

**Here2
Help**



Solihull
METROPOLITAN
BOROUGH COUNCIL

be kind, be brave



NEWS, EVENTS AND ACTIVITIES NOV 2026- APR 2027

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.**

**FOLLOW US
FOR THE
LATEST
UPDATES**

@solihulldcarers



**CARERS
TRUST**

Solihull

NEWS AND INFO



CHILL AND CHAT

We have enjoyed activities that support young carers wellbeing, including resilience paperchains and emotional support stones. Giving young carers time to 'think me' and express this with art and brilliant discussions.



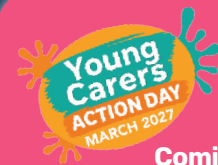
UNDERSTANDING AUTISM WORKSHOP

We ran a group support work session supporting sibling carers to understand more about the person they care for. Young carers learned about the condition but also shared their own hints and tips with each other – followed by lots of fun tubing down the dry slopes.



YOUNG CARERS IN SCHOOLS AWARD

Congratulations to Windy Arbor Primary school on gaining the nationally recognised Young Carers in School Award! This is a huge achievement and shows all the hard work the school is doing to identify, engage and support young carers in their school!! Contact us if your school wishes to join the scheme, fully supported by us.



**LOOK OUT FOR
YOUNG CARERS ACTION
DAY 2027!**

Coming up in March 2027: DATE TBC.

YOU SAID, WE DID

Our service is shaped by young carers like you.



Young carers meet regularly with our manager to tell us what matters to them. Recently, you told us you wanted:

- A residential trip for young adult carers – DONE!
- A say in Solihull Council's new Young Carers Promise – DONE!
- Bulletins for different age groups – DONE!

Your ideas can make a real difference.

Want to have your say?



Join one of our Decision Making Groups (DMGs) with QR code or here:

tinyurl.com/DMG-SignUp



PEER MENTORS AT CLUBS AND ACTIVITIES

We're pleased to let you know that Peer Mentors are now available at our clubs and activities.

They're there to support and encourage young carers. If you're new to a club, need some help or just want someone to talk to, look out for a Peer Mentor wearing a mentoring T-shirt.

For further information please contact Ruth:
Ruth.Geoghegan@solihullcarers.org or
call 0121 281 1517



EQUINE WORKSHOP

This year, our young carers took part in special Equine Workshops with Jenna Hall.

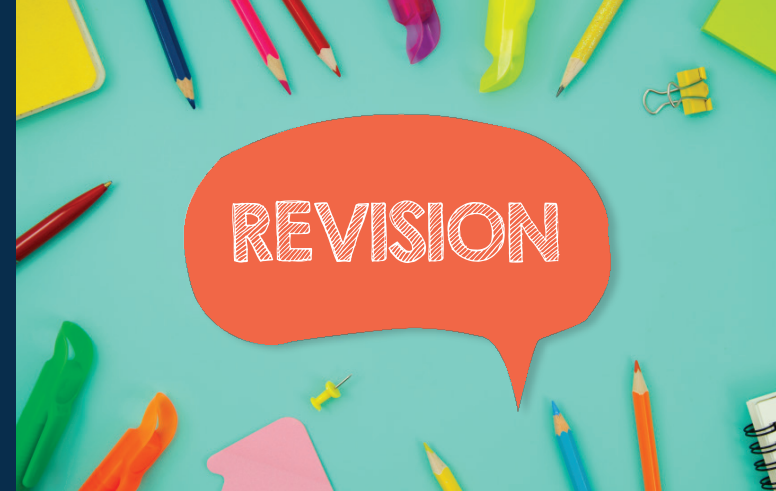
The workshops gave young carers the chance to spend time with horses, enjoy the outdoors and take part in group support activities. Being around the horses helped them explore their feelings, build confidence and connect with others.

It was also a chance to take a break from their caring responsibilities and simply be themselves.

A huge thank you to Jenna for creating such a warm, welcoming and memorable experience for our young carers.



IMAGE COPYRIGHT: JENNA HALL



REVISION AND ESCAPE ROOM ACTIVITY

Want to level up your revision and put your brain to the test? Join us for a fun, practical revision workshop where you'll pick up useful tips to boost your exam prep – then take on an Escape Room challenge! Work with friends, crack the clues and see if you've got what it takes to escape!



EMERGENCY PLANNING AND SPINNERS



Work with us to create a simple emergency plan to support you in your caring role when you need it most. Then, switch off and have some fun at Spinners with a game of bowling or mini golf!





West Brom Bank raising funds for young carers, supported by Couch Perry and Wilkes and Shirley Litter Pickers to raise awareness of our work.

CAN YOU HELP?

