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CARERS
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Solihull

NEWS, EVENTS AND ACTIVITIES MAY-AUG 2024



**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.



SHOUT OUT TO
YOUNG CARERS!
SCAN TO TELL US
HOW WE'RE DOING
AND TO ENTER A
PRIZE DRAW.



NEWS & INFO



FEB HALF TERM FUN!

Go karting, virtual reality, rush trampolining, soft play, paintballing and a Looking After Me workshop took place in the February half term holidays, offering young and young adult carers a well-deserved, worry-free break from caring. Activities are provided at no cost to young carers and include transport to and from pick up points to the venue. Thanks to our funders who make these opportunities possible – young carers were able to enjoy fun activities with others in a similar situation to themselves – but be children and young people first!





YOUNG CARERS HAVE THEIR SAY

Every three months,
young carers meet
the Young Carers Team
Manager at the Decision

Making Group (DMG) over Zoom to help
make important decisions. Over the past
few months young carers have helped to
design the activity programme and the
annual young carers survey.

They also met with a university
researcher to advise on how to get more
young carers involved in research and
agreed to introduce a project to do this.

**A BIG SHOUT OUT TO ALL THOSE WHO
ATTEND THE DMG!**

**Take a look at the activities
programme and invite yourself to the
next DMG!**



YOUNG AMBASSADOR AWARD FOR YOUNG CARER

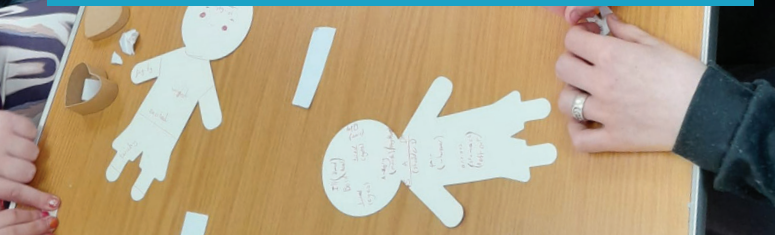
Through our Peer Mentoring project, Leyla was chosen by our organisation to compete for the Young Ambassador Award. Leyla won at a local level, banking an amazing £500 which will go towards new resources for outdoor play equipment during young carers clubs. Leyla worked hard to make it to the multi district finals and enjoyed a residential weekend with other inspiring young people. She missed out on the district final award but is an absolute winner for young carers in Solihull.

WELL DONE LEYLA - YOU'RE A WINNER!



LOOKING AFTER ME WORKSHOP

A group of young carers took part in a workshop designed to support their emotional wellbeing. They made and decorated a positive affirmation box, stuffed with their own 'worry bears' and supported each other with ideas about how to manage their feelings better when they need to. A big well done for learning something new and helping each other!



A MASSIVE THANK YOU TO SOME OF OUR FUNDERS!



- 37 young carer families attended a Christmas party hosted by the KidsOut charity
- 60 Peter Pan Pantomime tickets were provided by Rotary West Bromwich
- 30 young carers received selection boxes and gift tokens donated by Balsall Common Lions
- Jaguar Land Rover Solihull donated £3,000 for a YAC residential and offered factory tours and apprenticeships for young adult carers – watch this space for more details!
- Rotary St Alphege continue to raise money to fund a residential to Blackwell Adventure again this year.

WHAT A COMMUNITY!

CALLING ALL 13-17 YEAR OLD CARERS! BECOME A VOLUNTEER PEER MENTOR

As a volunteer peer mentor, you can make a difference by helping other young carers living similar lives to yourselves.

Young people with caring responsibilities sometimes need support with areas such as – how to organise school life. This is a chance for you to help carers younger than yourself with things you have experience of.

As a peer mentor you will receive training to equip you to support other young carers aged 5 to 13 years old in 1-2-1 or small group sessions. You will focus on their needs in school and will benefit from adding to your record of achievement (e.g. CV), which will support your career options.



PROJECT SUPPORTED BY:



IF YOU ARE 13-17 YEARS OLD, REGISTERED WITH US AND WOULD LIKE TO FIND OUT MORE, PLEASE GET IN TOUCH WITH RUTH:

T 0121 788 1143 **M** 07514 495761 **E** Ruth.Geoghegan@solihullcarers.org



SUPPORT WORK WHAT IS IT AND IS IT FOR ME?

