



December - April 2020

Young & Young Adult Carers Events, Activities & Service Update Calendar

Supporting children and young people aged 5 - 25 whose lives are affected by looking after a loved one

Balsall Common Lions have donated Christmas gifts which will make Christmas extra special for some of our young carers this year.

Happy Christmas from all at Carers Trust Solihull!!



Young carer, peer mentor, young leader, & young ambassador, Freya Webb awarded **Inspirational Young Person** in the Solihull Civic Honours Award.

Well done Freya!



What's inside

- Events and Activities for all ages
- Young Carers Awareness Day
- Carers Trust Solihull Charity Ball
- Stuff you need to know

- NEW Student Ambassador Programme
- Thank you to our funders
- How to contact us

Aged 5 - 25 and caring for a family member or friend?

Help you can get from the young carers team includes:



In this programme you will find activities listed below - follow the colour scheme:

13 ACTIVITIES	Short breaks from caring - worry free days out, time out and have some with other carers. Mostly for carers who cannot get out easily or don't have access to other
2 CARERS ACADEMY	Increase your knowledge & skills through training & e-learning modules for carers aged 14 - 25
12 COLLEGE DROP IN'S & ACTIVITIES	Young Carers in Education (YCiE) - 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
1 DMG	Decision Making Groups - 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
6 YAC MEET UP'S	Exclusively for 18—25's to chill, relax or meet at base and go out and do you own thing together. Plan social breaks and use Time4Me fund
13 CLUBS	Chill, relax, do you own thing or participate in a themed activities. Clubs are located at various venues across Solihull, so you can reach your nearest.
5 GROUP SUPPORT WORK	Young carers receive support in a group setting including Understanding Autism, Next Steps, Looking after me and Be Confident
1 YAC - ADULT ACTIVITIES	Young Adult Carer can join adult team activities such as Twycross Zoo and Christmas shopping to prepare you for moving to adult team at 25 years old plus you can take cared for with you

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

Not listed in this programme, these services can be requested by contacting us (see back page):

TIME 4 ME FUND	YAC's aged 16+ can 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
PARENT CARERS ASSESSMENT	Parents of children with additional needs can find out what support is available to you
FAMILY RESOURCE CENTRE	YC's and families can 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
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!
1 - 1 SUPPORT WORK	Talk through and get help with difficulties you may be facing, including feelings and caring at home
PLANNING THE FUTURE	For carers aged 16—25, Support into adulthood, adult services and education and employment
1 -1 & GROUP 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
COMMUNITY BEFRIENDING	Access a Befriender to help you with what you need e.g. joining an activity close to home
WELLBEING GROUPS	Helping secondary school YC's to discover and focus on good things in your life and what's around you
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.
MAKING MEMORY FUND	Do you need funds for items / experiences that create special memories for you—contact us

January - Events & Activities

Type	Date	Activity	Time	Age	Location
CLUB	Thu 2nd Jan	Club Chill, relax, do you own thing or participate in Cooking	5.15 - 7pm 7 - 9pm	Primary Secondary	Carers Trust Solihull
YAC MEET UP	Thu 2nd Jan	YAC Meet Up Meet and stay or head out to do your own thing	7 - 9pm	18 - 25 yrs	Carers Trust Solihull
YCIE	Tue 7th Jan	Young / Young Adult Carers in Education College Drop in's - Get support from a Carers Trust Solihull Worker	12 - 3.30	College students	Solihull College, Blossomfield
YAC-ADULTS ACTIVITY	Wed 8th Jan	Pantomime Trip Snowwhite	All day	21 - 25	Birmingham Hippodrome
CLUB	Wed 8th Jan	Club Chill, relax, do you own thing or participate in Cooking	5.15 - 7pm 7 - 9pm	Primary Secondary	Castle Bromwich Youth & Community Centre
YAC MEET UP	Wed 8th Jan	YAC Meet Up Meet and stay or head out to do your own thing	7 - 9pm	18 - 25 yrs	Castle Bromwich Youth & Community Centre
YCIE	Wed 15th Jan	YAC Wellness Workshop Help to about your physical and mental health in relation to studying and caring	12 - 1PM	College Students	Solihull College, Blossomfield
CLUB	Sat 18th Jan	Club Chill, relax, do you own thing or participate in Cooking	1 - 3pm	All Ages	Hatchford Brook Youth Centre
YCIE	Wed 22nd Jan	Young / Young Adult Carers in Education College Drop in's - Get support from a Carers Trust Solihull Worker	12 .30 - 2m	College students	Solihull Sixth Form College
GRP WORK	Mon 27th Jan	Group Support Work - Looking After Me You are important! Find out ways to put yourself first	5.15 - 7.45pm	Secondary	Community Hub

