takes place every 2 months and we'd love to have you on board.

Contact Gina Ward, Young Carers Team Manager on 01217881143.

Find out more

Telephone 0121 788 1143

Web <http://www.solihullcarers.org>

Facebook www.facebook.com/solihullyoungcarers

Twitter @carerssolihull

Address Carers Trust Solihull

Solihull Fire Station Annexe

620 Streetsbrook Road

Solihull, B91 1QY



The young carers app is available online here

<http://login.iwantanapp.co.uk/html5/?appcode=solihullyc>

Or scan the code



We appreciate any feedback

For compliments, complaints or comments about our service email youngcarers@solihullcarers.org

For the attention of Gina Ward, Team Manager



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