

NEWS, Solibulcarers Solibulcar

YOUNG CARERS AND YOUNG ADULT CARERS

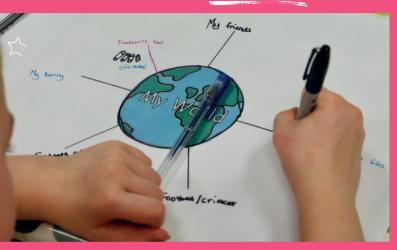
AGED 5-25 YEARS OLD

We support children and young people whose lives are affected by caring for someone at home.





NEWS & INFO



LOOKING AFTER ME WORKSHOP

Young carers engaged in the 'Looking After Me' workshop and learned about how to look after themselves around caring by sharing ideas on how to achieve this. They learned creative ways of expressing their feelings with techniques on how to take care of their own well-being and happiness. The afternoon was then spent having fun at Ackers Adventure.



HEALTHY CURRY IN A HURRY!

A tasty cooking workshop took place in April, allowing young carers to get messy in the kitchen and cook a healthy curry from scratch. It was great fun and the food was delicious! Everyone had a bag of ingredients to take away to recreate the recipe at home with their families. We hope the families enjoyed the results together!



YOUNG CARERS MAKE A DIFFERENCE



Our Decision Making Group (DMG): helped put the activities programme together; support a young carers university study; told young carers COVID stories for local artists to turn into artwork; and they tell us how to make our services better, which helps all young carers. The DMG has even sparked the interest of health services to make use of young carers as experts in the care of the person they look after. Well done! The DMG is open for anyone to join, request a place via the activities programme.

PEER MENTORING SESSIONS

One-to-one Peer Mentoring sessions have been running alongside clubs. This allows peer mentors and mentees to meet in person followed by fun activities at clubs where mentees can apply the social skills and confidence they are learning in their sessions.

For more information please contact rommelynjones@solihullcarers.org





YOUNG CARERS TAKE ACTION

Young Carers Action Day saw us presenting to the Head Teachers Partnership, launch young carer films, schools/colleges held assemblies, hosted celebration parties and promoted the day on social media with one school producing their own young carer film. We provided social grants to 7 schools/colleges to host activities and alongside a social media campaign, we took 16 YCYACs to Long Mynd for a day of walking, climbing, kite flying, picnicking and enjoying the scenery of Shropshire hills whilst demonstrating how and why others should take a well-earned break from caring — phew!

YOUNG CARERS MOVING TO YEAR 7 IN SEPTEMBER

Join our workshop on Thursday 25th August 2022 for our young carers starting secondary school in September. This is an opportunity to come together and share thoughts, feelings and coping strategies for the transition. We will then have some fun on the climbing wall! Get in touch for more information or to request a place.



Monthly clubs in both north and south Solihull, for primary and secondary school age kids are back face to face! With entertainment such as the animal man, magician, illusionist, arts, crafts, cooking, games, chilling out and fun — why not come along? Meet new friends and take a well-deserved break from caring. See the activities page for dates and times. We hope to see you there.

Kooth

KOOTH WORKSHOP



On the 29th of September 2022, we have an excellent opportunity for our carers aged 11-25 years old to participate in a workshop facilitated by Kooth. Kooth is an online mental well-being community. During the workshop, they will spend some time talking about their service and offering well-being support for young carers.

CIN PEER MENTORING & BEFRIENDING PROJECT

We are looking for amazing individuals with massive energy to join our Children in Need project as peer mentors. Are you a young carer aged 13-14 years old? Have you got the drive to support your young carer peers with their social and emotional development? If yes, contact Rom via email:

rommelynjones@solihullcarers.org



PARENT CARERS ASSESSMENTS AND SUPPORT PLANNING

"It was really useful to reflect on what was causing the biggest stresses in my life and then identify how to make changes."

If you have a child with an additional need or disability then our friendly Assessment Workers are here for you. We provide a listening ear during your assessment and produce a support plan with advice, information and services tailored to your needs. For further details visit: www.solihullcarers.org/parent-carers/

EVENTS & ACTIVITIES





AUGUST

Preparing for secondary school PLUS Flash climbing activity

YEAR 6 PUPILS

THURS 25TH AUG 1-4PM

Meet other young carers moving to Year 7 and those who already have. Find out their experiences, ask questions and work out what support you can get when you move THEN have fun learning to climb.

VENUE Flash Climbing, Solihull.