* Colours represent the project e.g. for all YAC Meet Up's in the programme look for orange colour ** Address on page 9

YCIE	Wed 29th Jan	Young Carers Awareness Day Raising awareness of challenges faced by young carers in education #CountMeIn	10.00 - 1.30pm	College students	Solihull College, Woodlands
YCIE	Thu 30th Jan	Young Carers Awareness Day Raising awareness of challenges faced by young carers in education #CountMeIn	10.00 - 1.30pm	College students	Solihull College, Blossomfield

February - Events & Activities

Type	Date	Activity	Time	Age	Location
YC YAC EVENT	Sat 1st Feb	Young Carers Awareness Event Be a flag bearers and collect donations and watch the match	1 - 6pm	All ages	Solihull Moors Football Club
DMG	Mon 3rd Feb	Decision Making Group Help choose activities, shape services and make a difference - with other like minded young adult carers	5.30 - 8pm	YAC	Carers Trust Solihull
YCIE	Wed 5th Feb	Young / Young Adult Carers in Education College Drop in's - Get support from a Carers Trust Solihull Worker	12 - 3.30	College students	Solihull College, Blossomfield
CLUB	Thu 6th Feb	Club Chill, relax, do you own thing or participate in Biscuit making and decorating	5.15 - 7 7 - 9pm	Primary Secondary	Carers Trust Solihull
YAC MEET UP	Thu 6th Feb	YAC Meet Up Meet and stay or head out to do your own thing	7 - 9pm	18 - 25 yrs	Carers Trust Solihull
CLUB	Wed 12th Feb	Club Chill, relax, do you own thing or participate in Biscuit making and decorating	5.15 - 7 7 - 9pm	Primary Secondary	Castle Bromwich Youth & Community Centre
YAC MEET UP	Wed 12th Feb	YAC Meet Up Meet and stay or head out to do your own thing	7- 9pm	18 - 25 yrs	Castle Bromwich Youth & Community Centre
CLUB	Sat 15th Feb	Club Chill, relax, do you own thing or participate in Biscuit making	1 - 3.30pm	All ages	Hatchford Brook Youth Centre

Type	Date	Activity	Time	Age	Location
YAC ACTIVITY	Mon 17th Feb	Indoor Karting	6 - 11pm	YAC's	Birmingham
YCIE	Tue 18th Feb	YCYAC Solihull College Trip A chance for YAC students to come together and take time out for a fun activity	9 - 5pm	Solihull College students	Activity TBC
GRP WORK	Wed 19th Feb	Group Support Work - Be Confident Be the best you! Learn techniques to increase your confidence	10:30– 3:30pm	Secondary	To be confirmed
ACTIVITY	Thu 20th Feb	Bowling and food	6 - 5pm	Secondary	Star City
ACTIVITY	Fri 21st Feb	Inflatation Like boing zone but with bouncy castles	6 - 5pm	Primary	Stechford, Birmingham
ACTIVITY	Mon 24th Feb	Swimming Activity & Fun	4 - 8pm	Primary	Eversfield School , Solihull
GRP WORK	Tue 25th Feb	Group Support Work - Understanding Autism Helping you cope with and understand Autism	5 - 7:30pm	Secondary	To be confirmed
YCIE	Wed 26th Feb	Young / Young Adult Carers in Education College Drop in's - Get support from a Carers Trust Solihull Worker	12 .30 - 2.00pm	College students	Solihull Sixth Form College
CARERS ACADEMY	Sat 29th Feb	What Career Live Find out what options there are post-16	10am - 4pm	14-25 yrs	NEC

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Young Carers Awareness Day - Join us!

