



September - December 2019

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

Donate to support our work at <https://www.solihullcarers.org/fundraise-and-donate/>

Welcome to our **new look** newsletter! Giving you up to date information on services, events and activities available to you. For Information on all our services see page 2 - 3 or access our Information Pack from 9th Sep 2019 at <https://www.solihullcarers.org/carers-5-to-25/support-for-me-from-solihull-carers-centre/>



Trampolining in Caves at Bounce Below

Well done to 10 young adult carers who climbed Mount Snowdon. They participated in 'Bounce Below' and camped for 3 nights in picturesque Snowdonia in August, as well as taking a worry free break from caring. Funded by [Quilter](#), [Rotary St Alphege](#) and proceeds of our Fat Chance Fundraising Event. **Your Donations count!!**

What's Inside

****NEW EVENTS EXCLUSLVEY FOR YOUNG ADULT CARERS **-** YAC Meet Up's, YAC to Adult Events, Carers Academy

Plus

Forthcoming Days out, Training, Drop in's, Clubs, Group Support Work & Decision Making Group - for all ages AND booking form

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:

5 ACTIVITIES	Short breaks from caring - worry free days out, time out and have some fun with other carers. Mostly for carers who cannot get out easily or don't have access to other breaks
2 CARERS ACADEMY	Increase your knowledge & skills through training & e-learning modules for carers aged 14 - 25
5 (YCiE) DROP IN'S	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
2 DMG's	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
12 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.
4 GROUP SUPPORT WORK	Young carers receive support in a group setting including Understanding Autism, Next Steps, Looking after me and Confident Me
2 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.

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

September - Events & Activities

Type	Date	Activity	Time	Age	Location
CLUB	Thu 5th Sep	Club Chill, relax, do your own thing or participate in Dreamcatcher Making	5.15 - 7pm 7 - 9pm	Primary Secondary	Carers Trust Solihull**
YAC MEET UP	Thu 5th Sep	**NEW** YAC Meet Up Exclusively for carers aged 18 - 25. Refreshments, chill & chat	7 - 9pm	18 - 25 years	Carers Trust Solihull, Ramp Room
YAC - ADULTS ACTIVITY	Fri 6th Sep	**NEW** YAC—Adult Activity—Twycross Zoo Preparing you for joining adult carers project at 25. Make your own way to pick up points, attend activity with other YAC's & Adult Carers, £6 per person and take person you care for (aged 18+) if you wish,	All day	18 - 25	Atherstone
PEER MENTOR	Mon 9th Sep	Peer Mentor Supervision Top up the support & training you need to be a Peer Mentor	5.30 - 8.30pm	Peer Mentors only	Carers Trust Solihull
CLUB	Wed 11th Sep	Club Chill, relax, do your own thing or participate in Dreamcatcher Making	5 - 7pm 7 - 9pm	Primary Secondary	Castle Bromwich Youth Centre**
YAC MEET UP	Wed 11th Sep	**NEW** YAC Meet Up Exclusively for carers aged 18—25. Refreshments, chill & chat	7 - 9pm	18 - 25 years	Castle Bromwich Youth Centre, Lounge
YCiE	Tue 17th Sep	Young / Young Adult Carers in Education Solihull College Fresher's Fair	11 - 2pm	New / All college YAC students	Blossomfield Campus
YCiE	Wed 18th Sep	Young / Young Adult Carers in Education College Drop in's - Get support from a Carers Trust Solihull Worker	12.30 - 2pm	Sixth form YAC students	Solihull 6th form College
YCiE	Thu 19th Sep	Young / Young Adult Carers in Education Solihull College Fresher's Fair	11 - 2pm	New / All college YAC students	Woodlands Campus

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

CLUB	Sat 21st Sep	Club Chill, relax, do your own thing or participate in Dreamcatcher Making	1 - 3.30pm	All ages	Hatchford Brook Youth Centre**
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October - Events & Activities

