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**CARERS
TRUST**

Solihull

NEWS, EVENTS AND ACTIVITIES JAN-APR 2024



**WANT A
BREAK?
TAKE PART
IN EVENTS &
ACTIVITIES
THAT SUIT
YOU**

**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.**

NEWS & INFO



CARERS TRUST SOLIHULL WINS PRESTIGIOUS AWARD

We are proud to have won Excellence in the Third Sector Award from the Solihull Chamber of Commerce. Receiving the award was special as a young adult and parent carer joined the staff team to celebrate the win. They were overjoyed that our vital service and excellent work supporting carers of all ages for over 20 years had been recognised.



FOR MORE DETAILS USE QR CODE OR VISIT:

<https://solihullcarers.org/we-won-solihull-awards-excellence-in-the-third-sector/>



SOLIHULL MAYOR HONOURS YOUNG ADULT CARER

Noah received the Civic Honour of Making a Difference for Young People Award in October. A former young carer for his mom, at the age of 14 he volunteered to be a peer mentor to support other young carers accessing the young carers team through the peer mentoring project. Now an adult, he continues as a volunteer befriender ensuring children with similar caring experiences get the help they need. A really well deserved award recognising an outstanding young man.



FOR MORE DETAILS USE QR CODE OR VISIT:

<https://solihullcarers.org/noah-award/>





DEPUTY MAYOR DONATES £1500 TO YOUNG CARERS

Deputy Mayor of Solihull, Councillor Ken Meeson, selected Solihull Young Carers as one of his mayoral charities during his tenure as mayor. Councillor Meeson has consistently demonstrated a deep interest in children and young people's services, playing a key role in raising awareness and ensuring lots of support for young carers in the community.



**FOR FURTHER DETAILS
USE THE QR CODE OR VISIT:**
[https://solihullcarers.org/
deputy-mayor-donates-1500/](https://solihullcarers.org/deputy-mayor-donates-1500/)



TRANSITION FROM YEAR 6-7 GROUP SUPPORT WORK

We had a super fun day with help from peer mentors. There was also lots of learning about what it might be like in 'big school' as a young carer. After talking about our worries and concerns about leaving primary school – we headed to the rocks to finish climbing.



NEW ACTIVITIES FOR 5-7 YEAR OLDS

Special activities for this age group will feature in the activity programme going forward. These will be shorter and localised to comply with OFSTED regulations. The first one happened in October with a small group celebrating Halloween with pumpkin carving. **Look out for upcoming sessions in future newsletters.**



USE THE QR CODE OR REGISTER HERE:
www.solihullcarers.org/whats-on



NEW RECRUITS JOIN THE YOUNG CARERS TEAM

It's been a busy year of recruitment for the team. In June, we welcomed four new sessional workers: Rebecca, Jack, Jo and Maggie to assist in delivering the club and activity programme and Priya, a volunteer, joined the staff team as an admin assistant. In September, Anna started work as a family assessment practitioner at the same time as Ruth who joined us as the Peer Mentoring Project Coordinator. We are delighted to welcome all of them, they make such a positive addition to our passionate and dedicated team.



PROJECT SUPPORTED BY:
The Triangle Trust
1949 Fund

IT TAKES ONE STEP TO MAKE A CHANGE **PEER MENTORING** **TRAINING**

Seven young carers took a big step by volunteering to become peer mentors. The training engaged them in fun learning activities to equip them to deliver mentoring sessions to support 5-12 year old young carers. An experienced young peer mentor shared their story of carrying out the role, providing valuable support to the new recruits. They had a fantastic time getting to know one another and developing their support skills. Good luck to you all the new peer mentors joining the project.

Contact Ruth for more details about the project:

TELEPHONE 0121 788 1143

EMAIL Ruth.Geoghegan@solihullcarers.org

ARE YOU A PARENT CARER? LET US WORK FOR YOU

Have a parent carers assessment with a personalised support plan. The support plan will signpost you to agencies that are out there. As a parent carer you may have limited time to find out what is available, so let us do the work for you.

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

CARERS TRUST Solihull

@solihullcarers



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

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

PEER MENTORING SERVICE FOR OUR YOUNG CARERS AGED 5-12 YEARS OLD

Would you like the opportunity to work together with your own peer mentor to think about challenges you may face at school?

Taking part in this exciting project can help you to develop your skills emotionally and socially while building long-lasting relationships.

Young people with caring responsibilities sometimes need support on how to think about and organise their school life. What better way to get this support than with someone that is further ahead than you on a similar journey who understands what it's like to be a young carer.

If you would like to find out more, please get in touch with Ruth:

T 0121 788 1143

M 07514 495761

E Ruth.Geoghegan@solihullcarers.org

CARERS TRUST
Solihull



PROJECT SUPPORTED BY:

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EVENTS & ACTIVITIES

Look out for our questionnaire in January asking what you enjoy about our service and what we could do better. Your answers will help us make changes – to create a better service for you and other young carers. You are best placed to tell us how to make this happen. The more questionnaires we receive back, the better our young carers service can become.