Sat 1st Feb 2020 will be a day of recognition for the UK's young and young adult carers.

Local schools, football club, young carers Mentors and volunteers are pulling together to make 2020 a fantastic event!! Solihull Moors will host a football match in dedication to young carers. We shall need some under 11 flag bearers and some older bucket shakers. We will also be able to watch the match



ages



March - Events & Activities

Type	Date	Activity	Time	Age	Location
PEER MENTOR	Mon 2nd Mar	Peer Mentor Supervision Session Training, pizza and chill time for peer mentors	6 - 8pm	Peer Mentors	Carer Trust Solihull
YCIE	Thu 5th Mar	Young / Young Adult Carers in Education College Drop in's - Get support from a Carers Trust Solihull Worker	12 - 1.30pm	College students	Solihull College, Blossomfield
CLUB	Thu 5th Mar	Club Chill, relax, do you own thing or participate in flower arranging	5.15 - 7 7 - 9pm	Primary Secondary	Carers Trust Solihull
YAC MEET UP	Thu 5th Mar	YAC Meet Up	7 - 9pm	18 - 25 yrs	Carers Trust Solihull
CARERS ACADEMY	Tues 10th Mar	Money Matters Learn skills to help manage your money better	4.30 - 7pm	14 - 25 yrs	Carers Trust Solihull
CLUB	Wed 11th Mar	Club Chill, relax, do you own thing or participate in flower arranging	5.15 - 7 7 - 9pm	Primary Secondary	Castle Bromwich Youth & Community Centre
YAC MEET UP	Wed 11th Mar	YAC Meet Up	7- 9pm	18 - 25 yrs	Castle Bromwich Youth & Community Centre
GRP WORK	Mon 16th Mar	Group Support Work—Looking After Me You are important! Find out ways to put yourself first	5 - 7:30pm	TBC	TBC
YCIE	Wed 18th Mar	Young / Young Adult Carers in Education College Drop in's - Get support from a Carers Trust Solihull Worker	12 .30 - 2pm	College students	Solihull Sixth Form College
CLUB	Sat 21st Mar	Club Chill, relax, do you own thing or participate in flower arranging	1 - 3pm	All Ages	Hatchford Brook Youth Centre

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GRP WORK	Mon 23rd Mar	Group Support Work - Looking After Me You are important! Find out ways to put yourself first	5 - 7.30pm	TBC	TBC
CARERS ACADEMY	Fri 27th Mar	National Apprentice Event Get inspired by thousands of apprentice opportunities	9.30am - 4pm	14 - 25 yrs	ICC Birmingham

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April - Events & Activities

Type	Date	Activity	Time	Age	Location
CLUB	Thu 2nd Apr	Club Chill, relax, do your own thing or participate in Easter egg making	5.15 - 7 7 - 9pm	Primary Secondary	Carers Trust Solihull
ACTIVITY	Mon 6th Apr	Cadbury World A fun chocolate day trip	All day	Primary	Cadbury World, B'ham
YCIE	Tue 7th Apr	YAC trip for Solihull College students To be decided by students	All day	YAC	Solihull college students
CLUB	Wed 8th Apr	Club Chill, relax, do your own thing or participate in Easter egg making	5.15 - 7 7 - 9pm	Primary Secondary	Castle Bromwich Youth & Community Centre
ACTIVITY	Thu 9th Apr	Boing Zone Practice trampoline skills or just have fun	All day	Secondary	Birmingham
YAC ACTIVITY	Tue 14th Apr	Ice Skating	Evening	YAC	Solihull Ice Rink
ACTIVITY	Wed 15th Apr	London Science Museum Visit a major museum in London	All day	Secondary	London

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GRP WORK	Thu 16th Apr	Group Support Work—Confident Me Workshop Build your confidence and be the best you!	All day	Primary	TBC
ACTIVITY	Fri 17th Apr	National Space Centre An out of this world exPERIENCE	All day	Primary	Leicester
CLUB	Sat 18th Apr	Club Chill, relax, do you own thing or participate in flower arranging	1 - 3pm	All Ages	Hatchford Brook Youth Centre

****NEW**** Young Adult Carers College Student Ambassador Project

Going Further, Going Higher Ambassadors - Calling all College and University Students

We have been awarded a £5000 by national Carers Trust to empower and train young adult carers to act as ambassadors in their college or university, helping to create a more inclusive and supportive environment for young student carers and signpost them to the support they need.

