



## Supporting young carers aged 5 - 25 years

Whose lives are affected by looking after someone who requires care

Donate at [www.solihullcarers.org/fundraise&donate](http://www.solihullcarers.org/fundraise&donate)

### Congratulations!

February was a proud month for one of our Young Adult Carers, Angeline Ninamou, who got to meet HRH The Princess Royal.

Angeline is 17, she attends Solihull College and is supported by the young carers team.

Angeline travelled to London for the *positive transitions –supporting young adult carers in learning and work* conference held by the Learning and Work Institute.

At the event, Angeline spoke publicly for the first time about her caring role, raising awareness of young carers needs and experiences. She spoke to policy makers, researchers, managers and staff who support carers all across the UK and shared her message to carers ‘ **Don’t hide or struggle alone if you need help, get support and find out your options. There is help out there’.**



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# What help can you get from your local young carers service in Solihull?



## **A break from caring**

Days out, residential trips, clubs and other fun activities specifically for you

## **Young Carers Support Workers**

Friendly support workers can help to talk through difficulties you may be facing, including managing feelings or with caring at home

## **Training and workshops**

To increase your knowledge and skills to cope with caring and life as a young carer

## **Young Carers and families Resource Centre**

Stay and play or borrow interactive books, games & DVDs which help to support feelings, health, behaviours and issues that affect your life as a young carer

## **Carers Card**

To use in emergencies and for free and reduced rates to fun places in the area

## **Information**

Find us on Facebook, twitter, our App, website, call us or drop in. Talk to us on Skype or Facetime (contact details on back page). We can also tell you about other services

## **Peer Mentoring**

Have a mentor or be a mentor - using your experience and knowledge to help others

## **Befriending**

Call the befriending helpline or have a befriender to help you with what you need e.g. joining an activity close to home, building your confidence to do things by yourself

## **Be a voice of young carers in Solihull**

Join a Decision Making Group and be the voice of carers at meetings and help shape services for young carers in Solihull

## **Young Carers Assessments**

Meet with a friendly support worker to find out how caring affects you and what help and support is available to help you

**Family Training** - Topics for families where young carers exist within the family

## **Help for carers aged 16—25**

Support into adulthood and adult services and around education and employment

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

# Support Work



16 young carers who had attended group support work sessions came along to a Self Esteem and Team Building Residential. The Easter trip was a success with all 16 getting involved with Kayaking, Ariel Treks, Sensory Activities and Gladiator Walls.



Young carers shared *“I had a lot of fun, did things I would never normally do, tried things for myself and made some great friends”* and *“thank you so much, it was just what I needed, and a lot of fun”*



## Summer Holiday Group Support Work

Small group workshops will be run over the summer holiday supporting young carers with the following

- Male Confidence and Team Building– Thursday 9th August
- Female Self Esteem and Confidence– Thursday 16th August
- Year 6 Transition and support to secondary—Monday 20th August

If you want to find out more about the above or join a workshop contact a Support Worker on 0121 788 1143

## Training for Families



Families are best placed to support the needs of children within the household who are helping to care. A Family Training Programme exists to support this. Contact Gina Ward on 0121 788 1143 or [ginaward@solihullcarers.org](mailto:ginaward@solihullcarers.org) for more information .

Additional topic to be confirmed

Exploring feelings of a child who cares

How to support your child who is caring

Bereavement and loss

Relaxation & wellbeing within my family

## Activities & Groups

### Young Carers Tuck Shop

At clubs many Young Carers want to go to the shop. We have decided to run a young carers tuck shop at the group sessions where you can buy goodies. There will still be free refreshments available at groups.



The tuckshop will hopefully raise a little fund that will go back into the young carers team to be used for activities and groups.

