



**WE'RE
THE ONES
CARERS
TRUST**

**CARERS
TRUST**

Solihull

@solihullcarers



NEWS, EVENTS AND ACTIVITIES SEPT 2023 -DEC 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.**

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 on a similar journey to yourself.

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

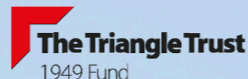
Peer Mentors receive training to equip them to support other young carers who are 5 to 12 years old in 1-2-1 or small group sessions focused on their needs as carers in a school setting. You will also benefit from adding to your record of achievement (e.g. CV), which will support career options.

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

T 0121 788 1143 M 07514 495761 E ROMMELYNJONES@SOLIHULLCARERS.ORG



PROJECT SUPPORTED BY:



PEER MENTORING GETS AN EDUCATION BOOST FROM THE TRIANGLE TRUST

New funding is boosting the project with a change in focus to support young carers with the barriers they face in education.

We continue to recruit more peer mentors and engage young carers who want to be involved in fun peer support to help them juggle school life and caring.

Young carers aged 5 to 12 can receive support from older young carers aged 13 to 17 who are trained to be peer mentors. Peer Mentors deliver 1-2-1 and small group sessions to younger carers to help with school related difficulties they face as carers. If this project would benefit your child please get in touch with Rommelyn.

Contact Rommelyn Jones 0121 788 1143 or email rommelynjones@solihullcarers.org

NEWS & INFO

FUN AT NINJA WARRIOR

We headed to Ninja Warrior for an afternoon of energy on the famous assault course! This was a group for our young carers who had engaged in a group support work session over the past 12 months to come together and have some fun!





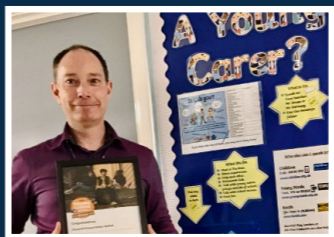
NEWS & INFO

BAGS OF FUN! WITH EVENTS AND ACTIVITIES

Young carers have had bags of fun this spring. We brought in the season with a visit to the farm, held spring chicks and new born lambs, topped up our shooting skills with laser battlez and clay pigeon shooting, and had a wonderful day of discovery at Conkers! Bring on the new term for more exciting adventures and activities.



*YCIS BRONZE FOR GRESWOLD PRIMARY SCHOOL!



Operational Lead for Young Carers, Russ Jones, along with the Senior Leadership Team and Board of Governors, have worked incredibly hard over the last year to implement support for young carers in line with the *Young Carers in Schools award programme. In April, the school learnt that its application for an award was successful and it is now the deserved recipient of Bronze accreditation in recognition of the quality support it provides to pupils with caring responsibilities. Congratulations!

Schools wanting to achieve accreditation contact Sally on 0121 788 1143 or email sbartonbodley@solihullcarers.org



GCSE REVISION PACKS FOR YOUNG CARERS



Young carers told us that they needed tools to support revision for their GCSE exams. We responded by creating revision packs to support their learning journey and purchased emotional wellbeing resources from an amazing child focused charity called Cherished. The feedback from our young carers was so positive. Good luck on your results.





YOUNG ADULT CARERS RESIDENTIAL FANCY AN ADVENTURE?

Join us for our YAC residential at Condoover Hall. A variety of different activities to participate in including archery, fencing, climbing, watersports and many more. Register your interest today by contacting the team or visiting our website!

To explore Condoover Hall use the QR code or visit www.jca-adventure.co.uk



To register your interest please use the QR code on the left or visit:

<https://solihullcarers.org/whats-on/>

SELF-ESTEEM WORKSHOP FOR GIRLS AGED 8-16 YEARS

Self-Esteem Workshops **CARERS TRUST Solihull** **Cherished**

Cherished Self-Esteem Workshop

Our Cherished Self-Esteem Workshops are a safe space for girls to develop confidence, feel secure in themselves and develop self-worth and strategies to lift their self-esteem.

In our workshop, we cover:

- Self-Worth Development & Strengths Recognition - A reflective space for girls to identify their strengths, inner beauty and what makes them special.
- Managing Emotions - Providing girls with the tools and skills to regulate emotions relating to self-worth.
- Supporting The Self-Esteem Of Others - Exploring the kind and compassionate ways that we can support the self-esteem of others.
- Each girl will be provided with Cherished resources to support her self-esteem and confidence.

Details: The workshop will run for half a day

"Kindness in words, creates confidence."

We are running a workshop for girls aged 8-16 years in October half term focusing on self-esteem, confidence and managing emotions. The girls will work on identifying their strengths to develop a stronger sense of self-esteem.

Resources and lunch will also be provided.



To register your interest please use the QR code on the left or visit:

<https://solihullcarers.org/whats-on/>



SUPPORT FOR PARENT CARERS

Our dedicated assessment and support planning service for Parent Carers continues to produce great outcomes for parents who use our service.

90% parent carers recently reported that their assessment experience was good/excellent and 82% said it gave them enough information to make change.

To find out more about the project please call Carers Trust Solihull on 0121 788 1143 or complete a registration form using the QR code or by using the web address below.



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

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

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.



