

FUNDED BY:



Solihull
METROPOLITAN
BOROUGH COUNCIL



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

**FOLLOW US
FOR THE
LATEST
UPDATES**

@solihullcarers



**CARERS
TRUST**

Solihull

NEWS, EVENTS AND ACTIVITIES SEPT-DEC 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.**

NEWS & INFO

WELLBEING AND ACTIVITY MEETUPS

Young carers have been participating in our new monthly meetups to support their emotional and physical wellbeing. They have enjoyed making their own 'support bears' and taking part in a yoga workshop. We have completed four sessions so far and have more planned for the future.

Look out for further information in the newsletter and social media!



OUR SERVICE FOR YOU DESIGNED BY YOU

JOIN OUR DMG (DECISION MAKING GROUP) AND TELL US WHAT YOU WANT

37 young carers did a mystery shop for Solihull council's young carer's webpage. Our DMG members designed the next activity programme and chose activities that took place on our Blackwell residential. They agreed to introduce monthly wellbeing and active sessions and told us better ways to get surveys returned. All put in place!

A BIG THANK YOU TO OUR SUPPORTERS FOR KIND DONATIONS

- £1,004 from West Midlands Golf Club
- Carers Trust for £800 and
- A local family for £1000



Funds have created individual grant funds and provided extra spaces for young carers on two residentials. We could not do this without you! Not forgetting our main funders Solihull Council.



PEER MENTORS IN SCHOOLS

Our Peer Mentors have been joining young carer groups in local schools. The feedback from the schools and young carers have been very positive and the Peer Mentors are enjoying the difference they are making to other young carers. They're superstars!



YOUNG CARERS FESTIVAL

Our young carers had an amazing time at this year's Young Carers Festival! From thrilling fairground rides, live music to outdoor movies, fireworks and the legendary silent disco, there was non-stop fun and laughter all round. More than just a festival, it was a chance for our young carers to connect with each other, relax, have fun and make new friends. A powerful and unforgettable weekend.

ARE YOU TURNING 18 SOON?



If you are turning 18 between September 2025-March 2026 you have the right to engage in a Young Adult Carers Transition

Assessment. This will give you the opportunity to talk about your current caring roles, the impact and explore support. **All our carers that engage in their assessment will receive a £25 restaurant voucher.**

Please contact the team using details on back page.



COLLEGE DROP-INS

Look out for our monthly drop-ins at the following locations:

- **Solihull College**
 - Blossomfield Campus: Outside Student Support
 - Woodlands Campus: In the library
- **Solihull Sixth Form College**
 - In the refectory

At these drop-ins, you can receive information, advice, and signposting related to your caring role and education.

We'll send you a text reminder before each session – make sure we have your up-to-date contact details.



VOLUNTEER NEEDED!

Are you 18 years plus and interested in volunteering as a Befriender for our Peer Mentoring project? We are looking for someone to join our South Solihull sessions for two Wednesday evenings each month.

To express your interest and to find out more contact Ruth Geoghegan:

EMAIL ruth.geoghegansolihullcarers.org or **CALL / TEXT** 07514 495761



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

If you do, you could consider having a Parent Carer Assessment. The assessment's focus is on you and your needs and is centred around how caring is impacting your own wellbeing.

Additionally, you will receive a **£25 gift voucher** around 6 weeks after your assessment, if you return your review form.

Call us on 0121 788 1143 or use the link below.



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



A BIG THANK YOU

We would like to say a big thankyou to the local services that continue to share awareness of our Parent Carer Assessments: Solihull Parent Carer Voice; Solihull Family Hubs; and Smithtons Coffee Shop among others.



Your continued support has enabled us to support many more parent carers within the community.



EVENTS & ACTIVITIES

NEW!

Wellness and Movement Meetups AGE GROUP 8-16YRS

WEDS 3 SEPT 4.00PM-5.30PM

Our monthly wellness and movement meetups are for carers aged 8-16 years old. This will be a group discussion and activity concentrating on an area of well-being, followed by a practical movement activity. Each session will have a different focus and the opportunity to learn a new skill such as yoga, indoor sports or boxing.