Type	Date	Activity	Time	Age	Location
YCiE	Tue 1st Oct	Young / Young Adult Carers in Education College Drop in's - Get support from a Carers Trust Solihull Worker	12 - 1.30pm	College YAC Students	Blossomfield Campus
GRP WORK	Tue 1st oct	Group Support Work - Next Steps UCAS Application Workshop— Help with your application to University	5.45 - 8.15pm	16 - 25 years	To be confirmed
CLUB	Thu 3rd Oct	Club Chill, relax, do you own thing or participate in Halloween Crafts	5.15 - 7pm 7 - 9pm	Primary Secondary	Carers Trust Solihull**
YAC MEET UP	Thu 3rd Oct	**NEW** YAC Meet Up Exclusively for carers aged 18—25. Refreshments, chill & chat	7 - 9pm	18 - 25 years	Carers Trust Solihull, Ramp Room
CLUB	Wed 9th Oct	Club Chill, relax, do you own thing or participate in Halloween Crafts	5 - 9pm 7 - 9pm	Primary Secondary	Castle Bromwich Youth Centre**
YAC MEET UP	Wed 9th Oct	**NEW** YAC Meet Up Exclusively for carers aged 18—25. Refreshments, chill & chat	7 - 9pm	18 - 25 years	Castle Bromwich Youth Centre, Lounge
DMG	Mon 14th Oct	Young Adult Carers Decision Making Group and Pizza Help choose activities, shape services and make a difference - with other like minded young adult carers	5 - 7pm	16 - 25 years	To be confirmed
YCiE	Wed 16th Oct	Young / Young Adult Carers in Education College Drop in's - Get support from a Carers Trust Solihull Worker	12.30 - 2pm	6th form YAC students	Solihull 6th Form

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CLUB	Sat 19th Oct	Club Chill, relax, do you own thing or participate in Halloween Crafts	1 - 3.30pm	All ages	Hatchford Brook Youth Centre**
ACTIVITY	Mon 28th Oct	Activity - Lazer Maze Laser maze is like laser quest or laser tag but bigger and better. Get in teams and beat their score	10 - 5pm	Primary 8 +	Wellingborough
MENTORS & MENTEES	Tue 28th Oct	Children in Need Ramble 3 mile walk to raise funds for Children in Need	10 - 4pm	Peer Mentors & Mentees only	To be confirmed
YCiE	Thu 30th Oct	Young / Young Adult Carers in Education Day out of choice - chosen by student YAC's in Solihull College	10 - 3pm	Solihull College YAC Students	To be confirmed
ACTIVITY	Thu 31st Oct	Day Out—Drayton Manor Theme Park Join in the exciting attractions and roller coasters	10 - 5pm	Secondary	Drayton Manor, Tamworth

November - Events & Activities

Type	Date	Activity	Time	Age	Location
GRP WORK	Fri 1st Nov Date may change	Group Support Work - Understanding Autism Helping you cope with and understand Autism	All day	8 - 12	To be confirmed
YCiE	Wed 6th Nov	Young / Young Adult Carers in Education College Drop in's - Get support from a Carers Trust Solihull Worker	12 - 1.30pm	College YAC Students	Blossomfield Campus
CLUB	Thu 7th Nov	Club Chill, relax, do your own thing or participate in a Cooking Challenge	5.15 - 7pm 7 - 9pm	Primary Secondary	Carers Trust Solihull**
YAC MEET UP	Thu 7th Nov	**NEW** YAC Meet Up Exclusively for carers aged 18 - 25. Refreshments, chill & chat	7 - 9pm	18 - 25 years	Carers Trust Solihull, Ramp Room

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Type	Date	Activity	Time	Age	Location
CLUB	Wed 13th Nov	Club Chill, relax, do your own thing or participate in a Cooking Challenge	5 - 7pm 7 - 9pm	Primary Secondary	Castle Bromwich Youth Centre**
YAC MEET UP	Wed 13th Nov	**NEW** YAC Meet Up Exclusively for carers aged 18—25. Refreshments, chill & chat	7 - 9pm	18 - 25 years	Castle Bromwich Youth Centre, Lounge
CLUB	Sat 16th Nov	Club Chill, relax, do your own thing or participate in a Cooking Challenge	1 - 3.30pm	All ages	Hatchford Brook Youth Centre**
GRP WORK	Mon 18th Nov	Group Support Support - Looking After Me You are important! Find out ways to put yourself first too	5.15 - 7.45pm	Primary	To be confirmed
YCiE	Wed 20th Nov	Young / Young Adult Carers in Education College Drop in's - Get support from a Carers Trust Solihull Worker	12.30 - 2pm	6th Form YAC students	6th Form College
CARERS ACADEMY	Sat 23rd Nov	Carers Academy - World Skills Show Helping you explore how to go further in your career - around caring. Self led activity - receive your tickets, ask for transport if needed, meet	10 - 4pm	Secondary school age—25 years	Birmingham NEC
GRP WORK	Mon 25th Nov	Group Support Work - Looking after Me You are important! Find out ways to put yourself first	5.15 - 7.45pm	Primary	To be confirmed
CARERS ACADEMY	Thu 28th Nov	First Aid Awareness Learn how to carry out first aid with St Johns Ambulance	5.30—8.30	14—25 years	To be confirmed

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Join our **Celebration Event** for Carers Rights Day Activities, food, fun and find out what your rights are as a young and young adult carer and about future changes that affect you. Stay tuned for updates on our website,