Fundraising helps us support young carers. There are lots of simple ways you can help:

- Ask your school or college to choose us as a charity to support.
- Ask a family member if their workplace supports local charities and could choose us.
- Donate through our website, or ask family and friends to donate too.
- Every donation goes directly towards supporting young carers.
- No matter how small, every donation can make a difference.

To find out more contact Gail at:
gailowen@solihullcarers.org

**DONATE NOW
TO HELP YOUNG
CARERS**



tinyurl.com/
HelpYoungCarers



YOUNG CARERS PROMISE LAUNCH EVENT

The Young Carers Promise is a pledge that explains what young carers in Solihull can expect.

We've been working with Solihull Council and young carers to create a new Promise. It will be launched at a special event on **17 November 2026**.

Would you like to be one of our special guests and help us run the event?

If you are interested, get in touch using contact details on the back page.



The current Young Carers Promise.

FREE HOLIDAY AND FOOD PROGRAMME FOR YOUNG CARERS

DID YOU KNOW?

If there is a young carer in your household and your family receives Universal Credit, or the young carer gets free school meals, they may be able to take part in free activities and holiday clubs during the school holidays through the HAF programme.

If this sounds like you, contact us for more information.



Young carers on a HAF funded activity.



YOUNG ADULT CARERS WELLBEING GROUPS

Come along to relax, have fun and spend time with other young adult carers!

Depending on the weather, we'll either go for a Walk & Talk or enjoy Pizza & Prizes.

It's a chance to take a break, meet people who understand what it's like to be a carer, enjoy good company and look after your wellbeing.



EVENTS & ACTIVITIES

Chill & Chat 8-16 YRS

WEDS 4 NOV 4.30PM-5.30PM

Sessions will be informal and fun, there will be a wellbeing focus for each group, but this is flexible and will be influenced by what you would like to have support with.

WHERE? Three Trees Community Centre B37 7TP

NEW Walk and Talk YAC 16-25 YRS

WEDS 4 NOV 5.30PM-6.30PM

Join us for fresh air, a stroll and a healthy chat (weather permitting)

WHERE? Three Trees Community Centre B37 7TP

Club Drop-in PRIMARY SCHOOL AGE 5+

THURS 5 NOV 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!

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

Club Drop-in SECONDARY SCHOOL AGE 11+

THURS 5 NOV 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!

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

Decision Making Group (DMG) PRIMARY SCHOOL AGE 8+

TUES 10 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 a £10 gift voucher for your participation.

WHERE? TEAMS

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WHERE? TEAMS

Club Drop-in PRIMARY SCHOOL AGE 5+

WEDS 11 NOV 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!

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

Club Drop-in SECONDARY SCHOOL AGE 11+

WEDS 11 NOV 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!

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

Young Carers Promise Launch Event

8-16 YRS

TUES 17 NOV 5.00PM-6.30PM

An evening to introduce the young carers Promise on behalf of Solihull Council and explain what young carers can expect when living in Solihull.

WHERE? West Warwick Sports Complex B91 1DA

Young Adult Carers Club Drop-in

YAC 16-25 YRS

SAT 21 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.

WHERE? Carers Trust Solihull B91 1QY

NOV 2026 NOV 2026 NOV 2026 NOV 2026

Chill & Chat
8-16 YRS
WEDS 2 DEC 4.30PM-5.30PM
Sessions will be informal and fun, there will be a wellbeing focus for each group, but this is flexible and will be influenced by what you would like to have support with.
WHERE? Carers Trust Solihull B91 1QY

NEW Keep Active Session!
YAC 16-25 YRS
WEDS 2 DEC 5.30PM-6.30PM
Join us for this new Keep Active session, play indoor games, enjoy pizza and win prizes!
WHERE? Carers Trust Solihull B91 1QY



Club Drop-in – Christmas Party Celebration!
PRIMARY SCHOOL AGE 5+
THURS 3 DEC 5.15PM-7.00PM
Join us for a festive celebration with holiday cheer, great company and lots of fun activities!
WHERE? Hatchford Brook Family Hub, Old Lode Lane, Solihull B92 8JE

Club Drop-in – Christmas Party Celebration!
SECONDARY SCHOOL AGE 11+
THURS 3 DEC 7.15PM-9.00PM
Join us for a festive celebration with holiday cheer, great company and lots of fun activities!
WHERE? Hatchford Brook Family Hub, Old Lode Lane, Solihull B92 8JE

Club Drop-in – Christmas Party Celebration!
PRIMARY SCHOOL AGE 5+
WEDS 9 DEC 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!
WHERE? Colebrook Centre, 291 Bosworth Drive, Chelmsley Wood, B37 5DP