WHERE Three Trees Community Centre, Hedingham Grove B37 7TP

Club Drop-in PRIMARY SCHOOL AGE 5+

THURS 4 SEPT 5.15PM-7.00PM

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

Optional Cooking/Sports

WHERE Hatchford Brook B92 8JE

Club Drop-in SECONDARY SCHOOL AGE 11+

THURS 4 SEPT 7.15PM-9.00PM

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

Optional Cooking/Sports

WHERE Hatchford Brook B92 8JE

Club Drop-in PRIMARY SCHOOL AGE 5+

WEDS 10 SEPT 5.15PM-7.00PM

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

Optional Cooking/Sports

WHERE Colebrook Centre B37 5DP

Club Drop-in SECONDARY SCHOOL AGE 11+

WEDS 10 SEPT 7.15PM-9.00PM

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

Optional Cooking/Sports

WHERE Colebrook Centre B37 5DP

Club Drop-in YAC 16-25YRS

SAT 20 SEPT 1.00PM-4.00PM

Meet with other young adult carers for fun, food and good times - all for free!

You decide Head out for a fun filled activity or enjoy delicious food.

MEETING POINT Carers Trust Solihull B91 1QY

Beach Residential YAC 16-25YRS

3 NIGHTS: FRI 26-SUN 28 SEPT

Enjoy a well-deserved break at Burham on Sea. Create some summer memories, one beach day at a time!

WHERE Burham-on-Sea Holiday Village

SEPT 2025 SEPT 2025 SEPT 2025 SEPT 2025



NEW!

Wellness and Movement Meetups

AGE GROUP 8-16YRS

WEDS 1 OCT 4.00PM-5.30PM

Our monthly wellness and movement meetups are for carers aged 8-16 years old. This will be a group discussion and activity concentrating on an area of well-being, followed by a practical movement activity. Each session will have a different focus and the opportunity to learn a new skill such as yoga, indoor sports or boxing.

WHERE Three Trees Community Centre, Hedingham Grove B37 7TP

Club Drop-in

PRIMARY SCHOOL AGE 5+

THURS 2 OCT 5.15PM-7.00PM

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

Optional Cooking/Sports

WHERE Hatchford Brook B92 8JE

Club Drop-in

SECONDARY SCHOOL AGE 11+

THURS 2 OCT 7.15PM-9.00PM

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

Optional Cooking/Sports

WHERE Hatchford Brook B92 8JE

Club Drop-in

PRIMARY SCHOOL AGE 5+

WEDS 8 OCT 5.15PM-7.00PM

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

Optional Cooking/Sports

WHERE Colebrook Centre B37 5DP

Club Drop-in

SECONDARY SCHOOL AGE 11+

WEDS 8 OCT 7.15PM-9.00PM

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

Optional Cooking/Sports

WHERE Colebrook Centre B37 5DP

Club Drop-in

YAC 16-25YRS

SAT 18 OCT 1.00PM-4.00PM

Meet with other young adult carers for fun, food and good times - all for free!

You decide Head out for a fun filled activity or enjoy delicious food.

MEETING POINT Carers Trust Solihull B91 1QY

First Aid Training

AGES 14-25YRS

TUES 28 OCT 1.00PM-4.00PM

Join our free First Aid Training, save lives, build confidence and boost your skills!

WHERE Carers Trust Solihull B91 1QY

Bowling

PRIMARY SCHOOL 8+

THURS 30 OCT

12.00PM-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.

WHERE: Hollywood Bowl, Resorts World Birmingham

Bowling

SECONDARY SCHOOL AGE 11+

THURS 30 OCT

12.00PM-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.