December - Events & Activities

Type	Date	Activity	Time	Age	Location
YAC - ADULTS ACTIVITY	Sun 1st Dec	**NEW** YAC—Adult Activity—Christmas Craft Fair Preparing you for joining adult carers project at 25. Make your own way to pick up points, attend activity with other YAC's & Adult Carers, £6 per person and take person you care (aged 18+) for if you wish.	All day	18—25	National Trust, Upton House
DMG	Tue 3rd Dec	Young Carers Decision Making Group and Pizza Help choose activities, shape services and make a difference - with other like minded young adult carers	5 - 7pm	Secondary	To be confirmed
YCiE	Thu 5th Dec	Young / Young Adult Carers in Education College Drop in's - Get support from a Carers Trust Solihull Worker	12 - 1.30pm	College YAC students	Blossomfield Campus
CLUB	Thu 5th Dec	Club Chill, relax, do your own thing or participate in Christmas Crafts	5.15 - 7pm 7 - 9pm	Primary Secondary	Carers Trust Solihull**
YAC MEET UP	Thu 5th Dec	**NEW** YAC Meet Up Exclusively for carers aged 18—25. Refreshments, chill & chat	7 - 9pm	18 - 25 years	Carers Trust Solihull, Ramp Toom
PEER MENTORS	Tue 10th Dec	Peer Mentor Supervision Top up the support & training you need to be a Peer Mentor	5.30 - 8.30pm	Peer Mentors only	To be confirmed
CLUB	Wed 11th Dec	Club Chill, relax, do your own thing or participate in Christmas Crafts	5 - 7pm 7 - 9pm	Primary Secondary	Castle Bromwich Youth Centre**
YAC MEET UP	Wed 11th Dec	**NEW** YAC Meet Up Exclusively for carers aged 18—25. Refreshments, chill & chat	7 - 9pm	18 - 25 years	Castle Bromwich Youth Centre, Lounge
CLUB	Sat 14th Dec	Club Chill, relax, do your own thing or participate in Christmas Crafts	1 - 3.30pm	All ages	Hatchford Brook Youth Centre**
YAC Activity	Mon 16th Dec	YAC Escape Rooms Trip Can you solve all the clues to escape the room?	7 - 9pm	Young Adult Carers	Clue HQ Birmingham

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YCiE	Wed 18th Dec	Young / Young Adult Carers in Education College Drop in's - Get support from a Carers Trust Solihull Worker	12.30 - 2pm	6th Form YAC students	6th form college
ACTIVITY	Sat 21st Dec	Activity - Cinema A film will be chosen closer to the time	9 - 5pm	Primary	Cineworld—Solihull
ACTIVITY	Mon 23rd Dec	Activity - Climbing Want to be like Spiderman? Can you scale the indoor climbing wall?	9 - 5pm	Secondary	Flash Climbing Solihull

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Other stuff



Calling young carers to the Event of the Year!

Every year we are limited to taking 10 young carers to the festival due to funding but next year we want to take MORE!!! The 3 day festival takes place in Southampton in June and is full of music, entertainment, food and activities - exclusively for around 2000 young carers secondary school age young carers from across the UK. **Interested!** Each place costs £100 and we can advise you how to fundraise for this if it is unaffordable. Contact us to secure your place and ask about fundraising.



Location of clubs



Carers Trust Solihull, Solihull Fire Station, 620 Streetsbrook Road, Solihull, B911QY

Castle Bromwich Youth & Community Centre, Hurst Lane North, Birmingham, B360HD

Hatchford Brook Youth Centre, Old Lode Lane, Solihull, B928JE



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



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

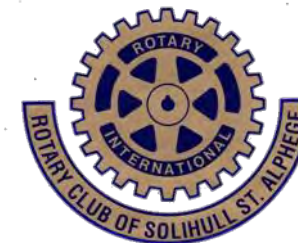
Since April 2019 - Thank you to funders:

**Fat
Chance
Comedy
Band**

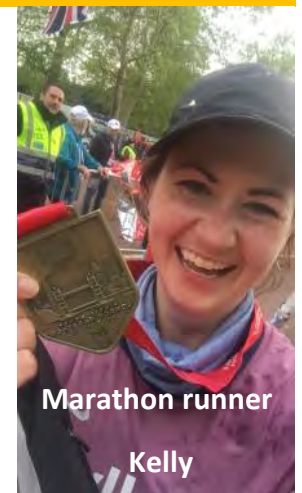
Quilter



Shirley Lions



 **Santander**



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,

The young carers app is
available online here

[http://login.iwantanapp.co.uk/
html5/?appcode=solihullyc](http://login.iwantanapp.co.uk/html5/?appcode=solihullyc)

Or scan the code



We appreciate any feedback

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



For young carers aged 5 to 17 who want to register interest on Events & Activities

Read newsletter for more details on each event

To register on an activity you must be a registered young carer with Carers Trust Solihull and have completed consent – If you think you are a carer and would like to know more visit www.solihullcarers.org

Young Carer Details, please tick the boxes below to register interest:

Name:

Email:

Age:

Address:

Telephone No.

