

**Here2
Help**



Solihull
METROPOLITAN
BOROUGH COUNCIL

NEWS, EVENTS AND ACTIVITIES JAN-APR 2026

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.

**CARERS
TRUST**

Solihull

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UPDATES**

@solihullcarers



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



NEWS AND INFO

YOGA & WELLBEING

A group of our young carers did a fantastic job taking part in our recent yoga session. They thoroughly enjoyed discovering how physical exercise and mindful breathing can aid relaxation and improve our emotional wellbeing.

YOUNG CARERS IN SCHOOLS AWARD



YOUNG CARERS IN SCHOOLS



Big congratulations to the schools in Solihull that have successfully received their YCiS Award; and fingers crossed for those who have submitted their application.

If your Young Carers Lead in school would like to apply for the YCiS award, please contact Ruth at: Ruth.geoghegan@solihullcarers.org



A SUMMER TO REMEMBER

What an incredible summer we have had with our young carers and young adult carers. From residential adventures and beach breaks to virtual reality fun and thrilling theme parks – it has been non-stop fun! These well-deserved breaks give the opportunity for our young carers and young adult carers the chance to relax, laugh and make memories with friends who just get it.



FUN EVENING FOR OUR MENTORS!



Our peer mentors and befrienders celebrated summer with a well-deserved evening out at the bowling alley. Full of strikes, laughs and good vibes, a perfect way to catch up and have fun together.



INTERESTED IN BECOMING A PEER MENTOR? TO FIND OUT MORE PLEASE CONTACT:
Ruth.geoghegan@solihullcarers.org

MONTHLY WELLBEING AND MOVEMENT MEETINGS

Our young carers have been fantastic during our wellbeing and movement meetings. Over the recent months, we have discussed our five ways to wellbeing and shared ideas on how to support each area.

WE'RE ALL WINNERS!



Carers Trust Solihull recently won the contract to continue to provide services to carers of all ages on behalf of Solihull council. This includes our young carers service. We are REALLY pleased that our determination, and the wonderful feedback from young carers, has helped us to achieve this – we can keep doing what we love – supporting the wonderful children and young people of Solihull.



EXCITING CHANGES TO OUR SERVICE

Due to winning the new carers contract, young carers will start seeing changes to our service, such as an introduction of emergency plans, annual reviews of your assessment, more group work, introduction of AI gadgets, improvements to accessing us by phone and more. Services we usually offer will remain but may look different to what you're used to.

LOOK OUT FOR OUR VIDEO IN DECEMBER TO FIND OUT MORE.

ASSESSMENTS FOR YOUNG CARERS AGED 18+ **WILL BE PROVIDED BY SMBC***



From Monday 1st December 2025, we will no longer be providing carers assessments for carers aged 18-25. Instead, you will receive your assessment from Solihull council. An assessment helps identify and address your needs as a carer, leading to emotional and practical support, aimed at improving your wellbeing, physical and mental health, work, social life and helps identify benefits and support services for you. However, you can still access our service for ongoing support as normal. Ask us how to access your carers assessment!

*Solihull Metropolitan Borough Council

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 and activities and a dedicated duty advice line, amongst other services.

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

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://tinyurl.com/PC-Assessment>



MENTORING PROJECT FEEDBACK

“My daughter loved coming to meet her mentor, it has really helped with her confidence.”

“The mentoring group was beneficial to my son, not just from a school perspective but from a social perspective too.”



If you would like your child to benefit from mentoring sessions, please contact:
Ruth.geoghegan@solihullcarers.org

EVENTS & ACTIVITIES

Club Drop in **PRIMARY SCHOOL AGE 5+** **THURS 1 JAN 5.15PM-7.00PM**

Connect with other young carers, enjoy games, take part in fun activities, relax, or join in wellbeing sessions – it's your time to chill, chat, and have fun!

Optional Cooking/Sports

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

Club Drop in **SECONDARY SCHOOL AGE 11+** **THURS 1 JAN 7.15PM-9.00PM**

Connect with other young carers, enjoy games, take part in fun activities, relax, or join in wellbeing sessions – it's your time to chill, chat, and have fun!