### Young Carers Festival 2018

Would you like to come to this **fantastic** free 3 day camping event in Southampton from Friday 29th June to Sunday 1st July, run by Children's Society. Up to 3,000 young carers from all over the UK attend to enjoy the fireworks, live music, fairground rides and loads of activities, if you would like to come please contact **barrynoy@solihullcarers.org** or call **0121 788 1143**

There is a £20 charge for the festival this year



### E-Learning for Carers

Here at Carers Trust Solihull we provide hold accredited e-learning modules to carers in partnership with ECERT Training – one of leading distance learning and e-learning training companies in the UK



Visit our website and visit the e-learning page and have a look what courses are available for you to access. **www.solihullcarers.org**. Courses include:

Basic First Aid, epilepsy, falls prevention, food hygiene and many more.

# Activities, Groups & Workshops



## Activities in May for all projects and all ages

Date	Activity	Age & Time	Location
Tues 1st May	YAC Drop-in Session at Solihull College at Blossomfield Campus	Solihull College Students 12 - 1.30pm	Blossomfield Campus
Wed 2nd May	Computer session Carers Trust Solihull, The Carers Centre,	14 - 25 year olds 5 - 7pm	Carers Trust Solihull
Thurs 3rd- May	Young Carers Club (South Solihull)	5-7 Primary 7-9 Secondary/ YAC	Carers Trust Solihull
Tues 8th May	YAC Drop-in Session at Solihull College at Woodlands Campus hosted by YMCA Sutton YAC Service	Solihull College Students 12 - 1.30pm	Woodlands Campus
Wed 9th May	Young Carers Club ( North Solihull)	5-7 Primary 7-9 Secondary/ YAC	Castle Brom Youth Centre
Mon 14th May	YAC Drop-in Session at Solihull Sixth Form College	6th Form Students 12.30 - 2pm	Solihull Sixth Form College
Wed 16th May	Computer session Carers Trust Solihull, The Carers Centre	14 - 25 year olds 5 - 7pm	Carers Trust Solihull
Sat 19th May	Young Carers Club	All Ages 1-3.30pm	Hatchford Brook Youth Centre
Tues 22nd May	YACs at Solihull College—Feedback Workshop at Blossomfield Campus	Solihull College Students 12 - 1.30pm	Blossomfield Campus
Wed 30th- May	Computer session Carers Trust Solihull, The Carers Centre	14 - 25 year olds 5 - 7pm	Carers Trust Solihull

In addition to this programme of activities we hold Respite Breaks exclusively for young carers who need a break from caring and are socially isolated. If you would like to request to go on our list to be contacted about these breaks contact us on 01217881143 to check if you / your child is eligible for Respite Breaks.

# Activities, Groups & Workshops



Activities In June  
for all projects and all ages



Date	Activity	Age & Time	Location
Fri 1st June	University of Birmingham Taster Day for Young Adult Carers	14 - 25 year olds 9am– 3.30pm	University of Birmingham
Tues 5th June	YAC Drop-in Session at Solihull College at Blossomfield Campus	Solihull College Students 12-1.30pm	Blossomfield Campus
Thurs 7th June	Young Carers Club ( South Solihull)	5-7 Primary 7-9 Secondary/ YAC	Carers Trust Solihull
Mon 11th June	YAC steering Group Meeting & Meal	16 –25 year olds 5.30 –8.30 pm	TBC
Tues 12th June	YAC Drop-in Session at Solihull College at Woodlands Campus hosted by YMCA Sutton YAC Service	Solihull College Students 12-1.30pm	Woodlands Campus
Wed 13th June	Young Carers Club ( North Solihull) Carers Week Party	5-7 Primary 7-9 Secondary/ YAC	Castle Brom Youth Centre
Mon 18th June	YAC Drop-in Session at Solihull Sixth Form College	6th Form Students 12.30 - 2pm	Solihull Sixth Form College
Tues 19th June	YAC/NEET CV Writing Workshop—Part 1 With Allianz Insurance	14 - 25 year olds 6 - 8.30pm	Carers Trust Solihull
Tues 26th June	YAC/NEET CV Writing Workshop—Part 2 With Allianz Insurance	14 - 25 year olds 6 - 8.30pm	Carers Trust Solihull
Wed 27th June	Computer drop-in session Carers Trust Solihull, The Carers Centre,	14 - 25 year olds 5 - 7pm	Carers Trust Solihull
Fri 29th - 1st June	Residential—Young Carers Festival	Secondary school to 16	YMCA Fairthorne Manor