WHERE Hollywood Bowl, Resorts World Birmingham

OCT 2025 OCT 2025 OCT 2025 OCT 2025 OCT 2025



Escape Room
YAC 16-25YRS
SAT 1 NOV 1.00PM-4.00PM
Enter a world full of puzzles, clues and surprises. Work together to unlock doors, crack codes and beat the clock before time runs out. Can you escape in time?
WHERE Resorts World, Birmingham

Decision Making Group
PRIMARY SCHOOL AGE 8-11YRS
TUES 4 NOV 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.
WHERE Teams

Decision Making Group
SECONDARY SCHOOL AGE 11-16YRS
TUES 4 NOV 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.
WHERE Teams

Decision Making Group
AGE 16-25YRS
TUES 4 NOV 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.
WHERE Teams



Wellness and Movement Meetups
AGE GROUP 8-16YRS
WEDS 5 NOV 4.00PM-5.30PM
Our monthly wellness and movement meetups are for carers aged 8-16 years old. This will be a group discussion and activity concentrating on an area of well-being, followed by a practical movement activity. Each session will have a different focus and the opportunity to learn a new skill such as yoga, indoor sports or boxing.
WHERE Three Trees Community Centre, Hedingham Grove B37 7TP



Club Drop-in
PRIMARY SCHOOL AGE 5+
THURS 6 NOV 5.15PM-7.00PM
Meetup with other young carers, have fun, play games, join in with activities or just chill out.
Optional Cooking/Sports
WHERE Hatchford Brook, B92 8JE

Club Drop-in
SECONDARY SCHOOL AGE 11+
THURS 6 NOV 7.15PM-9.00PM
Meetup with other young carers, have fun, play games, join in with activities or just chill out.
Optional Cooking/Sports
WHERE Hatchford Brook B92 8JE

Club Drop-in
PRIMARY SCHOOL AGE 5+
WEDS 12 NOV 5.15PM-7.00PM
Meetup with other young carers, have fun, play games, join in with activities or just chill out.
Optional Cooking/Sports
WHERE Colebrook Centre, B37 5DP

Club Drop-in
SECONDARY SCHOOL AGE 11+
WEDS 12 NOV 7.15PM-9.00PM
Meetup with other young carers, have fun, play games, join in with activities or just chill out.
Optional Cooking/Sports
WHERE Colebrook Centre B37 5DP

Club Drop-in
YAC 16-25YRS
SAT 15 NOV 1.00PM-4.00PM
Meet with other young adult carers for fun, food and good times – all for free!
You decide Head out for a fun filled activity or enjoy delicious food.
MEETING POINT Carers Trust Solihull B91 1QY



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NEW!

Wellness and Movement Meetups

AGE GROUP 8-16YRS

WEDS 3 DEC 4.00PM-5.30PM

Our monthly wellness and movement meetups are for carers aged 8-16 years old. This will be a group discussion and activity concentrating on an area of well-being, followed by a practical movement activity. Each session will have a different focus and the opportunity to learn a new skill such as yoga, indoor sports or boxing.

WHERE Three Trees Community Centre, Hedingham Grove B37 7TP

Club Drop-in - Christmas Party Celebration!

PRIMARY SCHOOL AGE 5+

THURS 4 DEC 5.15PM-7.00PM

Join us for a festive evening filled with holiday cheer, great company, delicious food, fun games and a few merry prizes!

(Please note this will be replacing The Colebrook Club in December)

WHERE Hatchford Brook B92 8JE

Club Drop-in - Joint Christmas Party Celebration!

SECONDARY SCHOOL AGE 11+

THURS 4 DEC 7.15PM-9.00PM

Join us for a festive evening filled with holiday cheer, great company, delicious food, fun games and a few merry prizes!

(Please note this will be replacing The Colebrook Club in December)

WHERE Hatchford Brook B92 8JE

Aladdin Pantomime

AGE 8-25YRS

SAT 13 DEC 12.30PM-3.00PM

Step into a world of magic, music and adventure and join us for a fun filled day watching the pantomime!

WHERE The Core Theatre, Homer Road, Solihull B91 3RG

Club Drop-in

YAC 16-25YRS

SAT 20 DEC 1.00PM-4.00PM

Meet with other young adult carers for fun, food and good times - all for free!

You decide Head out for a fun filled activity or enjoy delicious food.

MEETING POINT Carers Trust Solihull B91 1QY

DEC 2025 DEC 2025 DEC 2025 DEC 2025 D



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

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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

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