

@solihullcarers



**FOLLOW US
FOR THE
LATEST
UPDATES**

FUNDED BY:



Solihull
METROPOLITAN
BOROUGH COUNCIL

**CARERS
TRUST**
Solihull

NEWS, EVENTS AND ACTIVITIES JAN-APR 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.**



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

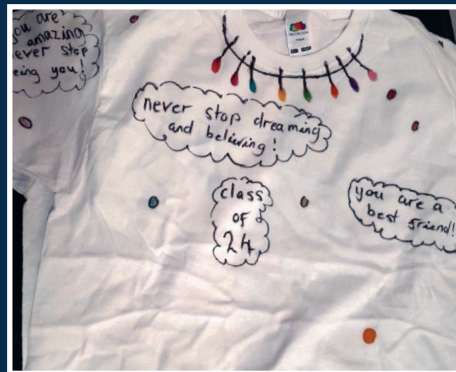
NEWS & INFO



TRANSITION TO SECONDARY SCHOOL **WORKSHOP**

We had an amazing workshop at Flash Climbing Centre, where we supported our young carers transitioning to secondary school this September. They got creative by designing their own t-shirts

to express their experiences, then burned off some energy on the climbing walls. We hope everyone had a fantastic start to secondary school!



AUTISM WORKSHOP



Young Carers had the opportunity to talk about their experience caring for someone with Autism. They engaged in a workshop to share their understanding of this condition and were able to ask questions in a safe environment. This involved a quiz, group discussions, watching a video, participating

in tasks and designing an information poster. During the afternoon, the group had some fun climbing a wall and making memories with new peers.



YOUNG ADULT CARERS DROP-IN SESSIONS

If you are a young adult carer studying at Solihull College or Solihull Sixth Form, be sure to look out for the upcoming drop-in sessions. Rebecca Froggatt, our dedicated support worker will be available on-site to chat with you. Whether you are facing challenges with your studies, social life, or any aspect of your caring responsibilities, Rebecca is here to help.

If you would like to receive a text reminder about these sessions – request this by emailing:

YOUNGCARERS@SOLIHULLCARERS.ORG

SUPPORT FOR PARENT CARERS

It is great to be out in the community connecting with new parent carers and sharing a range of support available, including Parent Carer Assessments, support plans, information, advice, emotional support, activities and training.

We are grateful to be able to work together with Solihull Parent Carer Voice and for their continued support and look forward to offering parent carer support and drop-ins at the Solihull Family Hubs.



PEER MENTORING SUCCESS

Mentoring sessions are back after the summer break. A parent explains how the sessions helped her daughter:

“ It gave Molly* the confidence to interact with unfamiliar people and help her learn to engage in conversation. Molly has since been confirmed to have Autism and struggle socially. She has started senior school in September and I believe the mentoring helped build her confidence so she could apply this in her new school.

For more information about mentoring contact:

EMAIL Ruth.Geoghegan@solihullcarers.org **MOBILE** 07514 495761

*Not real name.

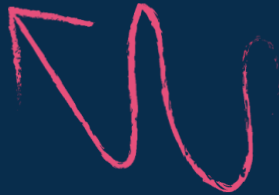


YOUNG CARERS HAVE RIGHTS!

Did you know you have rights by law as a young carer and we are here to help you understand what those rights are and what steps to take if they are not being followed. They include a right to be safe, a family life, be supported and more.

This page shows young carers rights in their own words. Printed versions of these will be available to young carers. For now, you can download these from our website using the link or QR code below:

<https://solihullcarers.org/carers-rights-day-2024/#downloadpostcards>



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

If 'yes' then you can get support for yourself too, by having your own assessment! This is a chance to talk about YOUR health, feelings, goals and more. Over the last three months 100% of parents who have had an assessment have rated their experience as good or excellent. By registering for your assessment, 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!



Call us or use the QR Code or link to request a parent carer assessment:

<https://solihullcarers.wufoo.com/forms/q5alez1beb49g/>



YOUNG CARER SUPPORT WORK WHO IS A CARER?

Do you assist someone with daily tasks such as dressing, mobility, communication or managing medication?

If you provide any of this support, you may be a young carer.

Do you find yourself feeling responsible for their wellbeing or stepping in when they need help?

