

Are you feeling isolated and want to be more active?

If you would like to know more about being **Active at Home** call **0121 779 6707**

citizens advice Solihull Borough

What is an active chat?

Active chats is a weekly telephone befriending service that has a specific focus on engaging people in being physically active. All our befrienders go through a full training program.

We will be working with people to increase their physical activity levels who are:

- vulnerable
- those who are rehabilitating from covid-19
- those people who have been shielding at any point in the year



Websites: www.casb.org.uk
www.thinkactive.org/acive-chats/
Twitter: @CABSolihull
Facebook: CitizensAdviceSolihullBoroughCAB
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Citizens Advice Solihull Borough
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Registered charity number 1141020

What will I be doing?

This is an opportunity to be motivated and increase your confidence around exercise whilst in the comfort of your home.

We will talk with you about what you want to achieve and the benefits of being active.

We will then aim to :

- motivate you and help you set yourself some gentle seated exercises to do using the active at home leaflet
- talk through your goals and motivations for them
- give you a call each week to see how you are doing, or go through the exercises with you

Interested ?

Call Chelcy Bryant on
01217796707
to get started