Support work for young carers means talking to a trusted adult in confidence about what help you need to support you as a young carer – this may be about feelings, friendship, emergency planning, understanding the condition of the person you care for and more. These can be one or more sessions at a place of your choice.

If you would like to request support work call 0121 788 1143 and select option 2.



YOUNG CARERS CLUBS ARE BACK!

With a fun programme including BBQ's, cooking, pampering, games, sports, film nights, karaoke, cake making and more.



If you don't receive invitations for clubs, this may mean you have not given us permission to keep you updated. To give permission to receive updates, contact us on 0121 7881143 and select option 2.

Dates, times, venues and what to expect are listed further on in this programme.

WE HOPE TO SEE YOU THERE.

YOU ARE IMPORTANT HAVE YOUR PARENT CARER ASSESSMENT

For some, the idea of being called a parent carer is not easy. Of course you are a parent first when you care for a child with additional needs or a disability – but you are also providing extra care and support. A Parent Carers Assessment can offer you support, information and advice around YOUR health, support networks, feelings and more. Find out what we can do and how we can help you.



Please use the QR Code or link to request a parent carer assessment:

<https://solihullcarers.wufoo.com/forms/q5alez1beb49g/>

WHAT PARENT CARERS TELL US AFTER THEIR ASSESSMENT

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DOES YOUR CHILD HAVE ADDITIONAL NEEDS OR A DISABILITY? YOU ARE NOT ALONE

Discuss your needs during a supportive parent carers assessment to receive a plan just for you

Services we offer include:

- Assessments
- Support Planning
- Information and Advice
- Emotional Support
- Activities
- Training

TO REQUEST SUPPORT GET INTO TOUCH:

T 0121 788 1143
E centre@solihullcarers.org
W www.solihullcarers.org

- 95% of parent carers are happy with their assessment
- 84% found it helpful
- 84% would recommend to another parent carer
- 94% had enough information to help themselves

The top three areas that were supported:

- Parent carers caring role
- Time for themselves and
- How they felt

Following your assessment, upon return of your review form you will receive a £25 cafe voucher to have some well-deserved time out.

EVENTS & ACTIVITIES



Club Drop In

PRIMARY SCHOOL AGE 5+

TUES 7 MAY 2024 5.15-7.00PM

Make pizza, 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, Solihull, B91 1QY

Club Drop In

PRIMARY SCHOOL AGE 5+

WEDS 8 MAY 2024 5.15-7.00PM

Indoor games, outdoor sports, meet up with other young carers, have fun, play games, join in with activities or just chill out

VENUE Colebrook Centre
291 Bosworth Drive, B37 5DP

YAC Club Drop In

16-25 YEARS

SAT 18 MAY 2024 1.00-4.00PM

Meet with other young adult carers and eat out and enjoy a fun pre-planned activity – at no cost to you

VENUE Meeting Point: Carers Trust Solihull, Fire Station, Solihull, B91 1QY

Club Drop In

SECONDARY SCHOOL AGE

TUES 7 MAY 2024 7.15-9.00PM

Make pizza, 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, Solihull, B91 1QY

Club Drop In

SECONDARY SCHOOL AGE

WEDS 8 MAY 2024 7.15-9.00PM

Indoor games, outdoor sports, meet up with other young carers, have fun, play games, join in with activities or just chill out

VENUE Colebrook Centre
291 Bosworth Drive, B37 5DP



MAY 2024 MAY 2024

Sheldon Country Park

5-7 YEARS

TUES 28 MAY 2024

2.00-4.00PM

Play in the park, watch aeroplanes pass above your head and have a picnic

VENUE Sheldon Country Park

Black Country Museum

8-25 YEARS

WEDS 29 MAY 2024 ALL DAY

See history brought to life, meet historic characters and discover the story of life and industry in the Black Country at our open-air living museum

VENUE Black Country Living Museum, Dudley

YAC CV Writing

16-25 YEARS

THURS 30 MAY

11.00AM-3.00PM

Help to make your CV look good. With lunch!

