

Solihull Council Leisure, Sport, and Physical Activity

Solihull Active – Get Support to be Active

Solihull Active aims to support residents to get active through targeted interventions aimed at reducing health inequalities. To access some of these services residents must meet the necessary criteria and be referred by a professional.

Programme	Information
Eat Well Move More	A 12 week family weight management and healthy lifestyles programme for families with children aged 4-16 years
Step into Solihull	Step into Solihull is a gentle activity programme which incorporates suitable activities such as local walking groups and gentle exercise sessions.
DocSpot Exercise Referral Scheme	A 12-week physical activity programme for adults with long-term health conditions and those at risk of developing a condition.
Active Wellbeing Hub	
Strength and Balance	Taking part in strengthening and balance activities has major health benefits and improves quality of life. There are lots of local community exercise sessions & home-based options to try.
Cancer Rehab	Cancer Rehab is a programme of exercise sessions for people affected by cancer, whether pre-treatment, undergoing treatment or completed cancer treatment.
Cardiac Rehab	Cardiac Rehab is designed to help people improve their health and recover from a heart attack, other forms of heart disease or surgery to treat heart disease.
MS and Parkinson's Exercise	There are a variety of local opportunities for people that have MS or Parkinson's Disease, including weekly specialist exercise classes at Tudor Grange Leisure Centre.
Better Breathers	Better Breather exercise classes can help manage breathing conditions, suitable for those with a lung condition such as COPD, lung disease or severe asthma.

For more information on any of these programmes call us on 0121 704 8207, visit our website <https://solihullonthemove.co.uk/get-support-to-be-active/> or drop us an email at solihullactive@solihull.gov.uk