Optional Cooking/Sports

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



Club Drop in **PRIMARY SCHOOL AGE 5+** **WEDS 7 JAN 5.15PM-7.00PM**

Connect with other young carers, enjoy games, take part in fun activities, relax, or join in wellbeing sessions – it's your time to chill, chat, and have fun!

Optional Cooking/Sports

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



Club Drop in **SECONDARY SCHOOL AGE 11+** **WEDS 7 JAN 7.15PM-9.00PM**

Connect with other young carers, enjoy games, take part in fun activities, relax, or join in wellbeing sessions – it's your time to chill, chat, and have fun!

Optional Cooking/Sports

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

Club Drop in **YAC 16-25YRS** **SAT 17 JAN 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, Fire Station Annexe B91 1QY

JAN 2026 JAN 2026 JAN 2026 JAN 2026 J

Revision & Pizza!
YEAR GROUPS 10-13
WEDS 4 FEB 4.30PM-5.30PM

Support you with focused revision techniques that work around your caring role.

WHERE Three Trees Community Centre, Hedingham Grove B37 7TP

Club Drop in
PRIMARY SCHOOL AGE 5+
THURS 5 FEB 5.15PM-7.00PM

Connect with other young carers, enjoy games, take part in fun activities, relax, or join in wellbeing sessions – it's your time to chill, chat, and have fun!

Optional Cooking/Sports

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

Club Drop in
SECONDARY SCHOOL AGE 11+
THURS 5 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

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

Club Drop in
PRIMARY SCHOOL AGE 5+
WEDS 11 FEB 5.15PM-7.00PM

Connect with other young carers, enjoy games, take part in fun activities, relax, or join in wellbeing sessions – it's your time to chill, chat, and have fun!

Optional Cooking/Sports

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

Club Drop in
SECONDARY SCHOOL AGE 11+
WEDS 11 FEB 7.15PM-9.00PM

Connect with other young carers, enjoy games, take part in fun activities, relax, or join in wellbeing sessions – it's your time to chill, chat, and have fun!

Optional Cooking/Sports

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

Rude Science Show
PRIMARY SCHOOL AGE 8+
TUES 17 FEB 9.30AM-3.30PM

BOOM! Brace yourselves for a mind-blowing science show with BBC's Stefan Gates which is guaranteed to blow your socks off!

Please note *This show includes loud bangs, stage fog and it is not suitable for those with latex allergies.*

WHERE Warwick Arts Centre, Coventry CV4 7FD

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Please note *This show includes loud bangs, stage fog and it is not suitable for those with latex allergies.*

WHERE Warwick Arts Centre, Coventry CV4 7FD

Claudie's Club
PRIMARY AGES 5 TO 7 YRS
WEDS 18 FEB 11.00AM-1.00PM

Bounce, slide and giggle your way into an epic day of fun at Claudie's soft play centre.

WHERE Unit 2, Vulcan Road, Solihull B91 2JY

CV Workshop
AGE 14-25 YRS
THURS 19 FEB 11AM-1.00PM

Join our CV Workshop and learn how to showcase your skills experience and strengths. Friendly support top tips and snacks included!

WHERE Carers Trust Solihull, Fire Station Annexe B91 1QY

Club Drop in
YAC 16-25 YRS
SAT 21 FEB 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, Fire Station Annexe B91 1QY

FEB 2026 FEB 2026 FEB 2026 FEB 2026 FEB

Decision Making Group
PRIMARY SCHOOL AGE 8-11YRS
TUES 3 MAR 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 3 MAR 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 3 MAR 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

Escape Room
Please note: only young carers who have engaged in our wellbeing and movements meetings can express an interest in the Escape Room activity.

AGE GROUP 8-16YRS
WEDS 4 MAR 4.30PM-6.30PM

Think you've got what it takes to crack codes, solve puzzles, and best the clock? Join us for a thrilling Escape Room Challenge. Team up with other young carers, test your skills, and have loads of fun! Can you escape in time?