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# Activities, Groups & Workshops



## Activities in July for all projects and all ages

Date	Activity	Age & Time	Location
Thurs 5th July	Young Carers Club ( South Solihull)	5-7 Primary 7-9 Secondary/ YAC	Carers Trust Solihull
Wed 11th July	Young Carers Club ( North Solihull)	5-7 Primary 7-9 Secondary/ YAC	Castle Brom Youth Centre
Fri 27th July	Activity Meriden Park	All Ages 10am-4 pm	Meriden Park
Sat 28th July	Young Carers Club BBQ & Sports	All Ages 1-3.30pm	Hatchford Brook Youth Centre
Tues 31st July	YAC/NEET Mock Interview Workshop with Allianz Insurance	14 - 25 year olds 10am - 2pm	Allianz Insurance Bickenhill

In addition to this programme of activities we hold Respite Breaks exclusively for young carers who need a break from caring and are socially isolated. If you would like to request to go on our list to be contacted about these breaks contact us on 01217881143 to check if you / your child is eligible for Respite Breaks.

To tell us you want to come to any of these activities contact [barrynoy@solihullcarers.org](mailto:barrynoy@solihullcarers.org) or Barry on 0121 7881 143. You can also register online at [www.solihullcarers.org](http://www.solihullcarers.org)

# Activities, Groups & Workshops



## Activities in August For all ages and all projects

Date	Activity	Age & Time	Location
Thur 2nd	Activity Film making Day 1	All ages 10am-4 pm	TBC
Fri 3rd	Activity Film making Day 2	All ages 10am-4pm	TBC
Fri 3rd -Sun 5th	YAC Camping Trip	15—25	TBC
Wed 8th	Activity Sheldon Park Family Fun Day	All ages 11am –4pm	Sheldon Park
Thur 9th	Male confidence workshop	Secondary Males All Day	TBC
Thur 16th	Female self esteem workshop	Secondary Female All day	TBC
Fri 10th	YAC Trip to Stratford Upon Avon	15—25 10am -4:00	Stratford
Fri 17th	Peer Mentor and Mentee Trip	5-18 All day	TBC
Sat 18th	Young Carers Club	All Ages 1-3.30pm	Hatchford Brook Youth Centre
Mon 20th	Year 6 Transition Support & Activity	Year 6 pupils 11am –4pm	Carers Trust Solihull
Tues 21st	YAC Activity & Information Session at Solihull College	New & existing students 11am—2pm	Blossomfield Campus
Sun 26th—28th	Residential Climb Snowdon and fundraiser for young carers	Secondary and YAC	Snowdonia

In addition to this programme of activities we hold Respite Breaks exclusively for young carers who need a break from caring and are socially isolated. If you would like to request to go on our list to be contacted about these breaks contact us on 01217881143 to check if you / your child is eligible for Respite Breaks.



## Keeping up with change with Young Carers Reviews

To make sure we are up to date with young carers lives, the support they receive from their community and us , we carry out **Reviews**.

If you are registered and haven't had a review within a year of your assessment you can expect a call to arrange this over the phone or face to face if necessary.

Carers cards will expire within 1 year and you will have a Review before receiving your new card.

If your circumstances have changed and you would like to request a review contact the office on 0121788143 and ask for your young carers Review.



## Selections for Respite Breaks

**IMPORTANT\*\*IMPORTANT\*\*IMPORTANT\*\*IMPORTANT\*\*IMPORTANT\*\*IMPORTANT**

Due to high demand for activities we have had to revisit how we make selections for trips. We have decided that young carers who identify as needing a break from caring and are socially isolated will be able to access Respite Breaks going forward. When young carers and families contact us to request Respite Breaks they will have to complete a review over the phone before it is decided if they are eligible or not. From then they will be contacted when breaks and dates become available.

