



**WE'RE
THE ONES
CARERS
TRUST**

@solihullcarers



NEWS, EVENTS AND ACTIVITIES



MAY 2023- AUG 2023

**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.**



**YOUNG CARERS
GO TO HOGWARTS**

Little Elf

Flourish & Blotts
Bookeller

WEASLEYS' WIZARDING WORLD
WIZARDING EQUIPMENT

THE SECRETS OF
MAGIC
BY WIZARDNESS



NEWS & INFO



THE GREAT ESCAPE BY SOLIHULL'S YOUNG ADULT CARERS

Solihull College and Solihull Sixth Form College students attended a special activity to bring together YAC students to develop social networks across the colleges. The Raid, a Peaky Blinders themed escape room, saw the group master an escape with nine minutes to spare using teamwork to crack the challenging clues.





“ I was anxious to meet new people but now I can't wait for the next activity.

“ This is the best day ever!

NEWS & INFO

MAKING MEMORIES

Our young carers and young adult carers have engaged in a variety of activities over the last few months. This has included a fun-packed two-day programme at Blackwell Adventure, a trip to Drayton Manor, Harry Potter Winter World, Winter Wonderland at Snowdome, and many more. Young and young adult carers had the opportunity to have some time away from their caring roles and meet new friends whilst creating some fantastic memories.



FANTASTIC FUNDRAISING!

2023 is off to a tremendous start! We received a donation from Bartson Residents Association of £1,000, a generous £2,300 from Wesleyan Bank and we were awarded a grant of £600 from Carers Trust to support Young Carers Action Day in March. Fundraising is vital to expand on the core service of the team enabling us to reach more YCYACs.

PMBF VOLUNTEERS RECRUITED

We are so pleased to welcome skilled adult volunteers to oversee our mentoring project and encourage new young carers to become Peer Mentors. We are now able to develop and deliver improved community befriending, group and one-to-one mentoring sessions. This project has also led to an increased number of young carers engaging with us.

LOOKING AFTER ME WORKSHOP



Our group support work session on 'how to look after our emotional well-being' offered engaging self care learning for our primary school-aged young carers. Our youngest carers had a chance to talk about what we mean by 'well-being', how this can be affected and then shared ideas on 'how we can look after ourselves'. Our young carers ended the session by making their own support bears to take home.



WELCOME TO COLLEGE SESSIONS AUGUST 2023



We work with Solihull College and Solihull Sixth Form to assist YAC students to manage their lives, further education and caring. Each college is hosting a session for new students to learn

about support available when making the move from school at 16 as a way to smooth the transition.

For dates and times see August's activity schedule.

Solihull Sixth Form website: www.solihullsfc.ac.uk

BEREAVEMENT SUPPORT

We are now able to offer both pre and post-bereavement support work to our young and young adult carers, who have experienced or expect to experience the death of the person they care for. This is a low-level intervention that allows a safe space to explore their feelings.

For more information, please contact the team on 0121 788 1143.

TIME TO REVIEW THE YOUNG CARERS PROMISE

YOUNG CARERS PROMISE 2019

Solihull young carers PROMISE with

Help you to Care

See you and listen to you

Make sure you are Safe

Provide opportunities for Family time

Support you in education and/or work

Help you to be Healthy and Happy

29th January 2019

carerstrust Solihull
Birmingham and Solihull
MZS
Leader of the Council
Chief Executive Solihull Council
Young Carer
Birmingham and Solihull CCG
Director of Childrens Services and Skills
Solihull METROPOLITAN BOROUGH COUNCIL

The Young Carers Promise was adopted by Solihull Metropolitan Borough Council in 2013 to ensure that young carers feel confident and supported in their caring role. Over the years this has been reviewed and we believe it's time to start the process again to explore what is working well and identify any areas for improvement. **Please start to think about your ideas and share these with the staff.**



PARENT CARERS ASSESSMENTS AND SUPPORT PLANNING

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.

