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Solihull
METROPOLITAN
BOROUGH COUNCIL

**CARERS
TRUST**
Solihull

NEWS, EVENTS AND ACTIVITIES MAY-AUG 2025



**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.

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FOR THE
LATEST
UPDATES**

@solihullicarers



**SHOUT OUT TO
YOUNG CARERS!
SCAN TO TELL US
HOW WE'RE DOING
AND TO ENTER A
PRIZE DRAW.**



NEWS & INFO

SUPPORT WORKERS AT YOUNG CARER CLUBS

Support workers have been attending young carers clubs during January, February and March, to support carers' well-being. Young carers have engaged in discussions about feelings, identifying protective factors, creating pocket-size stress balls and 'glitter feeling bottles'. We've had some fantastic discussions, sharing how caring can impact on our health and discovering strategies to support future experiences.



CV WRITING WORKSHOP

A small group of young adult carers took part in a workshop facilitated by Barclays Bank on CV writing. They learnt valuable skills along with hints and tips for what makes a great CV. We wish them all the best of luck with their future job searching!



PC AWARENESS RAISING

It was great to work at the Solihull Family Hubs, alongside the fantastic services in our community that are offering support to carers. We shared information with the Health Visitor Team, Sendias & Solihull Lifestyle Services. We can share the information about these services and many others that are offering families support via your Parent Carer Assessment.

If you haven't had an assessment in the last 12 months and would like to have one, call us on 0121 788 1143 and we can arrange for you to have one.

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YOUNG AND YOUNG ADULT CARERS COMMISSIONER WOULD LOVE TO HEAR FROM YOU



“Hello, I’m Nicki and I work as a Commissioning Officer for Solihull Council collaborating with organisations funded by the council to support children and young people – like Carers Trust Solihull. The Young Carers Team often share

your feedback with me, and we hope you feel listened to and that we’ve got it right – our ears are always open. You’re welcome to contact me directly anytime to let me know what you’ve been up to with young carers, what you’ve enjoyed and areas for improvement.

My email is ngilbert@solihull.gov.uk

YOUNG CARERS ACTION DAY

This year’s theme was “Give Me A Break”. We had a fantastic celebration filled with lots of fun, amazing activities, animals, magic tricks and delicious food! Our young carers had a well-deserved break which was all made possible thanks to £750 funding from national Carers Trust and Solihull Council.



NEW EXCITING OPPORTUNITIES FOR YOUNG & YOUNG ADULT CARERS WELLNESS & MOVEMENT WORKSHOPS

We will be hosting monthly wellness and movement workshops for all ages. This will be a group discussion and activity focusing on an area of well-being, followed by a practical movement activity. Each session will have a different focus of support and physical element led by a trained external instructor. Keep an eye on activity programme to book.





PEER MENTORING PROJECT

Our peer mentoring project is offering sessions to young carers between 5-13 years old. Your child could access a mentor who is further ahead on their journey as a young carer to help offer support and advice.

The next mentoring cohort begins in April so please register your interest by contacting:

Email Ruth.Geoghegan@solihullcarers.org
Mobile 07514 495761



ISABELLE WITH STU YOUNG, THE LIONS DISTRICT GOVERNOR.

YOUNG AMBASSADOR AWARD

A huge congratulations to Isabelle Seager, our wonderful peer mentor on winning the Young Ambassador Award with Shirley Lions in her local district. Achieving this award has meant that the young carers team gained £500 that is being used for activities.

DO YOU HAVE A CHILD WITH A DIAGNOSED DISABILITY OR ADDITIONAL NEED?

If "yes", then you can get support for yourself too, by having a Parent Carers Assessment! This is a chance to talk about YOUR health, feelings, goals and more. By registering for this, you will receive your own Carer's Card, access to events & activities and a dedicated duty advice line, amongst other services. **Get in touch now by calling us on 0121 788 1143.**

“The assessment gave me information as to what is out there and made me feel there is someone to support me.



Please use the QR Code or link to request a parent carer assessment:
<https://solihullcarers.wufoo.com/forms/q5alez1beb49g/>



YOUNG CARERS IN SCHOOLS

YOUNG CARERS IN SCHOOL AWARD

Schools do an amazing job supporting young carers, and long may it continue. By working together, we can address the needs of young carers, helping them achieve higher educational success, reduce stress as much as possible, and ensure they receive the support they deserve.