The project starts in January 2020. We are looking for 5 young adult carers who are willing to undergoing training to become a student ambassador and work alongside our Young Carers Outreach Worker, Sally, to plan and implement ways to engage local college or universities in the project.

This is a volunteer role that will provide you with a great opportunity to develop your personal and practical skills through training, supervision, teambuilding and social activities, and will be championed by Shirley Lions 'Young Leaders in Service Scheme'. This scheme acknowledges hours committed to the project and a voucher reward scheme to reward commitment.

If you are a student in college or university and would be interested in becoming a Student Ambassador please contact Sally on 0121 788 1143 or email sbartonbodley@solihullcarers.org



Stuff you need to know about our Events & Activities



What you can expect to happen and when - You can register interest for training / activity / event– via text, phone, email, website or this newsletter. Selections are made and you will be notified if you have a place 3 weeks before activity. Letters and information packs are sent out 3 weeks before the activity. Consent & transport details need to be returned by parent /guardian 5 working days before the activity. We will contact you to confirm your attendance 5 days before activity.



Consent - If we do not receive consent back 5 working days before an activity then your place will be offered to someone else. Consent cannot be bought on day of activity. If you do not get a place but have been advised you number 1—5 on the reserves list you will be asked to return consent so you can fill places at short notice.



Transport - Please note that when you are booked on to an activity and don't attend or if you request transport to and from home 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. We cannot guarantee transport as we rely on volunteer and zero hour contract staff availability.



Selections - With 700 young carers registered with us, we often have more requests for trips than we have places To ensure we are allocating as fairly as possible and meeting the needs of young carers who would benefit from a break, we look at previous attendance and who is on the Respite list (identified as 'in need' of respite). This does not apply to other support we offer such as Clubs, Training Academy or Group Support Work etc.



Clubs - You can just drop in to clubs and do not have to tell us you are coming. However we must have core consent from your parents, which you should have completed when you joined. These have also been updated in the last 2 years when the law changed around consent in 2018. No consent - no entry we're afraid. To ensure we have your most up to date you can call us or complete new consent at www.solihullcarers.org/makeareferral.

Help Us to Raise Funds

We rely on donations to provide the variety of support carers of all ages 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 contact Peter at petermasters@solihullcarers.org



Sat 13th Jun 2020 - £40 per ticket
Put your glad rags on, food, entertainment and a fancy night out. Nominations and more info found at:

<https://www.solihullcarers.org/awards/>

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

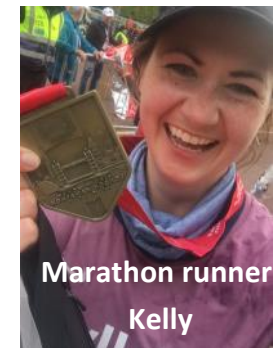
Make a donation by cheque in the post payable to Carers Trust Solihull

Increase your donations by 25% by using Gift Aid

Since April 2019 - Thank you to funders:



Shirley Lions
Balsall Common Lions



Find out more

Telephone 01217881143

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

Facebook [www.facebook.com / carerstrustsolihull](http://www.facebook.com/carerstrustsolihull)

Twitter @carerssolihull **Facetime & Skype** solihullyoungcarers

Address Carers Trust Solihull , Solihull Fire Station Annexe
620 Streetsbrook Road, Solihull, B91 1QY

Open: Mon to Thu 9 - 5 and Fri 9 - 4.30

We are open as normal over Christmas except 24th, 25th
26th & 27th December



The young carers app is available online here
<http://login.iwantanapp.co.uk/html5/?appcode=solihullyc>

Or scan the code



Children & Young People Now Award 2017 Winner

carerstrust Solihull
action · help · advice

Supporting children and young people aged 5 to 25 who care for someone

Call us What we do News Newsletter
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We appreciate any feedback

For **compliments, complaints** or **comments** about our service email youngcarers@solihullcarers.org. For the attention of Gina Ward, Team Manager