“**Thank you for your time today, this has been the first time I have been able to reflect on my needs and feel listened to.**”



Please use the QR Code or link to complete your registration today:

<https://solihullcarers.wufoo.com/forms/mglwbv817ads05/>

UPDATE YOUR RECORDS

Please contact the team if there are any changes to your personal details and caring roles. We rely on you to keep us posted so you can hear about the support Carers Trust Solihull provides.

Please contact the team on 0121 788 1143 or youngcarers@solihullcarers.org

CHANGE TO TRIPS FOR CARERS AGED 7 AND UNDER

The way we offer activity trips to young carers is changing. To take younger children on trips lasting more than two hours, the minimum age is now 8 years old because CTS is not OFSTED registered.

Individual activity details outline the age group appropriate for each activity and 5, 6 and 7-year olds can get involved in fun and games at monthly activity club drop-in sessions. You will find information of what's on in the coming months in this newsletter.



Please use the QR Code or link to register your interest for activities:

<https://solihullcarers.wufoo.com/forms/z5q20xa1i8s9il/>

EVENTS & ACTIVITIES

Club
PRIMARY SCHOOL ALL AGES
TUES 2 MAY 5.15PM

Meet up with other young carers, have fun, play games, join in with activities or just chillout.

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

Club
SECONDARY SCHOOL AGE
TUES 2 MAY 7.15PM

Meet up with other young carers, have fun, play games, join in with activities or just chillout.

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

Club
PRIMARY SCHOOL ALL AGES
WEDS 10 MAY 5.15PM

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 10 MAY 7.15PM

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

YAC Meet Up
16-25 YEARS
SAT 20 MAY 1.00PM



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, Fire Station Annexe, Solihull B91 1QY

Decision Making Group
8-14 YEARS
TUES 23 MAY 4.00PM



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



MAY 2023 MAY 2023



Decision Making Group

15-25 YEARS

TUES 23 MAY 6.00PM

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

***GSW – CV Writing**

16-25 YEARS

TUES 30 MAY 12.00PM

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



*GSW: Group Support Work

Conkers Adventure

**SECONDARY SCHOOL &
PRIMARY SCHOOL AGE 8+**

WEDS 31 MAY 9.00AM

Enter a world of adventure and discovery. Explore and enjoy indoor and outdoor pursuits. Lookout for the barefoot walk not to be missed.

VENUE Rawdon Road,
Derbyshire

MAY 2023 MAY 2023

Club
PRIMARY SCHOOL ALL AGES
TUES 6 JUN 5.15PM

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, Fire Station Annexe, Solihull B91 1QY

Club
SECONDARY SCHOOL AGE
TUES 6 JUN 7.15PM

Meet up with other young carers, have fun, play games, join in with activities or just chillout.

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

Weston-super-Mare Family Beach Trip
ALL AGES

SAT 10 JUN 8.00AM

Sun, sea and sand – bring your buckets and spades for a family day out at the beach.