Club Drop-in – Christmas Party Celebration!
SECONDARY SCHOOL AGE 11+
WEDS 9 DEC 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!
WHERE? Colebrook Centre, 291 Bosworth Drive, Chelmsley Wood, B37 5DP

Pantomime – Peter Pan
PRIMARY SCHOOL AGE 8+
SAT 12 DEC 12.00PM-4.00PM
Enjoy a brand-new swashbuckling adventure with Peter and his friends as they head for a high-flying, action-packed adventure!
WHERE? The Core Theatre, Homer Road, Solihull B92 8JE

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Enjoy a brand-new swashbuckling adventure with Peter and his friends as they head for a high-flying, action-packed adventure!
WHERE? The Core Theatre, Homer Road, Solihull B92 8JE

Young Adult Carers Club Drop-in
YAC 16-25 YRS
SAT 19 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 fun filled activity or enjoy delicious food.
WHERE? Carers Trust Solihull B91 1QY



DEC 2026 DEC 2026

DEC 2026 DEC 2026

Chill & Chat

8-16 YRS

WEDS 6 JAN 4.30PM-5.30PM

Sessions will be informal and fun, there will be a wellbeing focus for each group, but this is flexible and will be influenced by what you would like to have support with.

WHERE? Three Trees Community Centre B37 7TP

Wellbeing workshop for NEW YACs

YAC 16-25 YRS

WEDS 6 JAN 5.30PM-6.30PM

We welcome new YAC's to join us for a workshop focusing on wellbeing.

WHERE? Three Trees Community Centre B37 7TP

Club Drop-in

PRIMARY SCHOOL AGE 5+

THURS 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!

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

Club Drop-in

SECONDARY SCHOOL AGE 11+

THURS 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!

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

Club Drop-in

PRIMARY SCHOOL AGE 5+

WEDS 13 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!

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

Club Drop-in

SECONDARY SCHOOL AGE 11+

WEDS 13 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!

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

Young Adult Carers Club Drop-in

YAC 16-25 YRS

SAT 16 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.

WHERE? Carers Trust Solihull B91 1QY

Cooking workshop

12-15 YRS

FRI 22 JAN 5.30PM-6.45PM

Learn some new skills and cook your own meal to take away from scratch!

WHERE? Carers Trust Solihull B91 1QY

JAN 2027 JAN 2027

JAN 2027 JAN 2027

Chill & Chat

8-16 YRS

WEDS 3 FEB 4.30PM-5.30PM

Sessions will be informal and fun, there will be a wellbeing focus for each group, but this is flexible and will be influenced by what you would like to have support with.

WHERE? Carers Trust Solihull B91 1QY

Club Drop-in

PRIMARY SCHOOL AGE 5+

THURS 4 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!

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

Club Drop-in

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THURS 4 FEB 7.15PM-9.00PM

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

Club Drop-in

PRIMARY SCHOOL AGE 5+

WEDS 10 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!

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

Club Drop-in

SECONDARY SCHOOL AGE 11+

WEDS 10 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!

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

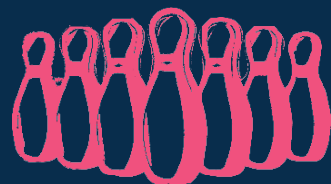
Mindful Cooking Workshop

YAC 16-25 YRS

MON 15 FEB 9AM-3.00PM

Discover the thinking behind eating and test out your cooking skills!

WHERE? Liberty in the Wild, Solihull B94 5AE



Cadbury World

PRIMARY SCHOOL AGE 8+

TUES 16 FEB 10.00AM-3.00PM

Dive into a chocolatey world and learn how chocolate is made, practice your piping and take on the adventure play area!

WHERE? Cadbury World, Birmingham B30 1JR

Cadbury World

SECONDARY SCHOOL AGE 11+

TUES 16 FEB 10.00AM-3.00PM

Dive into a chocolatey world and learn how chocolate is made, practice your piping and take on the adventure play area!

WHERE? Cadbury World, Birmingham B30 1JR

Revision Workshop & Escape Rooms

YEAR GROUPS 10-13

WEDS 17 FEB 1.00PM-4.00PM

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

WHERE? Carers Trust Solihull B91 1QY

Soft Play Fun!

5-7 YRS

THURS 18 FEB 11.00AM-1.00PM

Come and have fun at the indoor soft play centre full of slides, tunnels and more

WHERE? Studley Garden Centre Play Barn, Studley B80 7DR

Bowling Resorts World

YAC 16-25 YRS

FRI 19 FEB 1.00PM-4.00PM

Strike it lucky and bowl your way into the weekend!

WHERE? Hollywood Bowl, Resorts World, Birmingham

Young Adult Carers Club Drop-in

YAC 16-25 YRS

SAT 20 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.