**JUST AS IMPORTANT\*\*JUST AS IMPORTANT\*\*JUST AS IMPORTANT**

Clubs, residential trips, training and other days out advertised on our newsletter are still accessible for all.



## Get support from a young carer mentor!

Meet with a mentor, another YC trained to offer support for a hour sessions over the duration of 6-12 weeks. The focus you choose allows you to build on skills such as:

- Building confidence to attend groups.
- Understanding feelings.
- Understanding your caring role.
- Listen and be heard.



One to one sessions will take place either at the carers centre each Wednesday or during our monthly clubs.

## Group Mentoring!



We are now running Group Mentoring. Sessions are held here at the centre once a month, and also at three trees in Chelmsley Wood once a month.

What we do in group mentoring:

- Art Therapy—exploring feelings.
- Meditation.
- Social skills.
- Getting to know other young carers on a smaller scale.



**Contact Olivia: 0121 788 1143**

# Young Adult Carers aged 16 - 25

## Time For Me Fund

This opportunity is open to all **Young Adult Carers 16-25**.

We understand that lots of young adult carers are juggling caring alongside work or studies and maintaining a social life. Carers Trust Solihull would like to support you with social events and provide respite time for you. Therefore you are able to apply for **£30.00** to spend on something of your choosing. For example:

**Cinema Trip   Sporting Event   Relaxation Treatment  
Meal Out**



## College Drop-in sessions for YACs

Support workers are available to drop in and talk to young adult carers at Solihull colleges during term time, dates as follows:-

- Solihull College Blossomfield Campus - 1st Tuesday of each month
- Solihull College Woodlands Campus - 2nd Tuesday of each month
- Solihull Sixth Form College - 3rd Monday of each month

## Residential

This Summer as requested by you the young adult carers! We will be taking a small group of 16-25 year old carers away camping. This trip will include, fishing, sight seeing and the opportunity to have a break. If you would like to register your interest please let Sally or Bev know on 0121 788 1143 or email [yac@solihullcarers.org](mailto:yac@solihullcarers.org)



## Steering Group– Have Your Say



**Monday 11th June from 5.30 - 8.30pm**

Get together with other young adult carers, enjoy a catch up and help decide what services could look like for young adult carers in Solihull. We would really like to hear from you all so put the date in your diary and join us for a meal out at a local restaurant to celebrate National Carers Week. Contact Sally on 0121 788 1143

# Young Adult Carers aged 16 - 25

## Success!

Congratulations we are pleased to let you know that Solihull College have successfully achieved the

### **Quality Standard in Carer Support Accreditation**

Helen Davis, Welfare Officer at the College has worked on behalf of Young Adult Carers to pass this assessment and ensure the support and assistance is in place for carers within the college.

Feedback given thanked the College for all the commitment you demonstrated in working towards the accreditation, “ you clearly show how much work has gone into improving the experiences and outcomes for young adult carers studying at the college.”

Tuesday 21st August the YAC project and Solihull College will be hosting an activity & workshop to support new and existing students with finance, getting to know the support team and each other.



## Sports Leaders

Huge Congratulations to 9 young carers who successfully completed their training to be 'Young Sports Leaders'. This accreditation has enabled them to take responsibility and lead sporting games or activities, at young carers groups and in the community.



## Get Involved

You will notice at each of the three young carer groups there will be young sports leaders running sports games and activities. We would love for you to come and get involved and show us your team spirit. If there are any particular games or activities you would like to play just let a sports leader know.



# Parent Carers Assessments

The Care Act 2014 makes assessments more widely available to people in caring roles. A Parent Carers Assessment is for carers aged 18+ who provide care to a child with a disability or additional needs for whom they have parental responsibility.

