



*There are 24,000 carers in Solihull - this is set to rise by 17% by 2019*

## Your donation can help pay for ..

£10

**REFRESHMENTS AT A COFFEE MORNING**  
Giving carers time out with each other for support

£35

**A DAY OUT FOR A YOUNG CARER**  
Fun time out with friends and a break from caring

£50

**A MASSAGE FOR A CARER**  
Time to relax, unwind and recharge batteries

£100

**A FAMILY DAY OUT**  
Quality time, fun together and make memories

£500

**GROUP TRAINING FOR YOUNG ADULT**  
To prepare for work and plan for future

## What else can you do

- Ask your employer, local shop or business to make us their chosen charity for their fund-raising activities - or have a charity tin
- Hold a cake sale, car boot or do a charity fun run to raise sponsorships
- Volunteer at our fundraising events
- Join our **Legacy scheme** and remember us in your will ask us about this

Contact us to find out more about fundraising or [request a fundraising pack](#)

***We can't help everyone but everyone can help someone"***

Dr. Loretta Scott

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### Follow us



Solihullyoungcarers  
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@carerssolihull

Charity No. 1092613



## Be Amazing - Donate



**Make a difference to the lives of family carers in Solihull**

Charity No. 1092613



IMPROVE



SUPPORT

*Family carers save the UK £132 billion a year - this is the cost of a 2nd NHS*

## Why we need your support

Caring for a loved one will happen to most of us at some stage in our lives. The number of people caring is growing every day and we want to reach and improve the lives of every carer aged from **5 years to old age**. Carers look after a loved one who requires care due to physical or learning disability, mental health needs, long term or terminal illness. Caring can be deeply rewarding but can also be time consuming and emotionally and physically tiring. Carers often miss out on education, employment, social opportunities and can struggle financially. Our work exists to enable carers to overcome this, have equal access to fulfilled lives and keep families together. As a charity **we rely on donations** to support our work.

*1 in 12 school children are young carers - the average age of a young carer is 12*

## How donations make a difference

**Young carers** can engage in positive, childhood experiences, make memories and do well at school. **Young adult carers** can access work or further education and plan for their future and adult life. **Adult carers** can maintain a quality of life and access meaningful support when they need it.

### Some of the support we offer FREE to carers:

- Days out, residentials and respite
- Training and peer support groups
- Helpline, drop in's and emotional support
- Information, newsletters and carers card
- Peer-Mentoring and Befriending
- Carers Assessments and support plans
- One to one and group support work
- And projects carers choose for themselves

## Ways to donate

Make a one off payment of an amount of your choice online at [www.solihullcarers.org](http://www.solihullcarers.org)

Send a cheque payable to *Carers Trust Solihull* with this form to us and add Gift Aid if you wish

Set up a regular Standing Order with your bank to Carers Trust Solihull, Lloyds Bank, Sort code 30-97-78, Account no: 63125468

### Donation and optional Gift Aid

Amount donated \_\_\_\_\_

Title, Name \_\_\_\_\_

Telephone number \_\_\_\_\_

Address \_\_\_\_\_

Date \_\_\_\_\_

**Boost your donation by 25p of Gift Aid for every £1 you donate**

*giftaid it*

If you are a UK tax payer, Gift Aid can be reclaimed by Carers Trust Solihull from the tax you pay for the current tax year. Your address is needed to identify you as a current UK tax payer.

I want to gift aid my donation and any future donations I make to Carers Trust Solihull

I am a tax payer and understand if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift claimed on all y donation in that tax year it is my responsibility to pay any difference.

Signature for Gift Aid \_\_\_\_\_

I would like Carers Trust Solihull to keep me up to date with fundraising