

DECISION MAKING GROUP

We have a group of Young Carers' called the DMG that meet regularly to make decisions about how the service is run.



SUPPORT WORKERS

We have Support Workers at the service who are able to help you with:

- ✓ Sign Posting (finding you other services that can help)
- ✓ Advocacy (speak to people on your behalf)
- ✓ A One To One (speak to somebody in private about how you feel)
- ✓ School And Homework (we can help you with school issues)



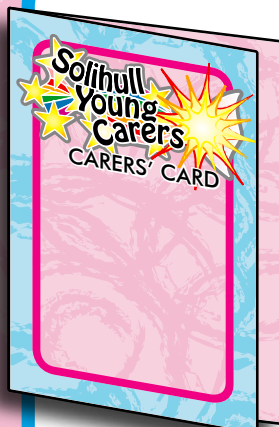
ACTIVITIES AND DAYS OUT

Meet with other young carers on trips out, especially during the holiday times.

- ✓ Day trips out
- ✓ Mini holidays
- ✓ Group sessions
- ✓ School holiday activities



CARERS CARD



You will get a card to write down important people's names and phone numbers and you can also use it to go to places free or cheap.



HAVE YOUR SAY...

What our young carers would like to say...

Young Carer, aged 10...

'Young Carers is good fun because we get to go out on trips and it gives you a break from helping your Mom or Dad.'

Young Carer, aged 16...

'I don't like being a young carer as you don't get much time for yourself, but using this service, you get to meet people in the same position as you, which is great!'

Young Carer, aged 5...

'I feel very welcome, and it's wicked and it's supercool.'

Young Carer, aged 12...

'Solihull Young Carers is like your own diary really. You can talk about things that might be worrying you.'

DO YOU HELP LOOK AFTER SOMEBODY?



ONE TO ONE SUPPORT

We offer help and support with any problems that you might have. If you are having problems at home or school or you just want someone to talk to, you can spend time with someone who understands your situation and will listen to you.

GET YOUR VOICE HEARD

If you feel like adults are not listening to you in school, or in meetings... we can help you with what you want to say.

INFO AND ADVICE

We offer information and advice on other services out there that may also be able to help you such as, youth groups, support with school, help with the person you are caring for and much much more.

YOUNG CARER DEFINITION

You may be a 'young carer' if you are aged 5 to 18 and look after someone (family member or friend) who has an illness, disability, mental health condition, alcohol/substance dependency or HIV/AIDS. Young carers take on practical and/or emotional caring responsibilities that would normally be expected of an adult.

WHAT TO DO NEXT...

If you or someone you know wants to find out more, then you are welcome to get in touch with us...

Solihull Young Carers
Solihull Carers Centre
TS1 Pinewood Business Park
Coleshill Road
Solihull B37 7HG
0121 788 1143
youngcarers@solihullcarers.org
www.solihullcarers.org/youngcarers

**solihull
carers centre**

local support for local people
looking after family or friends



Children and Young People's Trust
Improving outcomes for children in Solihull

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