If so, we encourage you to reach out to us. We're here to offer the guidance and support you need in your important role as a carer.



Solihull young carers PROMISE will...

- Help** you to Care
- See you** and **listen** to you
- Make sure you are **Safe**
- Provide opportunities for **Family time**
- Make sure you can be **children and young people first**
- Support you in **education and/or work**
- Help you to be **Healthy** and **Happy**

PEER MENTORS NEEDED!

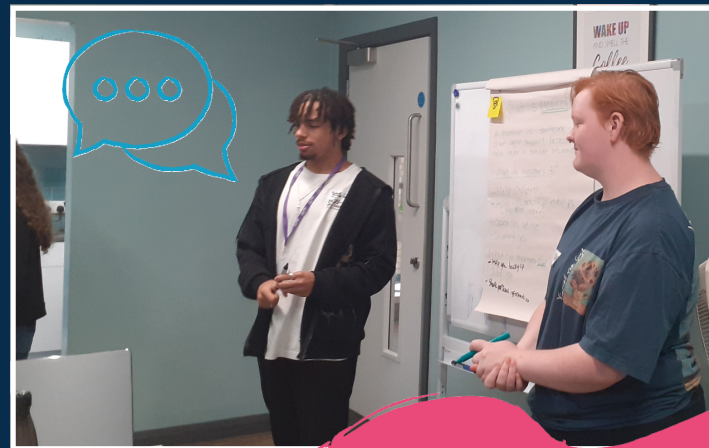
Are you a young carer interested in becoming a peer mentor and supporting other young carers aged 5-13? We are looking for more peer mentors, especially in the North Solihull area. If you are between 13-17 years old and you would like to join our mentoring team, please contact Ruth below:

EMAIL RUTH.GEOGHEGAN@SOLIHULLCARERS.ORG
MOBILE 07514 495761

DID YOU KNOW THAT THERE ARE PROMISES MADE TO YOU?

In Solihull, there is a Young Carers Promise which lists all the things Solihull Council aim to do for young carers living here. This includes making sure you receive an assessment and get the support you need, while ensuring that you are seen, and your voice is heard. We want to check the promises listed are still what young carers want.

Join Young Carers Action Day activities to help us to do this. Activities are taking place on 12 March at the Colebrook Centre. See the March activities page of this document.



EVENTS & ACTIVITIES



Club Drop-in

PRIMARY SCHOOL AGE 5+

THURS 2 JAN 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

PRIMARY SCHOOL AGE 5+

WEDS 8 JAN 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

Young Adult Carers Club

Drop-in

16-25 YEARS

SAT 18 JAN 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

Club Drop-in

SECONDARY SCHOOL AGE

THURS 2 JAN 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

SECONDARY SCHOOL AGE

WEDS 8 JAN 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



JAN 2025 JAN 2025



JAN 2025 JAN 2025 J

Club Drop-in

PRIMARY SCHOOL AGE 5+

THURS 6 FEB 5.15PM-7.00PM

Meet 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 12 FEB 5.15PM-7.00PM

Meet 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

THURS 6 FEB 7.15PM-9.00PM

Meet 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

WEDS 12 FEB 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

Young Adult Carers Club Drop-in

16-25 YEARS

SAT 15 FEB 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

Group Support Workshop - Young Adult Carers CV Writing

16-25 YEARS

TUES 18 FEB 11.00AM-3.00PM

Help to make your CV look good – with lunch.

VENUE TBC

FEB 2025 FEB 2025 F

Inflatable Park

PRIMARY SCHOOL AGE 8-11 YEARS

WEDS 19 FEB 11.00AM-4.00PM

Are you ready for some non-stop bouncing fun? Then come along and join us at Inflatanation!

VENUE Inflatable Park, Birmingham B33 9AN

Play Lane

PRIMARY SCHOOL AGE 5-7 YEARS

THURS 20 FEB 11.00AM-1.00PM

Learn through play! Have lots of fun at Play Lane where your child will learn about the world in a fun, interactive and imaginative way.

VENUE Play Lane, Solihull B91 3BG

Flash Climbing

SECONDARY SCHOOL AGE 12-15 YEARS

FRI 21 FEB 11.00AM-4.00PM

Reach new heights at the Flash Climbing Centre! Whether you already have experience or you are new to climbing, you will learn skills and have fun.