WHERE Resorts World, Birmingham

Club Drop in
PRIMARY SCHOOL AGE 5+
THURS 5 MAR 5.15PM-7.00PM

Connect with other young carers, enjoy games, take part in fun activities, relax, or join in wellbeing sessions - it's your time to chill, chat, and have fun!

Optional Cooking/Sports

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

Club Drop in
SECONDARY SCHOOL AGE 11+
THURS 5 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

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

Club Drop in
PRIMARY SCHOOL AGE 5+
WEDS 11 MAR 5.15PM-7.00PM

Connect with other young carers, enjoy games, take part in fun activities, relax, or join in wellbeing sessions - it's your time to chill, chat, and have fun!

Optional Cooking/Sports/Wellbeing

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

Club Drop in
SECONDARY SCHOOL AGE 11+
WEDS 11 MAR 7.15PM-9.00PM

Connect with other young carers, enjoy games, take part in fun activities, relax, or join in wellbeing sessions - it's your time to chill, chat, and have fun!

Optional Cooking/Sports

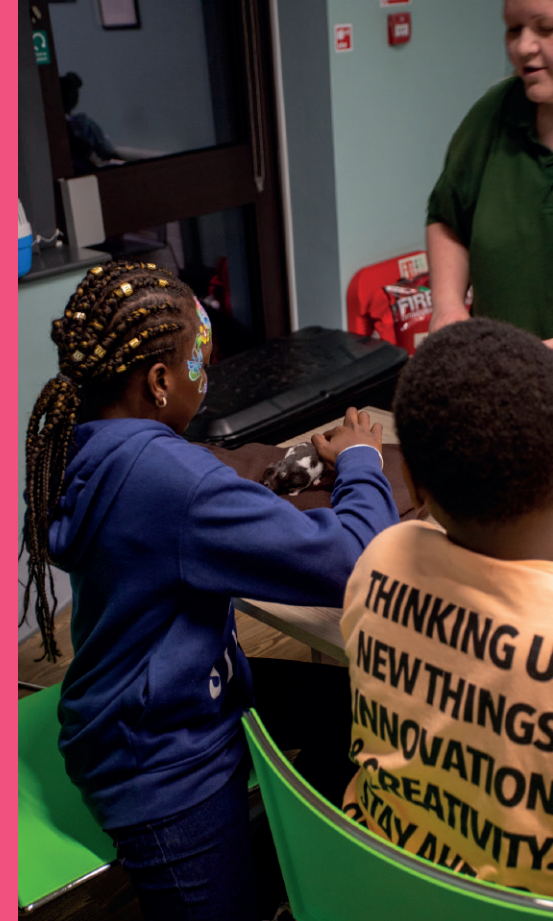
WHERE Colebrook Centre, 291 Bosworth Drive, Chelmsley Wood B37 5DP

Club Drop in
YAC 16-25YRS
SAT 21 MAR 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, Fire Station Annexe B91 1QY



MAR 2026 MAR 2026 MAR 2026 MAR 2026

Emergency Planning & Pizza
AGE GROUP 8-25YRS

WEDS 1 APR 4.00PM-5.00PM

Do you know how to respond to an emergency or what steps to take in an unplanned change in your caring roles? Our emergency planning meeting will give you a safe space and opportunity to design a plan.

WHERE Three Trees Community Centre, Hedingham Grove B37 7TP



Club Drop in

PRIMARY SCHOOL AGE 5+

THURS 2 APR 5.15PM-7.00PM

Connect with other young carers, enjoy games, take part in fun activities, relax, or join in wellbeing sessions - it's your time to chill, chat, and have fun!

Optional Cooking/Sports

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

Club Drop in

SECONDARY SCHOOL AGE 11+

THURS 2 APR 7.15PM-9.00PM

Connect with other young carers, enjoy games, take part in fun activities, relax, or join in wellbeing sessions - it's your time to chill, chat, and have fun!

Optional Cooking/Sports

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

Lane 7

YAC 16-25 YRS

SAT 4 APR 4PM-7PM

Games, laughs and good vibes! Join us for a fun filled evening and see what adventures the evening brings!