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



MAY 2024 MAY 2024



10-16 JUNE

Club Drop In
PRIMARY SCHOOL AGE 5+
TUES 4 JUNE 5.15-7.00PM

Games and pamper evening, meet up with other young carers, have fun, play games, join in with activities or just chill

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

Club Drop In
SECONDARY SCHOOL AGE
TUES 4 JUNE 7.15-9.00PM

Games and pamper evening, meet up with other young carers, have fun, play games, join in with activities or just chill

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

Weston-super-Mare Family Beach Trip

ALL AGES WITH FAMILIES
SAT 8 JUNE ALL DAY

Sea air, great beaches, huge pier, amusement arcades – a fantastic family day out plus fish and chips! Summer is here!

VENUE Weston-super-Mare



Photo of Weston-super-Mare beach

JUNE 2024 JUNE 2024

Club Drop In – Carers Week Party!

**PRIMARY SCHOOL AGE 5+
WEDS 12 JUNE 5.15-7.00PM**

Music, dancing, food and entertainment - meet up with other Young Carers, have fun, play games, join in with activities or just chill out

VENUE Colebrook Centre 291
Bosworth Drive, B37 5DP

Club Drop In – Carers Week Party!

**SECONDARY SCHOOL AGE
WEDS 12 JUNE 7.15-9.00PM**

Music, dancing, food and entertainment - meet up with other Young Carers, have fun, play games, join in with activities or just chill out

VENUE Colebrook Centre 291
Bosworth Drive, B37 5DP

**YAC Club Drop In
16-25 YEARS**

SAT 15 JUNE 1.00-4.00PM

Meet with other young adults, eat out and enjoy a pre-planned activity – at no cost to you

VENUE Meeting Point – Carers Trust Solihull, Fire Station, Solihull, B91 1QY

24 JUNE 2024 JUNE 2

Club Drop In
PRIMARY SCHOOL AGE 5+
TUES 2 JULY 5.15-7.00PM



Make cakes, 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, Solihull, B91 1QY

Club Drop In
SECONDARY SCHOOL AGE
TUES 2 JULY 7.15-9.00PM

Make cakes, 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, Solihull, B91 1QY

Club Drop In
PRIMARY SCHOOL AGE 5+
WEDS 10 JULY 5.15-7.00PM

BBQ & outdoor games, meet up with other Young Carers, have fun, play games, join in with activities or just chill out

VENUE Colebrook Centre 291 Bosworth Drive, B37 5DP

Club Drop In
SECONDARY SCHOOL AGE
WEDS 10 JULY 7.15-9.00PM

BBQ & outdoor games, meet up with other Young Carers, have fun, play games, join in with activities or just chill out

VENUE Colebrook Centre 291 Bosworth Drive, B37 5DP

Decision Making Group
PRIMARY SCHOOL AGE 8+
TUES 16 JULY 5.30-6.30PM

Help make decisions about our service such as choosing activities, helping with design work, being the voice of other young carers and more and get £15 gift voucher for participation

VENUE Zoom

Decision Making Group
SECONDARY SCHOOL AGE
TUES 16 JULY 6.45-7.45PM

Help make decisions about our service such as choosing activities, helping with design work, being the voice of other young carers and more and get £15 gift voucher for participation

VENUE Zoom

Decision Making Group
16-25 YEARS
TUES 16 JULY 8.00-9.00PM

Help make decisions about our service such as choosing activities, helping with design work, being the voice of other young carers and more and get £15 gift voucher for participation

VENUE Zoom



JULY 2024 JULY 2024



YAC Club Drop In

16-25 YEARS

SAT 20 JULY 1.00-4.00PM

Meet with other young adults, eat out and enjoy a pre-planned activity – at no cost to you

VENUE Meeting Point: Carers Trust Solihull, Fire Station, Solihull, B91 1QY

Brueton Park and Picnic

5-7 YEARS

TUES 23 JULY 11.00AM-1.00PM

Play in the park, have a picnic, splash in the river and maybe a bit of kite flying if weather is good

VENUE Brueton Park, Solihull

Twycross Zoo

PRIMARY SCHOOL AGE 8+

WEDS 24 JULY ALL DAY

With over 500 animals, the Himalaya Centre, indoor soft play jungle, and so much more