For more information email:
rebeccafroggatt@solihullcarers.org

EVENTS & ACTIVITIES

Club Drop In
PRIMARY SCHOOL AGE 5+
THURS 1 MAY 5.15PM-7.00PM

Meet up with other young carers, have fun, play games, join in with activities or just chill out.

Optional Cooking/Sports
VENUE Hatchford Brook Family Hub, Old Lode Lane, Elmdon, Solihull B92 8JE

Club Drop In
SECONDARY SCHOOL AGE 11+
THURS 1 MAY 7.15PM-9.00PM

Meet up with other young carers, have fun, play games, join in with activities or just chill out.

Optional Cooking / Sports
VENUE Hatchford Brook Family Hub, Old Lode Lane, Elmdon, Solihull B92 8JE



Wellness and Activity Workshop
8-16 YRS

WEDS 7 MAY 4.00PM-5.30PM

We will discuss protective factors and support systems and create a 'happy box'. This will be followed by an instructor led yoga class.

VENUE Three Trees Community Centre, Hedingham Grove, B37 7TP

Club Drop In
PRIMARY SCHOOL AGE 5+
WEDS 15 MAY 5.15PM-7.00PM

Meet up with other young carers, have fun, play games, join in with activities or just chill out.

Optional Cooking / Sports
VENUE Colebrook Centre, 291 Bosworth Drive, Chelmsley Wood, B37 5DP

Club Drop In
SECONDARY SCHOOL AGE 11+
WEDS 15 MAY 7.15PM-9.00PM

Meet up with other young carers, have fun, play games, join in with activities or just chill out.

Optional Cooking / Sports
VENUE Colebrook Centre, 291 Bosworth Drive, Chelmsley Wood B37 5DP

YAC Club Drop In
16-25 YRS

SAT 17 MAY 1.00PM-4.00PM

Meet up with other young adult carers and eat out – at no cost to you.

VENUE Meeting point is at Carers Trust Solihull, Fire Station, Solihull B91 1QY



Play Lane Bakes
PRIMARY SCHOOL AGE 5-7 YRS
TUES 27 MAY 11.00AM-1.00PM

Let's learn, bake and have fun!

VENUE Drury Lane, Solihull B91 3BP

Conkers Adventure
PRIMARY SCHOOL AGE 8-11 YRS
WEDS 28 MAY 10.00AM-4.00PM

Explore and discover unique experiences like an indoor 4D Cinema, a Conkachoo Train Ride, Activity Trails and Fairy Labyrinth.

VENUE Rawdon Road, Moira Nr. Ashby-de-la-Zouch, Debyshire DE12 6GA



Conkers Adventure
SECONDARY SCHOOL AGE 11-16 YRS

WEDS 28 MAY 10.00AM-4.00PM

Discover the great outdoors and enjoy the high ropes course and practise your aiming skills at archery!

VENUE Rawdon Road, Moira Nr. Ashby-de-la-Zouch, Debyshire DE12 6GA

Virtual Reality Experience
YAC 16-25 YRS

SAT 31 MAY 1.00PM-4.00PM

Step inside and experience virtual reality through game and adventure!

VENUE Unit 25A, Grand Central Shopping Centre Birmingham B2 4BF



MAY 2025 MAY 2025 MAY 2025 MAY 2025

NEW!

Wellness and Activity Workshop
8-16 YRS

WEDS 4 JUNE 4.00PM-5.30PM

This session will focus on anger and strategies to support managing this. We will make our own feelings bear, followed by a physical sports session.

VENUE Three Trees Community Centre, Hedingham Grove, B37 7TP

Club Drop In
PRIMARY SCHOOL AGE 5+

THURS 5 JUNE 5.15PM-7.00PM

Meet up with other young carers, have fun, play games, join in with activities or just chill out.

Optional Cooking / Sports

VENUE Hatchford Brook Family Hub, Old Lode Lane, Elmdon, Solihull B92 8JE

Club Drop In
SECONDARY SCHOOL AGE 11+
THURS 5 JUNE 7.15PM-9.00PM

Meet up with other young carers, have fun, play games, join in with activities or just chill out.

Optional Cooking / Sports

VENUE Hatchford Brook Family Hub, Old Lode Lane, Elmdon, Solihull B92 8JE

Club Drop In
PRIMARY SCHOOL AGE 5+
WEDS 11 JUNE 5.15PM-7.00PM

Meet up with other young carers, have fun, play games, join in with activities or just chill out.