WHERE Birmingham Bullring

Club Drop in

PRIMARY SCHOOL AGE 5+

WEDS 8 APR 5.15PM-7.00PM

Connect with other young carers, enjoy games, take part in fun activities, relax, or join in wellbeing sessions - it's your time to chill, chat, and have fun!

Optional Cooking/Sports

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



Club Drop in

SECONDARY SCHOOL AGE 11+

WEDS 8 APR 7.15PM-9.00PM

Connect with other young carers, enjoy games, take part in fun activities, relax, or join in wellbeing sessions - it's your time to chill, chat, and have fun!

Optional Cooking/Sports

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

RAF Museum

PRIMARY SCHOOL AGE 8+

THURS 9 APR 9.30AM-4PM

Ready for take-off? Join us for a high-flying trip to the RAF Museum, explore real planes, amazing exhibits, and the history of flight brought to life!

WHERE RAF Museum, Cosford

RAF Museum

SECONDARY SCHOOL AGE 11+

THURS 9 APR 9.30AM-4PM

Ready for take-off? Join us for a high-flying trip to the RAF Museum, explore real planes, amazing exhibits, and the history of flight brought to life!

WHERE RAF Museum, Cosford

Club Drop in

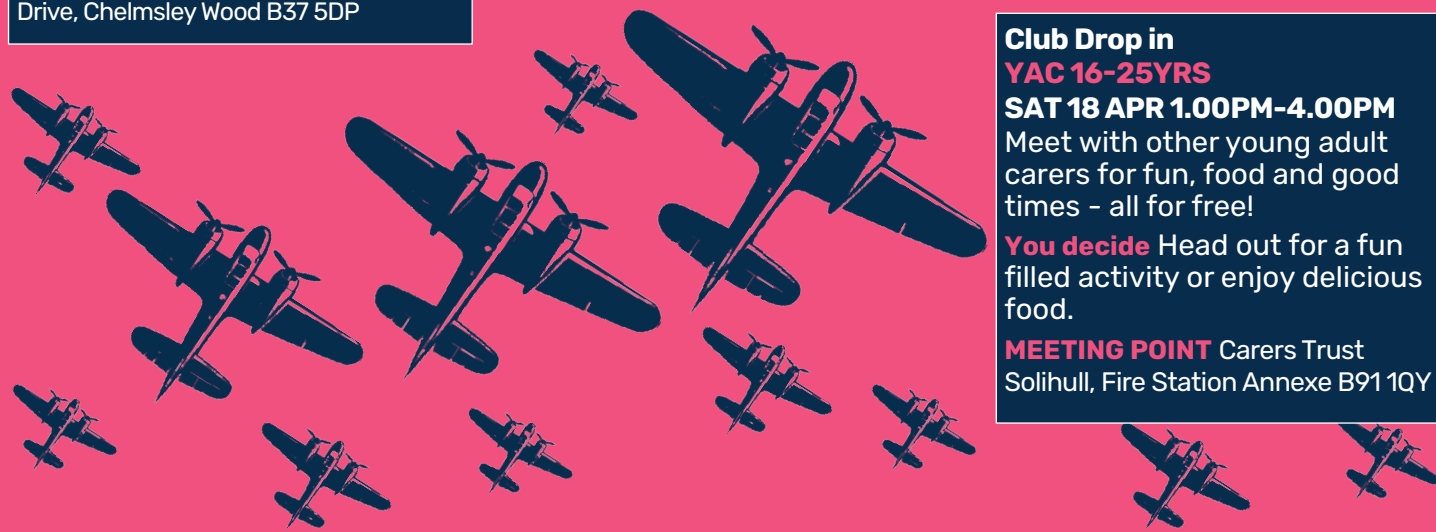
YAC 16-25YRS

SAT 18 APR 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, Fire Station Annexe B91 1QY



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**CARERS
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Solihull

Carers Trust Solihull

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620 Streetsbrook Road
Solihull B91 1QY

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E youngcarers@solihullcarers.org

W www.solihullcarers.org

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