VENUE Weston-super-Mare

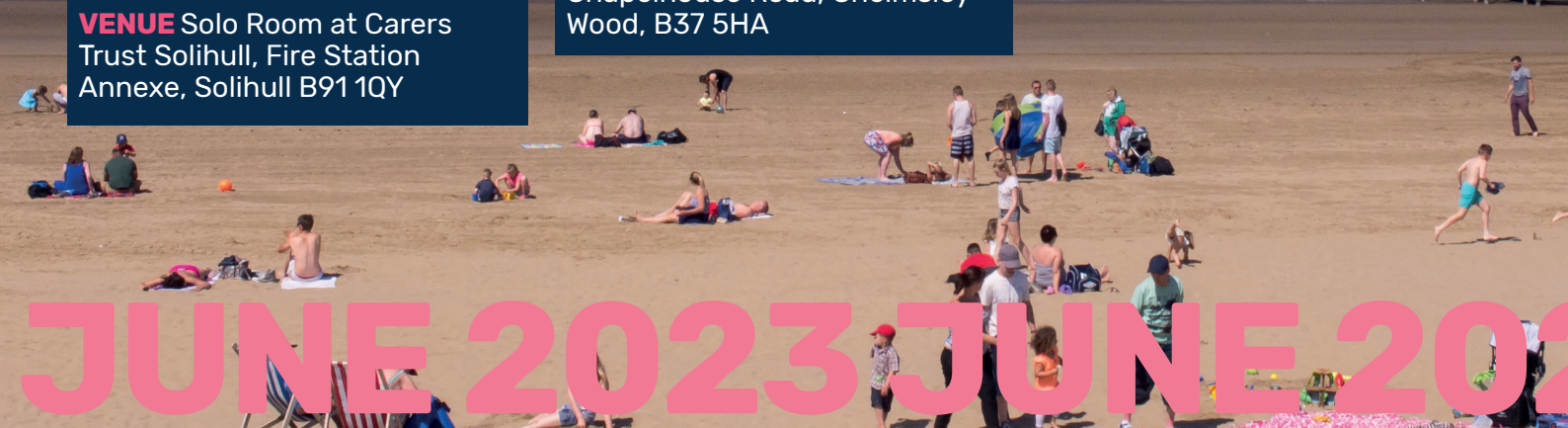
Club
PRIMARY SCHOOL ALL AGES
WEDS 14 JUN 5.15PM

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



5-11 JUNE 2023



JUNE 2023 JUNE 2023

Club

SECONDARY SCHOOL AGE

WEDS 14 JUN 7.15PM

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

YAC Club

16-25 YEARS

SAT 17 JUN 1.00PM

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, Fire Station Annexe, Solihull B91 1QY

Young Carers Festival

SECONDARY SCHOOL AGE

**FRI 30 JUN- SUN 2ND JULY
5.00PM**

For young carers, the weekend is yours! Chill out under a tree, listen to the onsite radio station and chat to friends or dip into the packed programme of outdoor activities, live bands, fairground rides, Karaoke and much more.

VENUE YMCA Fairthorne Manor Curdrige, Southampton SO30 2GH



23 JUNE 2023 JUNE 2



Club

**PRIMARY SCHOOL ALL AGES
TUES 4 JULY 5.15PM**

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, Fire Station Annexe, Solihull B91 1QY

Club

**SECONDARY SCHOOL AGE
TUES 4 JULY 7.15PM**

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, Fire Station Annexe, Solihull B91 1QY

Club

**PRIMARY SCHOOL ALL AGES
WEDS 12 JULY 5.15PM**

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 12 JULY 7.15PM**

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

YAC Club

**16-25 YEARS
SAT 15 JULY 1.00PM**

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, Fire Station Annexe, Solihull B91 1QY

First Aid Awareness

**14-18 YEARS
TUES 25 JULY 12.00PM**

Log in and learn basic first aid skills that can be life saving in an emergency.

VENUE Zoom



JULY 2023 JULY 2023

***GSW – ASD Workshop**

ALL AGES

WEDS 26 JULY 11:00AM

Join our workshop for ASD awareness. A great way to better your understanding of ASD.

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

PM & BF Supervision

14-25 YEARS

THURS 27 JULY 11:30AM

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

*GSW: Group Support Work

Meetspace VR

16-25 YEARS

FRI 28 JULY 11:00AM

In these virtual worlds, your body is the controller through which your character takes action. Gear up for a realistic adrenaline-filled VR gaming experience.

VENUE Saint Vincent Street, Birmingham B1 2AA

3 JULY 2023 JULY 20

Club
PRIMARY SCHOOL ALL AGES
TUES 1 AUG 5.15PM

Meet up with other young carers, have fun, play games, join in with activities or just chillout.