It will look at the impact the care and support they provide to their child has on their physical, mental and emotional wellbeing. It also looks at their feelings about caring and how it affects their health, work, education, leisure, finances and relationships.

Once an assessment has been completed, a support plan will be drawn up which considers the parent carers needs for support and how they can be met.



- The assessment is for the parent carer only and not a means of accessing support for the child
- A formal diagnosis for the child is required



To refer yourself or someone else from 1st April contact us at 01217881143

## Carers Week

11th –17th June 2018

This Carers Week we are looking at all the ways we can support carers to stay Healthy and Connected. Building communities which support carers to look after their loved ones well, while recognising that they are individuals with health and wellbeing needs of their own.



Carers Trust Solihull will be:

- Travelling across the borough to meet as many carers as possible
- Raising awareness through road show events
- Hosting workshops and events
- Celebrating carers with a YC carers party



Helping carers to get  
Healthy and Connected



# Where else can young carers get support?

## Peer Mentoring In School

The success of our peer mentoring has enabled us to pilot the model in a small number of secondary schools, the being

- Alderbrook Secondary School– Ms Hess
- Grace Academy– Ms Bromley
- John Henry Neman Catholic college– Ms Flemming

We have trained Mentors who are pupils at these schools and are willing to mentor young carer pupils when possible. These sessions can explore feelings around caring roles, , the opportunity to talk with someone in a similar situation. If you attend any of these schools and would like to find out more information please don't hesitate to contact Olivia or Naomi on 0121 788 1143 or discuss this with the allocated School Member of Staff .



## West Midlands Ambassador

A young Carer and Current Peer Mentor Hannah Carthew took part in the Lions International Young Ambassador West Midlands Regional competition and **won!**

Hannah had to present to two judges about her role as a young carer and peer mentor as well as submit what she would do with the £500 for young carers. Achieving this Hannah has spent the £500 on the Sports Leader Programme. You will see at group new sports and games equipment as well as qualified sports leaders all courtesy of Hannah's hard work!.



## Resource Centre

At the carers centre we have a range of resources:

- Books
- Games
- DVD
- And other support tools

These are available for you to borrow and use. We have a lot of Revision guides and exercise books for various subjects, with SATs, GCSE's and A Levels approaching please feel free to call and see if there is anything that might help you get the grades you want.



# The young carers App has had an update

## Search for the App

On google play or the apple store

Accept push notifications to get reminders about carers groups and activities

Enable location settings if you need directions to clubs

## What can you do on the App?

Call us directly or the events coordinator

Have a look at what we do

Connect to our newsfeed on our website

View our latest newsletter

Find us, all locations of our carers clubs have been added

Register interest for activities

Share with friends

Make a suggestion

Leave some feedback

Evaluations

Activity reminders



## Help Us to Raise Funds

We rely on donations to provide the variety of support carers of all ages need 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](http://www.solihullcarers.org/fundraise&donate) or call Gina Ward on 0121 788 1143**

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 Solihull Carers Centre

Increase your donations by 25% by using Gift Aid

## Find out more

Telephone 0121 7881143

Text our Events Co-ordinator, Barry Noy on 07592015576

Web <http://www.solihullcarers.org>

FaceTime & Skype

[youngcarers@solihullcarers.org](mailto:youngcarers@solihullcarers.org)

Facebook [www.facebook.com/solihullyoungcarers](http://www.facebook.com/solihullyoungcarers)

Twitter @carerssolihull

Address Carers Trust Solihull

Solihull Fire Station Annexe

620 Streetsbrook Road

Solihull, B91 1QY

We appreciate any feedback

For **compliments, complaints** or **comments** about our service email [youngcarers@solihullcarers.org](mailto:youngcarers@solihullcarers.org)

We are open until 7pm on Wednesday of every week for drop in or Skype FaceTime



All the details in this newsletter and how to register for activities is on our app - search for Solihull Young

Carers on the app store on your phone. Download it to keep up to date



Formerly known as



Registered Company No. 4378042 and Charity No. 1092613