Optional Cooking / Sports

VENUE Colebrook Centre, 291 Bosworth Drive, Chelmsley Wood B37 5DP

Club Drop In
SECONDARY SCHOOL AGE 11+
WEDS 11 JUNE 7.15PM-9.00PM

Meet up with other young carers, have fun, play games, join in with activities or just chill out.

Optional Cooking / Sports

VENUE Colebrook Centre, 291 Bosworth Drive, Chelmsley Wood B37 5DP

Weston-super-Mare Family Beach Trip

ALL AGES WITH FAMILIES
SAT 14 JUNE 2025 - ALL DAY

Sea air, great beaches, huge pier, amusement arcades – a fantastic family day out plus fish and chips! Summer is here!

VENUE Weston-super-Mare

YAC Club Drop In
16-25 YRS

SAT 21 JUNE 1.00PM-4.00PM

Meet with other young adult carers and eat out – at no cost to you.

VENUE Meeting point is at Carers Trust Solihull, Fire Station, Solihull B91 1QY

Young Carers Festival – Residential
SECONDARY SCHOOL AGE 11-16 YRS

FRI 27-SUN 29 JUNE 2025

Join the biggest gathering of young carers in the UK to have fun, unwind, make new friends and try new things with fairground rides, live music, outdoor movies and fireworks.

VENUE Fairthorne Manor, Southampton

JUNE 2025 JUNE 2025 JUNE 2025 JUNE 2025



NEW!

Wellness and Activity Workshop
8-16 YRS

WEDS 2 JULY 4.00PM-5.30PM

We will learn to take notice of our surroundings and work on understanding and implementing the five ways to wellbeing. We will then have a high energy sports session.

VENUE Three Trees Community Centre, Hedingham Grove B37 7TP

Club Drop In
PRIMARY SCHOOL AGE 5+
THURS 3 JULY 5.15PM-7.00PM

Meet up with other young carers, have fun, play games, join in with activities or just chill out.

Optional Cooking / Sports
VENUE Hatchford Brook Family Hub, Old Lode Lane, Elmdon, Solihull B92 8JE

Club Drop In
SECONDARY SCHOOL AGE 11+
THURS 3 JULY 7.15PM-9.00PM

Meet up with other young carers, have fun, play games, join in with activities or just chill out.

Optional Cooking / Sports
VENUE Hatchford Brook Family Hub, Old Lode Lane, Elmdon, Solihull B92 8JE

Club Drop In
PRIMARY SCHOOL AGE 5+
WEDS 9 JULY 5.15PM-7.00PM

Meet up with other young carers, have fun, play games, join in with activities or just chill out.

Optional Cooking / Sports
VENUE Colebrook Centre, 291 Bosworth Drive, Chelmsley Wood B37 5DP

Club Drop In
SECONDARY SCHOOL AGE 11+
WEDS 9 JULY 7.15PM-9.00PM

Meet up with other young carers, have fun, play games, join in with activities or just chill out.

Optional Cooking / Sports
VENUE Colebrook Centre, 291 Bosworth Drive, Chelmsley Wood B37 5DP

Decision Making Group
PRIMARY SCHOOL AGE 8-11YRS
THURS 17 JULY 5.30PM-6.30PM

Help make decisions about our service such as choosing activities, helping with design work, being the voice of other young carers and more and get £10 gift voucher for participation.

VENUE Teams

Decision Making Group
SECONDARY SCHOOL AGE 11-16YRS
THURS 17 JULY 6.45PM-7.45PM

Help make decisions about our service such as choosing activities, helping with design work, being the voice of other young carers and more and get £10 gift voucher for participation.

VENUE Teams

Decision Making Group
16-25 YEARS
THURS 17 JULY 8.00PM-9.00PM

Help make decisions about our service such as choosing activities, helping with design work, being the voice of other young carers and more and get £10 gift voucher for participation.

VENUE Teams

YAC Club Drop In
16-25 YRS
SAT 19 JULY 1.00PM-4.00PM

Meet with other young adult carers and eat - at no cost to you.