Club PRIMARY SCHOOL AGE TUES 6TH SEPT 5.15-7PM

Meet up with other Young Carers, have fun, play games, join in with activities or just chill out.

VENUE Solo Room at Carers Trust Solihull, Solihull Fire Station, B911QY.



Club SECONDARY SCHOOL AGE TUES 6TH SEPT 7.15-9PM

Meet up with other Young Carers, have fun, play games, join in with activities or just chill out.

VENUE Solo Room at Carers Trust Solihull, Solihull Fire Station, B91 1QY.

Snowdon Residential Trip 18-25 YEARS FRI 9TH-MON 12TH SEPT

Walk, camp, climb, eat, drink, make new friends, or meet old friends, have fun, laugh, relax and simply enjoy yourselves. **VENUE** Snowdonia, Wales.



SEPTEMBER 2

Club PRIMARY SCHOOL AGE WEDS 14TH SEPT 5.15-7PM

Meet up with other Young Carers, have fun, play games, join in with activities or just chill out.

VENUE The Junction, 100 Chapelhouse Road, Chelmsley Wood, B37 5HA.

Club SECONDARY SCHOOL AGE WEDS 14TH SEPT 7.15-9PM

Meet up with other Young Carers, have fun, play games, join in with activities or just chill out

VENUE The Junction, 100 Chapelhouse Road, Chelmsley Wood, B37 5HA.

First Aid Awareness 18-25 YEARS THURSDS 15TH SERT

THURSRS 15TH SEPT 10AM-12.30PM

Learn basic first aid skills from the British Red Cross, this session will teach you skills you may need in an emergency situation.

VENUE Carers Trust Solihull, Solihull Fire Station, B91 1QY .(Zoom access available).

Decision Making Group 8-14 YEARS

TUES 27TH SEPT 4-5:30PM

Help make decisions about our service such as choosing activities, helping with design work, being the voice of other young carers and more. Food delivered to your home.

VENUE Zoom.

Decision Making Group 15-25 YEARS

TUES 27TH SEPT 6-7.30PM

Help make decisions about our service such as choosing activities, helping with design work, being the voice of other young carers and more. Food delivered to your home.

VENUE Zoom.



Kooth Workshop 11-25 YEARS THURS 29TH SEP 5-6PM

Find out about Kooth online mental wellbeing community PLUS a Just-Eat e-voucher for those that join, yummy!

VENUE Zoom.



YAC Club

16-25 YEARS

SAT 1ST OCT 1-4PM

Meet with other young adult carers at location and decide where to go for food (onsite or eat) at no cost to you.

VENUE Carers Trust Solihull, Solihull Fire Station, B91 1QY.

Club PRIMARY SCHOOL AGE

TUES 4TH OCT 5.15-7PM

Meet up with other Young Carers, have fun, play games, join in with activities or just chill out.

VENUE Solo Room at Carers Trust Solihull, Solihull Fire Station, B91 1QY.

Club

SECONDARY SCHOOL AGE

TUES 4TH OCT 7.15-9PM

Meet up with other Young Carers, have fun, play games, join in with activities or just chill out.

VENUE Solo Room at Carers Trust Solihull, Solihull Fire Station, B91 1QY.

Club

SECONDARY SCHOOL AGE

WEDS 12TH OCT 7.15-9PM

Meet up with other Young Carers, have fun, play games, join in with activities or just chill out.

VENUE The Junction, 100 Chapelhouse Road, Chelmsley Wood, B37 5HA.

Club

PRIMARY SCHOOL AGE

WEDS 12TH OCT 5.15-7PM

Meet up with other Young Carers, have fun, play games, join in with activities or just chill out.

VENUE The Junction, 100 Chapelhouse Road, Chelmsley Wood, B37 5HA.

Looking After Me Workshop PRIMARY SCHOOL AGE

TUES 25TH OCT 11-2PM

Learn about how to look after your feelings and happiness around caring - with food VENUE Tbc.



Pizza and Pamper Techniques 14-25 YEARS

WEDS 26TH OCT 5.30-7.30PM

Join us for some pizza and learn some simple massage techniques that you can do yourself to help you feel relaxed.

VENUE Carers Trust Solihull, Solihull Fire Station, B91 1QY.

West Midlands Safari Park PRIMARY SCHOOL AGE THU 27TH OCT 10-4PM

African walking trail, Red Panda retreat, Safari drive through and the Adventure theme park. Lots of wonderful things to do so come and join us for a great day out.