EVENTS & ACTIVITIES

Club PRIMARY SCHOOL AGE

TUES 5 SEPT 2023 5:15 PM

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, Solihull B91 1QY

Club SECONDARY SCHOOL AGE

TUES 5 SEPT 2023 7:15 PM

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, Solihull B91 1QY

Club PRIMARY SCHOOL AGE

WEDS 13 SEPT 2023 5:15 PM

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 13 SEPT 2023 7:15 PM

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 16 SEPT 2023 1:00 PM

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, Solihull B91 1QY

DMG 8-14 YEARS

TUES 19 SEPT 2023 5:00 PM

Help us 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

DMG 15-25 YEARS

TUES 19 SEPT 2023 6:00 PM

Help us 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

SEPTEMBER 2023 SEPTEMBER 2023 SEPT

Club
PRIMARY SCHOOL AGE
TUES 3 OCT 2023 5:15 PM

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, Solihull B91 1QY

Club
PRIMARY SCHOOL AGE
WEDS 11 OCT 2023 5:15 PM

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
TUES 3 OCT 2023 7:15 PM

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, Solihull B91 1QY

Club
SECONDARY SCHOOL AGE
WEDS 11 OCT 2023 7:15 PM

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 Residential Condover Hall
16-25 YEARS
FRI 13 OCT 2023 5:00 PM

Join us in the Shropshire countryside for the ideal combination of outdoor and indoor adventurous activities.

VENUE Condover Hall, 7 Church Road, Condover SY5 7AU

Drayton Manor
8-11 YEARS
MON 30 OCT 2023 9:00 AM

Enjoy over 50 rides and attractions including Europe's only Thomas Land, Adventure Cove, Vikings, our 15-acre zoo and much more!

VENUE Drayton Manor Theme Park



YAC Club
16-25 YEARS
SAT 21 OCT 2023 1:00 PM

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, Solihull B91 1QY

Alton Towers
SECONDARY AND YAC
TUES 31 OCT 2023 9:00 AM

Get away for a fun day at Alton Towers!

VENUE Alton Towers Theme Park



OCTOBER 2023 OCTOBER 2023 OCTOBER 2023

GSW – Girls Self-Esteem Workshop

GIRLS 8–16 YEARS

WEDS 1 NOV 2023 10:00 AM

Workshop focusing on self-esteem, confidence and managing emotions. Take away resources and lunch included.

VENUE Three Trees Community Centre

College Trip to Escape Rooms

16-18 YEARS

THURS 2 NOV 2023 12:00 PM

Try to escape before time runs out, solve your mission, find the clues, explore the themes, and most of all, have fun! Available for companies, families, friends, Team building events and even a hen party, tons of players have chosen our escape rooms at Exciting Game as they offer a good challenge and a fun day out.

VENUE Escape Rooms, 63 Great Hampton Street, Birmingham B18 6EL

Club

PRIMARY SCHOOL AGE

TUES 7 NOV 2023 5:15 PM

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, Solihull B91 1QY

Club

SECONDARY SCHOOL AGE

TUES 7 NOV 2023 7:15 PM

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, Solihull B91 1QY

Club

SECONDARY SCHOOL AGE

WEDS 8 NOV 2023 7:15 PM

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 8 NOV 2023 5:15 PM

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 18 NOV 2023 1:00 PM

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, Solihull B91 1QY


NOVEMBER 2023 NOVEMBER 2023 NOVEMBER



Club
PRIMARY SCHOOL AGE
TUES 5 DEC 2023 5:15 PM
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, Solihull B91 1QY

Club
SECONDARY SCHOOL AGE
TUES 5 DEC 2023 7:15 PM
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, Solihull B91 1QY

Young Carers Xmas Party
5-15 YEARS
WEDS 13 DEC 2023 5:00 PM
Come and celebrate Christmas with young carers. Buffet, face painting, games, prizes, disco and possibly a special guest if we are lucky!
VENUE The Junction, 100 Chapelhouse Road, Chelmsley Wood, B37 5HA

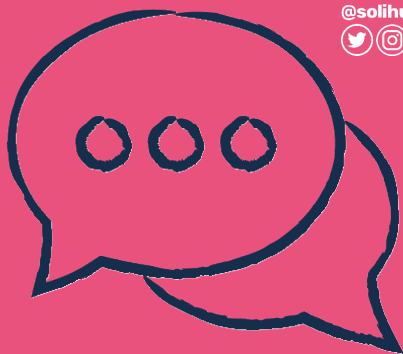


Club
PRIMARY SCHOOL AGE
WEDS 13 DEC 2023 5:15 PM
Meet up with other young carers, have fun, play games, join in with activities or just chill out.
VENUE The Junction, 100 Chapelhouse Road, Chelmsley Wood, B37 5HA

Club
SECONDARY SCHOOL AGE
WEDS 13 DEC 2023 7:15 PM
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 16 DEC 2023 1:00 PM
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, Solihull B91 1QY

DECEMBER 2023 DECEMBER 2023 DECEMBER



@solihullcarers



**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:



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



**WE'RE
THE ONES
CARERS
TRUST**



REGISTER HERE

WWW.SOLIHULLCARERS.ORG/WHATS-ON

Solihull Carers Centre (SCC) is a company limited by guarantee and a Registered Charity trading as Carers Trust Solihull (CTS).
Registered Company in England No. 04378042. Registered Charity No. 1092613.