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**CARERS  
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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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@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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METROPOLITAN  
BOROUGH COUNCIL

WE  
THINK  
YOUNG  
CARERS  
TRUST

## 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.

## 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](mailto:ngilbert@solihull.gov.uk)**







## 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](mailto: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 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](mailto: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



## 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

**SECONDARY SCHOOL AGE 11+**

**WEDS 14 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



## 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.

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**WEDS 14 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

## 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

# MAY 2025 MAY 2025





### **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 Konkachoo 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

# 5 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



**JUNE 2025 JUNE 2025**





**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

**25 JUNE 2025 JUNE 20**





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

JULY 2025 JULY 2025

**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



**5 JULY 2025 JULY 20**



### **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

# AUGUST 2025 AUGUST

### **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



# ST 2025 AUGUST 202



# CARERS TRUST

**Solihull**

**Carers Trust Solihull**

Solihull Fire Station Annexe  
620 Streetsbrook Road  
Solihull B91 1QY

T 0121 788 1143

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

W [www.solihullcarers.org](http://www.solihullcarers.org)

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EVENTS &  
ACTIVITIES  
THAT SUIT  
YOU



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