VENUE West Midlands Safari Park, Bewdley.



West Midlands Safari Park SECONDARY SCHOOL AGE THU 27TH OCT 10-4PM

African walking trail, Red Panda retreat, Safari drive through and the Adventure theme park. Lots of wonderful things to do so come and join us for a great day out.

VENUE West Midlands Safari Park, Bewdley.

Paintballing at Bassetts Pole 16-25 YEARS

SAT 29TH OCT 11:30-5:45PM

Never mind Call of Duty — Modern Warfare, HALO or Half Life — If you make a mistake here — others will see it!!! So come and do battle with other young adults in the woods of the National Paintballing Facility.

VENUE NPF Bassetts Pole Adventure Park, London Road, Sutton Coldfield, B75 5SA.



Club PRIMARY SCHOOL AGE TUES 1ST NOV 5.15-7PM

Meet up with other Young Carers, have fun, play games, join in with activities or just chill out.

VENUE Solo Room at Carers Trust Solihull, Solihull Fire Station, B91 1QY.



Meet up with other Young Carers, have fun, play games, join in with activities or just chill out.

VENUE Solo Room at Carers Trust Solihull, Solihull Fire Station, B91 1QY.

YAC Club 16-25 YEARS SAT 5TH NOV 1-4PM

Meet with other young adult carers at location and decide where to go for food (onsite or eat) at no cost to you.

VENUE Carers Trust Solihull, Solihull Fire Station, B91 1QY.

Club PRIMARY SCHOOL WEDS 9TH NOV 5.15-7PM

Meet up with other Young Carers, have fun, play games, join in with activities or just chill out.

VENUE The Junction, 100 Chapelhouse Road, Chelmsley Wood, B37 5HA.



Club SECONDARY SCHOOL AGE WEDS 9TH NOV 7.15-9PM

Meet up with other Young Carers, have fun, play games, join in with activities or just chill out.

VENUE The Junction, 100 Chapelhouse Road, Chelmsley Wood, B37 5HA.

















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Christmas Party Club PRIMARY SCHOOL AGE TUES 6TH DEC 5.15-7PM

Meet up with other Young Carers for Christmas themed fun and games, join in with activities or just chill out.

VENUE Solo Room at Carers Trust Solihull, Solihull Fire Station, B91 1QY.

Christmas Party Club SECONDARY SCHOOL AGE TUES 6TH DEC 7.15-9PM

Meet up with other Young Carers for Christmas themed fun and games, join in with activities or just chill out.

VENUE Solo Room at Carers Trust Solihull, Solihull Fire Station, B911QY.

DECEMBER 2022 DEC

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YAC Club 16-25 YEARS SAT 10TH DEC 4PM-7PM

Travel to Birmingham, possibly Ghetto Golf and The Frankfurt Market for those over 18 who want to stay out afterwards (travel tickets and golf provided).

MEETING POINT Carers Trust Solihull, Solihull Fire Station, B91 1QY.

Christmas Party Club SECONDARY SCHOOL AGE WEDS 14TH DEC 7.15-9PM

Meet up with other Young Carers for Christmas themed fun and games, join in with activities or just chill out.

VENUE The Junction, 100 Chapelhouse Road, Chelmsley Wood, B37 5HA.

Harry Pottery Winter World SECONDARY SCHOOL AGE TUES 20TH DEC 11-4PM

Ever wondered what Hogwarts looks like in the snow? – find out by joining us at Warner Brothers Studio Tour and enter the Wizarding world of Harry Potter.

VENUE London.

Christmas Party Club PRIMARY SCHOOL AGE WEDS 14TH DEC 5.15-7PM

Meet up with other Young Carers for Christmas themed fun and games, join in with activities or just chill out.

VENUE The Junction, 100 Chapelhouse Road, Chelmsley Wood, B37 5HA.

Winter Wonderland at Snowdome

PRIMARY SCHOOL AGE TUES 20TH DEC 11-3PM

Santa's Winter Wonderland at the Snowdome. Play in the snow, meet the animals, join in Santa's Pantomime and Christmassy fun.

VENUE SnowDome, Tamworth.











CARERS TRUST

Solihull

Carers Trust Solihull

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E youngcarers@solihullcarers.org **W** www.solihullcarers.org

SUPPORTED BY:





TO REGISTER FOR EVENTS & ACTIVITIES PLEASE VISIT OUR WEBSITE & CLICK 'WHATS ON' OR GET IN TOUCH





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THE ONES
CARERS
TRUST