VENUE Twycross Zoo, Atherstone

Low Impact Paintballing

SECONDARY SCHOOL AGE

THURS 25 JULY 11.00AM-4.00PM

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

VENUE NPF Bassetts Pole Adventure Park, Sutton Coldfield

Quad Biking

16-25 YEARS

SAT 27 JULY 11.00AM-4.00PM

Ride the jungle journey quad bike trails on a quad trekking adventure

VENUE NPF Bassetts Pole, Adventure Park, Sutton Coldfield

Understanding ASD Workshop and Climbing

ALL AGES

TUES 30 JULY 11.00AM-4.00PM

Share your experiences of caring for someone with ASD and understand and discuss ideas to help support them and look after yourself

VENUE Ackers Adventure, Birmingham

4 JULY 2024 JULY 20

Club Drop In

PRIMARY SCHOOL AGE 5+

TUES 6 AUG 5.15-7.00PM

BBQ and outdoor games, 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, Solihull, B91 1QY

Club Drop In

SECONDARY SCHOOL AGE

TUES 6 AUG 7.15-9.00PM

BBQ and outdoor games, 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, Solihull, B91 1QY

Blackwell Adventure Residential

PRIMARY (AGE 8+) & SECONDARY SCHOOL AGE

FRI 9 AUG-SUN 11 AUG 24:

3 DAYS

Join us for camping fun, zip wire, 3g swing, tree trek and more at Blackwell Adventure. Eat food, chill, play and enjoy a worry free break away with other young carers

VENUE Blackwell Court, Bromsgrove

Transitioning to secondary school workshop & flash climbing

YEAR 6

TUES 13 AUG 11.00AM-4.00PM

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 Drop In

PRIMARY SCHOOL AGE 5+

WEDS 14 AUG 5.15-7.00PM

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

VENUE Colebrook Centre 291 Bosworth Drive, B37 5DP

AUGUST 2024 AUGUST



Club Drop In

SECONDARY SCHOOL AGE

WEDS 14 AUG 7.15-9.00PM

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

VENUE Colebrook Centre 291 Bosworth Drive, B37 5DP

Hatton Country World

PRIMARY SCHOOL AGE 8+

FRI 16 AUG 11.00AM-4.00PM

Animals! Action! Adventure! Join us for a fantastic fun day out in the countryside by Warwick

VENUE Hatton Country World, Warwick

Welcome to Sixth Form workshop

YEAR 11 STUDENTS GOING TO SIXTH FORM COLLEGE

TUES 20 AUG 10:30AM-1.00PM

Join other young carers leaving school to start Sixth Form in September. Meet support staff and find out what services are available to help you manage studies and caring.

VENUE Solihull Sixth Form College, Widney Lane

Virtual Reality, Hallow Experience

SECONDARY SCHOOL AGE

THURS 15 AUG 1.00-5.00PM

Put your survival instincts to the ultimate test. Protect a once peaceful village from an evil zombie horde and let the terror unfold as you jump into the UK's number 1 immersive zombie virtual reality experience

VENUE Park Playground, Brindley Place

YAC Club Drop In

16-25 YEARS

SAT 17 AUG 1.00-4.00PM

Meet with other young adults, eat out and enjoy a pre-planned activity – at no cost to you

VENUE Meeting Point - Carers Trust Solihull, Fire Station, Solihull, B91 1QY

Sheldon Country Park and Farm

5-7 YEARS

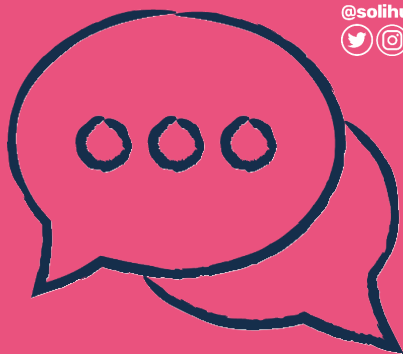
TUES 20 AUG 2.00-4.00PM

Play in the park, watch aeroplanes pass above your head and have a picnic

VENUE Sheldon Country Park



ST 2024 AUGUST 202



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Solihull

Carers Trust Solihull

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620 Streetsbrook Road
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EVENTS & ACTIVITIES
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TOUCH**



**EVENTS &
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YOU**



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