



Clinics and Support for Care Experienced Young People


September 2025

For Solihull Care Experienced Young People we have several places where you will be able to find support. To make sure you get the support you need please email ahead to let us know what you might want to talk about. This will allow us to make sure the right people are introduced and available to you. If you have a confidential or sensitive matter to discuss, a room can be booked for you.

You do not need an appointment to attend the below clinics.

Type of Clinic	Date and Time	Location	Contact
General Clinic These clinics are designed for young people in need of support which may include emotional, housing, health, etc.	Thursday weekly from 12:00pm – 3:00pm.	Chelmund's Place 858 Chester Road, Solihull, B37 7TW	Liz and Rachel elizabethflannery@solihull.gov.uk rpearce@solihull.gov.uk To make sure your visit is meaningful please email Liz or Rachel with a summary of your visit and the day you are planning to visit. You can drop-by too.
Employment, Education or Training Clinic For all matters concerning your future to do with employment, education or training. Supporting you with your aspirations. (Part of the "Always Here Offer" for 25+)	Thursday weekly from 12:00pm – 3:00pm.	Chelmund's Place 858 Chester Road, Solihull, B37 7TW	Nikara and Jess nikara.lucas@solihull.gov.uk Nikara is based at Chelmund's Place, she provides support for care experienced young people as a Link Worker which mean linking young people to employment, education or training opportunities.
Emotional Wellbeing Clinic We recognise that it is not always easy to access support with your mental health. The Wellbeing Clinic can offer low-level drop-in support. Please contact Liz or Rachel so we can make sure there is a room booked for you.	Thursday fortnightly 12:00pm – 3:00pm 04/09/25 18/09/25 02/10/25 16/10/25	Chelmund's Place 858 Chester Road, Solihull, B37 7TW	Ellie My name's Ellie, and I've been a personal advisor for over 3 years. I'm also trained as a psychotherapist. I provide a safe, non-judgmental space to explore your thoughts and emotions, to promote wellbeing and self-care. Reaching out can feel difficult, but I want you to know that you don't have to go through it alone—I'm here to help.

Solihull Sabers – Football Team If you want to make friends and enjoy playing football to support your physical health, come and join Solihull's football team.	Thursday weekly 6:30pm – 8:00pm	North Solihull Sports Centre Conway Rd, Chelmsley Wood, Solihull B37 5LA	Simon and Will simon.bakari@solihull.gov.uk willimore.vushe@solihull.gov.uk Get in touch with Simon or Will to learn more about how you can get involved.  <small>Young People at the Annual Regional Tournament (2025)</small>
Solihull Recruitment and Training Centre 	Open weekdays (Monday – Thursday) 9:00am – 4:00pm	Recruitment and Training Centre 16-18, Maple Walk, Chelmsley Wood Shopping Centre, Birmingham B37 5TS	Jess Beard jessica.beard@solihull.gov.uk Drop by to get help finding a job or access to training. If you don't have a computer or internet access, the centre has laptops you can borrow to support you with CV writing, job application and interviews. If you need a more personalised approach please contact Jess, Youth Coordinator.
Rees Foundation Rees Foundation - The Rees Foundation Life-long support for care leavers	Please check the website for information and get in touch with the foundation directly.		Contactus@reesfoundation.org Tel: 0330 094 5645 We offer help and advice to care leavers and are always here to listen. Our projects are available to anyone over 16 who has been in foster care or residential care during their childhoods.
“Always Here Offer” Solihull Care Experience If you are age 25+, our “Always Here Offer” which means that you can speak to the duty PA and be given advice or referred / signposted to other appropriate services if required.	Office hours Monday to Friday 9:00am – 4:30pm	Chelmund's Place 858 Chester Road, Solihull, B37 7TW	Personal Advisors (PA) on Duty Care experienced young people team (Solihull Council): 0121 717 1473 (option 1) Social care emergency duty team (Solihull Council): 0121 605 6060
Family Hub Passport for Care Experienced If you are care experienced and a parent, the family hub	This link will help you find your closest Family Hub	Elmwood Family Hub 37 Burtons Way, Smith's Wood B36 0UG	If the pass is shown, Hub staff will take the young person discreetly to one side and explore their needs, and signpost or support the young person as needed.

<p>passport will allow you to access support at the family hubs.</p>	<p>and opening times and activities available to you.</p> <p>Hubs and activities Solihull Metropolitan Borough Council</p>	<p>Evergreen Kingshurst 42 Kingshurst Way, Kingshurst, Solihull, B37 6DX</p> <p>Hatchford Brook – Elmdon Old Lode Lane, Solihull, B92 8JE</p> <p>Riverside 289 Bosworth Drive, Chelmsley Wood, Solihull, B37 5DP</p>	
<p>OVOS Play and Stay If you are care experienced and a parent, we welcome you to join the OVOS team at a friendly play and stay.</p>	<p>11:00am – 1:00pm</p> <p>03/09/25 01/10/25 29/10/25 26/11/25</p>	<p>Elmwood Family Hub 37 Burtons Way, Smith's Wood B36 0UG</p>	