Do you attend other activities outside of young carers?

Are you able to play/go out with your friends when you want?

Young Carers Clubs Chill, relax, do your own thing or join in the planned activity

Date	Activity	I want to go
Thu 5 Sep	Club – Carers Trust Solihull	
Wed 11 Sep	Club – Castle Bromwich Youth Centre	
Sat 21 Sep	Club – Hatchford Brook Youth Centre	
Thu 3 Oct	Club – Carers Trust Solihull	
Wed 9 Oct	Club – Castle Bromwich Youth Centre	
Sat 19 Oct	Club – Hatchford Brook Youth Centre	
Thu 7 Nov	Club – Carers Trust Solihull	
Wed 13 Nov	Club – Castle Bromwich Youth Centre	
Sat 16 Nov	Club – Hatchford Brook	
Thu 5 Dec	Club – Carers Trust Solihull	
Wed 11 Dec	Club – Castle Bromwich Youth Centre	
Sat 14 Dec	Club – Hatchford Brook	

Young Carers Activities

Date	Activity	Show interest by	I want to go
Mon 28 Oct	Lazer Maze – Primary school age	30/09/2019	
Thu 31 Oct	Drayton Manor – Secondary school age	03/10/2019	
Sat 21 Dec	Cinema – Primary school age	22/11/2019	
Mon 23 Dec	Climbing – Secondary school age	25/11/2019	

Young Carers Group Support Work

Date	Activity	Show interest by	I want to go
Tue 1 Oct	Next Steps UCAS Application Workshop - 16 - 25 years	10/09/2019	
Fri 1 st Nov	Understanding Autism - 8 - 12 years	04/10/2019	
Mon 18 and Mon 25 Nov	Looking after me – Primary school age 2 sessions for this workshop	21/10/2019	

Carers Academy

Date	Activity	Show interest by	I want to go
Sat 23 Nov	World Skills Show – 14 -25 years	25/10/2019	
Thu 28 th Nov	First Aid Awareness 14 – 25 years	29/10/2019	

Young Carers DMG Help choose activities, shape services and make a difference - with other like-minded young carers

Date	Activity	Show interest by	I want to go
Tue 3 Dec	Decision Making Group & pizza – Secondary school age	26/11/2019	

Save and submit this form to barrynoy@solihullcarers.org or fill out the online form here

For Young Adult Carers to register interest in Events and Activities

Read newsletter for more details on each event

To register on an activity you must be a registered young carer with Carers Trust Solihull and have completed consent – If you think you are a carer and would like to know more visit www.solihullcarers.org

Young Carer Details, please tick the boxes below to register interest:

Name:

Email:

Age:

Address:

Telephone No.

****NEW** YAC Meet Up** Exclusively for carers **aged 18 - 25**. Refreshments chill & chat.

Date	Activity	I want to go
Thu 5 Sep	Club – Carers Trust Solihull – Ramp Room	
Wed 11 Sep	Club – Castle Bromwich Youth Centre - Lounge	
Thu 3 Oct	Club – Carers Trust Solihull – Ramp Room	
Wed 9 Oct	Club – Castle Bromwich Youth Centre - Lounge	
Thu 7 Nov	Club – Carers Trust Solihull – Ramp Room	
Wed 13 Nov	Club – Castle Bromwich Youth Centre - Lounge	
Thu 5 Dec	Club – Carers Trust Solihull – Ramp Room	
Wed 11 Dec	Club – Castle Bromwich Youth Centre - Lounge	

Young Adult Carers Activities

Date	Activity	Bringing cared for person	I want to go
Fri 6 Sep	Twycross Zoo, YAC–Adult Activity - 18- 25yrs		
Sun 1 Dec	Christmas Craft Fair, YAC–Adult Activity - 18-25yrs		
Mon 16 Dec	Escape Rooms	Not possible	

Carers Academy

Date	Activity	I want to go
Sat 23 Nov	World Skills show – 14 – 25 years	
Thu 28 th Nov	Frist Aid Awareness – 14 -25 years	

Young Adult Carers DMG Help choose activities, shape services and make a difference - with other like-minded young adult carers

Date	Activity	I want to go
Mon 14 Oct	Decision Making Group & pizza – 16-25	

Save and submit this form to barrynoy@solihullcarers.org or fill out the online form here