VENUE Meeting point is at Carers Trust Solihull, Fire Station, Solihull B91 1QY

JULY 2025 JULY 2025 JULY 2025 JULY 2025 JULY 2025

Clay Pigeon Shooting

16-25 YRS

SAT 2 AUG 1.00PM-4.00PM

Enjoy an action-packed clay shooting experience at Wedgnock Rifle Range.

VENUE Wedgnock Lane, Warwick CV35 7PX

Club Drop In

PRIMARY SCHOOL AGE 5+

THURS 7 AUG 5.15PM-7.00PM

Meet up with other young carers, have fun, play games, join in with activities or just chill out.

Optional Cooking / Sports

VENUE Hatchford Brook Family Hub, Old Lode Lane, Elmdon, Solihull B92 8JE

Club Drop In

SECONDARY SCHOOL AGE 11+

THURS 7 AUG 7.15PM-9.00PM

Meet up with other young carers, have fun, play games, join in with activities or just chill out.

Optional Cooking / Sports

VENUE Hatchford Brook Family Hub, Old Lode Lane, Elmdon, Solihull B92 8JE

Tudor Grange Park

5-7 YRS

TUES 12 AUG 11.00AM-1.00PM

Have a quacking time feeding the ducks at the pond, then swing and slide your way into excitement at the playground!

VENUE Tudor Grange Park, Monkspath Hall Road, Solihull B91 3LU

Transitioning to secondary school workshop

YEAR 6 AGE GROUP

TUES 12 AUG 11.00AM-2.00PM

Meet other young carers moving to Year 7 and those who already have. Find out their experiences, ask questions and work out what support you can get when you move THEN have fun learning to climb.

VENUE Flash Climbing, 2 Vulcan Road, Solihull B91 2JY

Club Drop In

PRIMARY SCHOOL AGE 5+

WEDS 13 AUG 5.15PM-7.00PM

Meet up with other young carers, have fun, play games, join in with activities or just chill out.

Optional Cooking / Sports

VENUE Colebrook Centre, 291 Bosworth Drive, Chelmsley Wood B37 5DP

Club Drop In

SECONDARY SCHOOL AGE 11+

WEDS 13 AUG 7.15PM-9.00PM

Meet up with other young carers, have fun, play games, join in with activities or just chill out.

Optional Cooking / Sports

VENUE Colebrook Centre, 291 Bosworth Drive, Chelmsley Wood B37 5DP

Drayton Manor

PRIMARY SCHOOL AGE 8-11YRS

THURS 14 AUG 9.30AM-5.00PM

Fun and excitement awaits at Drayton Manor Theme Park! Feel the adrenaline on thrilling rides and unwind with a walk through the zoo.

VENUE Drayton Manor Drive, Tamworth B78 3TW

Drayton Manor

SECONDARY SCHOOL AGE 11-16 YRS

THURS 14 AUG 9.30AM-5.00PM

Fun and excitement awaits at Drayton Manor Theme Park! Feel the adrenaline on thrilling rides and unwind with a walk through the zoo.

VENUE Drayton Manor Drive, Tamworth B78 3TW

YAC Club Drop In

16-25 YRS

SAT 16 AUG 1.00PM-4.00PM

Meet with other young adult carers and eat - at no cost to you.

VENUE Meeting point is at Carers Trust Solihull, Fire Station, Solihull B91 1QY

Budgeting Workshop

14-25 YRS

WEDS 20 AUG 11.00AM-2.00PM

Go through needs vs wants, how to budget well, budgeting, savings tips and your wellbeing.

VENUE Carers Trust Solihull, B91 1QY

Blackwell Adventure Residential

PRIMARY SCHOOL AGE 8-11YRS

FRI 22-SUN 24 AUG TIME TBC

Join us for fun, zip wire, grass sleds, tree trek and more at Blackwell Adventure. Eat food, chill, play and enjoy a worry-free break away with other young carers.

VENUE Blackwell Court, Bromsgrove

Welcome to Sixth Form / College Information Session

YEAR 11 AND YEAR 12

AUGUST TIME/DATE TBC

Join other young carers leaving school to start Sixth Form or College in September. Meet support staff and find out what services are available to help you manage studies and caring.

VENUE TBC



AUGUST 2025 AUGUST 2025 AUGUST 2025



CARERS TRUST

Solihull

Carers Trust Solihull

Solihull Fire Station Annexe
620 Streetsbrook Road
Solihull B91 1QY

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W www.solihullcarers.org

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