

**CARERS
TRUST**

Solihull



BE HEALTHY

**YOUNG
CARERS
KNOW
YOUR
RIGHTS**



**carers
RIGHTS DAY**





REMEMBER

Solihull Young Carers Things To Remember

You have all had the Experience to get to know one another. This is a break from caring and it's up to everybody to make sure everyone has a great time.

There are a few things to remember when we are at any Young Activity:

- Firstly have fun
- Choose what you want to do with your free time
- All activities are optional
- Be friendly
- Focus on your friends not your phone
- Look after the building we are using
- Respect each other, people's property and the space
- No pictures or posting on social media about somebody in the group
- If you have any problems or issues then please speak to a member of staff straight away.
- This will make sure any issues are dealt with on the day and are sorted.

$$5 \times 7 = 4 \times 3 + 1 - 5 + 2 =$$
$$\text{Pie} = 35$$



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HAVE SUPPORT

YOUNG CARERS KNOW YOUR RIGHTS





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BE SAFE

**YOUNG
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**carers
RIGHTS DAY**



HAVE OPPORTUNITIES

YOUNG CARERS KNOW YOUR RIGHTS



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**GROW &
DEVELOP**

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HAVE AN
ASSESSMENT



**YOUNG
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CARERS TRUST

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BE SEEN

YOUNG CARERS KNOW YOUR RIGHTS



carers RIGHTS DAY



**CARERS
TRUST**

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**HAVE SERVICES
FOR US**

**YOUNG
CARERS
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**carers
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**CARERS
TRUST**
Solihull



FAMILY LIFE

**YOUNG
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