VENUE Flash Climbing, Solihull B91 2JY

Bowling

YOUNG ADULT CARERS 16-25 YEARS

SAT 22 FEB 1.00PM-4.00PM

IT'S BOWLING O'CLOCK! If Bowling is right up your alley, come along and make some fun filled memories by attending our bowling session.

VENUE Resorts World, Birmingham, B40 1PU



FEB 2025 FEB 2025 FEB

Club Drop-in

PRIMARY SCHOOL AGE 5+

THURS 6 MAR 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

THURS 6 MAR 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



MAR 2025 MAR 2025

**Club Drop-in – Action Day
Celebration**

**PRIMARY SCHOOL AGE 5+
WEDS 12 MAR 5.15PM-7.00PM**

Join us to celebrate with wild
science / animals and face
painting.

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

**Club Drop-in – Action Day
Celebration**

**SECONDARY SCHOOL AGE
WEDS 12 MAR 7.15PM-9.00PM**

Join us to celebrate with wild
science / animals and a close-up
magician.

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

**Young Adult Carers Club Drop-in
16-25 YEARS**

SAT 15 MARCH 1.00PM-4.00PM

Celebrate Action Day! We will be
revisiting the promise! 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

**Decision Making Group
PRIMARY SCHOOL AGE 8-11
YEARS**

**THURS 20 MARCH
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 Zoom

Decision Making Group

**SECONDARY SCHOOL AGE 11-16
YEARS**

**THURS 20 MARCH
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 Zoom

**Decision Making Group
16-25 YEARS**

**THURS 20 MARCH
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 Zoom

MAR 2025 MAR 2025

THURS 3 APRIL 5.15PM-7.00PM

Optional Cooking / Sports

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

WEDS 9 APRIL 5.15PM-7.00PM

Optional Cooking / Sports

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

8-11YEARS

MON 14 APRIL 11.00AM-4.00PM

Make playful farm memories by enjoying a day out at the farm, meeting animals, going on a tractor ride and much more!

VENUE Ash End Farm,
Tamworth, B78 2BL
10Y

THURS 3 APRIL 7.15PM-9.00PM

Optional Cooking / Sports

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

WEDS 9 APRIL 7.15PM-9.00PM

Optional Cooking / Sports

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



APR 2025 APR 2025 A

Group Support Work Annual Activity

ALL AGES 8+

TUES 15 APRIL

11.00AM-4.00PM

Come along to our annual Group Support Work Activity.

VENUE To be confirmed

Cooking Workshop

ALL AGES 8+

WEDS 16 APRIL

11.30AM-3.30PM

Come along and learn some new cooking skills at our health eating workshop.

VENUE Liberty in the Wild, Solihull B94 5AE



Young Adult Carers Club Drop-in

YOUNG ADULT CARERS 16-25 YEARS

SAT 19 APRIL 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

Trampoline Park

SECONDARY SCHOOL AGE 12-15YS

WEDS 23 APRIL

11.00AM-4.00PM

BOUNCE, LAUGH, REPEAT!
Enjoy a fun filled day at the trampoline park. Let the good times bounce!

VENUE Rush Trampoline Park, Birmingham, B30 3DZ

Sheldon Country Park & Farm
PRIMARY SCHOOL AGE 5-7 YEARS

THURS 24 APRIL

1.00PM-3.00PM

Join us for an Easter egg hunt in the park! Search for eggs, play on the playground and watch aeroplanes zoom overhead. We are so EGG-cited for the hunt!

VENUE Sheldon Country Park



APR 2025 APR 2025 A



**CARERS
TRUST**

Solihull

Carers Trust Solihull

Solihull Fire Station Annexe
620 Streetsbrook Road
Solihull B91 1QY

T 0121 788 1143

E youngcarers@solihullcarers.org

W www.solihullcarers.org

FUNDED BY:



Registered with



FOLLOW US
FOR THE
LATEST
UPDATES:

@solihullcarers



**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

Solihull Carers Centre (SCC) is a company limited by guarantee and is a Registered Charity trading as Carers Trust Solihull (CTS).
Registered Company in England No. 04378042. Registered Charity No. 1092613.