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

Club
SECONDARY SCHOOL AGE
TUES 1 AUG 7.15PM

Meet up with other young carers, have fun, play games, join in with activities or just chillout.

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

PM & BF Activity (TBC)
14-25 YEARS
WEDS 2 AUG 10:00AM

Creations Skatepark & Climbing
8-15 YEARS
THURS 3 AUG 10:00AM

Creation is the Midlands' biggest extreme sports venue. Suitable for BMXs, in-line skates, scooters and skateboards.

VENUE 582 Moseley Road, Balsall Heath B12 9AA

Ackers Trust
PRIMARY SCHOOL 8 YEARS+
MON 7 AUG 10:00AM

Join Us for a day of adventure @ Ackers Trust. Bell boating and Taboganning.

VENUE Golden Hillock Road, Birmingham B11 2PY

Club
PRIMARY SCHOOL ALL AGES
WEDS 9 AUG 5.15PM

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 9 AUG 7.15PM

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

Bear Grylls Adventure
SECONDARY SCHOOL AGE
THURS 10 AUG 10:00AM

Feeling adventurous? Join us for Cage Snorkelling and Shooting Range @ Bear Grylls Adventure.

VENUE Bear Grylls Adventure, NEC



AUGUST 2023 AUGUST

Inflata Nation

**PRIMARY SCHOOL 8 YEARS+
MON 14 AUG 10:00AM**

Inflata Nation Birmingham is filled with lots of exciting inflatable activities including giant inflatable drop slide, the exhilarating Inflata Climb a huge inflatable climbing wall!

VENUE Unit E, Stechford Retail Park, Flaxley Parkway, Birmingham B33 9AN

Welcome to College

16-18 YEARS

TUES 15 AUG 11:00AM

VENUE Solihull 6th Form College

***GSW – Flash Climbing Transition Workshop**

**PRIMARY SCHOOL LEAVERS
TUES 15 AUG 1:30PM**

Are you leaving primary school? Then this is for you. Join us for some advice and support with flash climbing!

VENUE 2 Vulcan Road, Solihull

Welcome to College

16-18 YEARS

WEDS 16 AUG 11:00AM

VENUE Solihull College

Ninja Warrior UK

SECONDARY SCHOOL AGE

THURS 17 AUG 11:00AM

Ninja Warrior UK Adventure Park is a supervised activity and fitness venue inspired by ITV's hit programme Ninja Warrior UK! You can climb, balance, jump and swing across different obstacles using and developing your Ninja skills.

VENUE Unit 7/8, Crown Wharf Retail Park, Walsall WS2 8LL

YAC Club

16-25 YEARS

SAT 19 AUG 1.00PM

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

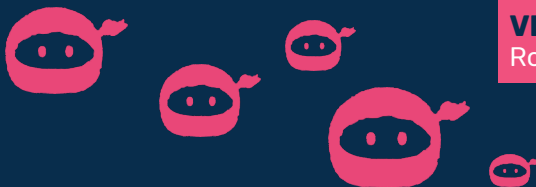
Blackwell Adventure Residential

PRIMARY 8 YEARS+

**THURS 17TH-SAT 19TH AUG
9:00AM**

INSPIRE, MOTIVATE & ENERGISE!
The leading outdoor activity, camping and residential centre in the Midlands.

VENUE Blackwell Court Agmore Road, Blackwell, Tardebigge B60 1PX



*GSW: Group Support Work



ST 2023 AUGUST 2023



CARERS TRUST

Solihull

Carers Trust Solihull

Solihull Fire Station Annexe
620 Streetsbrook Road
Solihull B91 1QY

T 0121 788 1143

E youngcarers@solihullcarers.org

W www.solihullcarers.org

SUPPORTED BY:



ISO 9001
CERTIFICATE NO.
GB 2003506

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



WE'RE
THE ONES
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REGISTER HERE

WWW.SOLIHULLCARERS.ORG/WHATS-ON

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