JACK and the BEANSTALK



Jack and the Beanstalk Pantomime

8-25 YEARS

SAT 6 JAN 1.00-6.00PM

Christmas giant pantomime spectacular. Fe-fi-fo-fum, a giant of a panto full of fun!

VENUE Hippodrome, Birmingham

Decision Making Group

12-25 YEARS

TUES 23 JAN 6.15-7.15PM

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

YAC Club

16-25 YEARS

SAT 20 JAN 1.00-4.00PM

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, Solihull B91 1QY

Decision Making Group

8-11 YEARS

TUES 23 JAN 5.00-6.00PM

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VENUE Zoom

JANUARY 2024 JANUARY 2024 JANUARY

Over the next few months you will receive invitations to come tell us what we do well and what we can do better. These will be extra sessions of our Decision Making Groups where you are in charge of what is said and what needs to be done to make our service better. Your answers will help us make changes that are right for you and other young carers. Along with our questionnaire launched in January your answers will form a two year plan to help us be the best young carers service we can be – for you!

Planet Play
5-7 YEARS
MON 12 FEB 12.00-2.00PM
Have a jumping good time at indoor kid's soft play



Trampoline Park
8-11 YEARS
TUES 13 FEB 10.00-2.00PM
Jump the biggest and best indoor adventure trampoline park



Looking After Me Workshop
8+ YEARS
WEDS 14 FEB 10.00-2.00PM
Learn about how to look after your feelings and happiness around caring – food provided.

Teamwork's Karting,
Halesowen
SECONDARY SCHOOL AGE
THURS 15 FEB 11.00-4.00PM
Race some of UK's fastest indoor Karts on a challenging indoor karting circuit.

Escape Room
SOLIHULL COLLEGE & 6TH FORM STUDENTS ONLY
THURS 15 FEB ALL DAY
Work together to escape the puzzle room, exit game or riddle room – if you can!

YAC Club Low Impact Paintballing
16-25 YEARS
SAT 17 FEB 11.00-4.00PM
Focus on the target, keep your cool and pull the trigger – SPLAT!

FEBRUARY 2024 FEBRUARY 2024 FEBRUARY 2024

Club
PRIMARY SCHOOL AGE
TUES 5 MAR 5.15-7.00PM



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
SECONDARY SCHOOL AGE
TUES 5 MAR 7.15-9.00PM

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

Young Carers Action Day Celebration Club
PRIMARY SCHOOL AGE
WED 13 MAR 5.15-7.00PM

Magician and Magic Wand Workshop.

VENUE Colebrook Centre 291 Bosworth Drive, B37 5DP

Young Carers Action Day Celebration Club
SECONDARY SCHOOL AGE
WED 13 MAR 5.15-9.00PM

Magician and Check Out My Skills Workshop.

VENUE Colebrook Centre 291 Bosworth Drive, B37 5DP

YAC Action Day Celebration Club

16-25 YEARS

SAT 16 MAR 1.00-4.00PM

Why I'm Successful Workshop and lunch.

VENUE Sage Café, Shirley

Ash End Farm and Big Play Barn

8-11 YEARS

TUES 26 MAR 10.00-4.00PM

Meet lots of friendly farm animals and visit the big play barn with indoor soft play.

Star City Activity Day

12-15 YEARS

WEDS 27 MAR 10.00-4.00PM

Join us for a day of crazy golf, climbing and food.

Laser Quest

GROUP WORKSHOP ATTENDEES THROUGHOUT YEAR

WEDS 27 MAR 10.00-3.00PM

Apply what you've learned during previous group support work sessions about relationships and social confidence to a day out with others

VENUE Star City

Easter Egg Hunt

5-7 YEARS

THURS 28 MAR 12.00-1.30PM

Sniff out and find chocolate and then eat chocolate – what more can we say? Chocolaaattteeeee!

VENUE TBC

MARCH 2024 MARCH 2024 MARCH 2024

Club

PRIMARY SCHOOL AGE

TUES 2 APR 5.15-7.00PM

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

SECONDARY SCHOOL AGE

TUES 2 APR 7.15-9.00PM

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

PRIMARY SCHOOL AGE

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VENUE Colebrook Centre
291 Bosworth Drive, B37 5DP

Club

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16-25 YEARS

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Decision Making Group

8-11 YEARS

TUES 23 APR 5.00-6.00PM

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VENUE Zoom

Decision Making Group

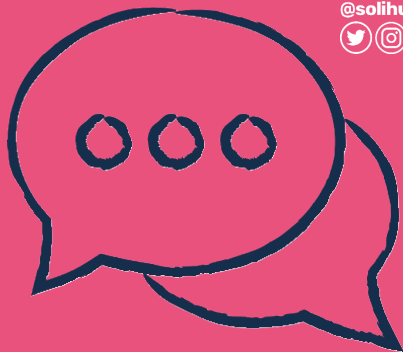
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VENUE Zoom

APRIL 2024 APRIL 2024 APRIL 2024 APRIL



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W www.solihullcarers.org

SUPPORTED BY:



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



**EVENTS &
ACTIVITIES
THAT SUIT
YOU**



REGISTER HERE

WWW.SOLIHULLCARERS.ORG/WHATS-ON

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