



There are more than 27,000 unpaid carers in Solihull **More than 12% of the population**

Your donations can help pay for...

£10

REFRESHMENTS AT A COFFEE MORNING
Giving Carers Time off with each other for support

£35

A DAY OUT FOR A YOUNG CARER
Fun time out with friends and a break from caring

£50

COULD PAY FOR A QUALITY RESPITE BREAK FOR A CARER
Some time to relax, unwind and recharge their batteries

£100

COULD COVER THE COST OF A FAMILY DAY OUT
Quality time together, to have some fun and make memories

£400

COULD PAY FOR GROUP TRAINING FOR 12 YOUNG ADULT CARERS
To prepare for work, training and plan for their future

£1000

COULD GIVE 15 CARERS (ALL AGES) TO ACCESS EMERGENCY FUNDS
For white goods, transport, school uniforms, equipment, food

What else can you do...

- Ask your employer, local shop or business to make us their chosen charity for their fund-raising activities, or have a charity tin.
- Hold a cake sale, car boot or do a charity fun run to raise sponsorships.
- Volunteer at our fundraising events.
- Join our Legacy scheme and remember us in your will ask us about this.

Contact us to find out more about fundraising or request a fundraising pack by visiting:
www.solihullcarers.org/support-us

“ We can't help everyone but everyone can help someone ”
Dr. Loretta Scott

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Follow Us

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Registered Charity No. 1092613

CARERS TRUST

Solihull

Be Amazing - Donate



Make a difference to the lives of unpaid carers in Solihull

Registered Charity No. 1092613



Unpaid carers provide care worth an estimated £162 billion a year, more than the NHS budget.

Why We Need Your Support

Most of us will take on a caring role at some point in our lives, and the number of people providing unpaid care is growing year on year—both nationally and here in Solihull. Today, around 5.7 million people are unpaid carers in England and Wales, with more than 27,000 providing care locally in Solihull, including children as young as five right through to older adults.

Caring for someone can be extremely rewarding, but it can also be demanding—taking up time, energy, and impacting your emotional and physical wellbeing. Many carers miss out on education, job opportunities, time with friends, and can face lasting financial strain.

At Carers Trust Solihull, our mission is to make sure every carer in our community has the support they need to overcome these challenges, stay connected, and lead a fulfilling life. We're here to help carers access information, practical help, social opportunities, and a listening ear, so that families can stay together and no carer feels alone.

Every gift makes a real difference to unpaid carers right here in our community.



1 in 5 pupils are young carers with the average age of a young carer being just 11 years old

How Donations Make a Difference

Young carers can engage in positive, childhood experiences, make memories and do well at school.

Young adult carers can access work or further education and plan for their future and adult life.

Adult carers can maintain a quality of life and access meaningful support when they need it.

Some of the support we offer FREE to carers:

- Days out, residentials and respite
- Training and peer support groups
- Helpline, drop in's and emotional support
- Information, newsletters and carers card
- Peer-Mentoring and Befriending
- Carers Assessments and support plans
- One to one and group support work
- And projects carers choose for themselves

Ways to Donate

Make a one off payment of an amount of your choice online at www.solihullcarers.org

Send a cheque payable to Carers Trust Solihull with this form to us and add Gift Aid if you wish

Set up a regular Standing Order with your bank to Carers Trust Solihull, Lloyds Bank, Sort code 30-97-78, Account no: 63125468

Donation and Optional Gift Aid

Amount Donated.....

Title, Name.....

Telephone Number.....

Address.....

Date.....

Boost your donation by 25p of Gift aid for every £1 you donate.

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If you are a UK tax payer, Gift Aid can be reclaimed by Carers Trust Solihull from the tax you pay for the current tax year.

Your address is needed to identify you as a current UK tax payer.

☐ I want to gift aid my donation and any future donations I make to Carers Trust Solihull.

I am a tax payer and understand if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift claimed on all donations in that tax year it is my responsibility to pay any difference.

Signature for Gift Aid.....

☐ I would like Carers Trust Solihull to keep me up to date with fundraising.