WHERE? Carers Trust Solihull B91 1QY



FEB 2027 FEB 2027 FEB 2027 FEB 2027 F

Chill & Chat

8-16 YRS

WEDS 3 MAR 4.30PM-5.30PM

Sessions will be informal and fun, there will be a wellbeing focus for each group but this is flexible and will be influenced by what you would like to have support with.

WHERE? Three Trees Community Centre B37 7TP

Club Drop-in

PRIMARY SCHOOL AGE 5+

THURS 4 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!

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

Club Drop-in

SECONDARY SCHOOL AGE 11+

THURS 4 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!

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

Club Drop-in

PRIMARY SCHOOL AGE 5+

WEDS 10 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!

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

Club Drop-in

SECONDARY SCHOOL AGE 11+

WEDS 10 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!

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

Decision Making Group (DMG)

PRIMARY SCHOOL AGE 8+

TUES 16 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 – get a £10 gift voucher for your participation!

WHERE? TEAMS

Decision Making Group (DMG)

SECONDARY SCHOOL AGE 11+

TUES 16 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 a £10 gift voucher for your participation.

WHERE? TEAMS

Decision Making Group (DMG)

YAC 16-25 YRS

TUES 16 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 a £10 gift voucher for your participation.

WHERE? TEAMS



**LOOK OUT FOR
YOUNG CARERS ACTION
DAY 2027!**

Coming up in March 2027: DATE TBC.

Young Adult Carers Club Drop-in

YAC 16-25 YRS

SAT 20 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.

WHERE? Carers Trust Solihull B91 1QY

Group Support Work – Go Karting!

8-16 YRS

TUES 30 MAR 10.00AM-3.00PM

Enjoy the thrill of the UK's fastest indoor go karting track!

PLEASE NOTE This is ONLY for young carers that have engaged in group support work sessions throughout the year.

WHERE? Star City, Birmingham B7 5SA

Black Country Museum

PRIMARY SCHOOL AGE 8+

WEDS 31 MAR 9.30AM-5.30PM

Discover and see over 250 years of history brought to life, meet historic characters and explore the story of life and industry at the open-air living museum.

WHERE? Black Country Living Museum, Discovery Way, Dudley DY1 4AL

Black Country Museum

SECONDARY SCHOOL AGE 11+

WEDS 31 MAR 9.30AM-5.30PM

Discover and see over 250 years of history brought to life, meet historic characters and explore the story of life and industry at the open-air living museum.

WHERE? Black Country Living Museum, Discovery Way, Dudley DY1 4AL

MAR 2027 MAR 2027

MAR 2027 MAR 2027

Club Drop-in
PRIMARY SCHOOL AGE 5+
THURS 1 APRIL 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!
WHERE? Hatchford Brook Family Hub, Old Lode Lane, Solihull B92 8JE

Club Drop-in
SECONDARY SCHOOL AGE 11+
THURS 1 APRIL 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!
WHERE? Hatchford Brook Family Hub, Old Lode Lane, Solihull B92 8JE



Sheldon Country Park
5-7 YRS
TUES 6 APRIL 1.00PM-3.00PM
Grab an Easter egg, play in the playground, make friends on the farm and hopefully spot some planes fly by!
WHERE? Sheldon Country Park, Sheldon, B26 3TU

Emergency Planning & Spinners
8-16 YRS
WEDS 7 APRIL 11.00AM-3.00PM
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? Carers Trust Solihull B91 1QY

First Aid Training
12-15 YRS
THURS 8 APRIL 10.00AM-1.00PM
Learn and practice your First Aid skills to help others when they need it.
WHERE? Carers Trust Solihull B91 1QY



Paintballing
YAC 16-25 YRS
FRI 9 APR 1.00PM-4.00PM
Join us for an action-packed low impact paintball with high impact fun!
WHERE? NPF Bassetts Pole Adventure Park, London Road, Bassetts Pole, Sutton Coldfield, B75 5SA

Club Drop-in
PRIMARY SCHOOL AGE 5+
WEDS 14 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!
WHERE? Colebrook Centre, 291 Bosworth Drive, Chelmsley Wood, B37 5DP

Club Drop-in
SECONDARY SCHOOL AGE 11+
WEDS 14 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!
WHERE? Colebrook Centre, 291 Bosworth Drive, Chelmsley Wood, B37 5DP

Young Adult Carers Drop-in
YAC 16-25 YRS
SAT 17 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.
WHERE? Carers Trust Solihull B91 1QY

APR 2027 APR 2027 APR 2027 APR 2027



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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UPDATES

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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

Registered with



FUNDRAISING
REGULATOR

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