

Solihull Gets Active

A programme of local physical activity and sport sessions for people with disabilities and long-term illnesses

Produced: May 23



For more info visit:
solihullonthemove.co.uk
or call 0121 704 8207



Inclusive sport and physical activity for people with a disability or long-term health condition

There are a range of inclusive opportunities for children and adults to participate in sport and physical activity in Solihull, including those in local community venues and schools. This booklet has been produced to help raise awareness and promote local opportunities. *

The Solihull Active team are also keen to encourage the development of new inclusive sport and physical activity opportunities in Solihull. Please get in touch for advice, support and to promote your activities.

Plan your journey to local venues:

Trains: www.thetrainline.com/journey-planner

Bus: www.journeyplanner.networkwestmidlands.com

Cycle routes: www.solihull.gov.uk/sports-and-fitness/wheretocycle

Swift Travel Card: www.tfwm.org.uk/swift-and-tickets

Accessibility information for venues: www.accessable.co.uk

Key: The following symbols are used to indicate activities by age group.

Adults Only = 

Adults and Children = 

Children and Young People Only = 

Solihull Active: Contact details for general enquiries and information

Email: solihullactive@solihull.gov.uk

Telephone: 0121 704 8207

Website: www.solihullonthemove.co.uk/get-support-to-be-active/people-with-disabilities



Social Media: Facebook: @SolihullActive1 Twitter & Instagram: @SolihullActive

*Solihull Council has not undertaken any enquiries in respect of external delivery providers/ individuals/organisations with regard to their suitability to deliver physical activity and sport, nor their suitability to work safely with children and young people or vulnerable adults. Residents wishing to take part in these activities should therefore enquire directly with the delivery provider to determine suitability.

Leisure Centre Information & Inclusive Activities

Tudor Grange Leisure Centre (TGLC), Blossomfield Road, Solihull, B91 1NB.
Contact: 0121 705 6371.

Website: www.everyoneactive.com/centre/tudor-grange-leisure-centre

North Solihull Sports Centre (NSSC), Conway Road, Chelmsley Wood, B37 5LA.
Contact: 0121 770 3822.

Website: www.everyoneactive.com/centre/north-solihull-sports-centre

Both centres have...

- a bus stop
- disabled parking
- automatic doors
- a low reception desk
- a hoist to access the pool
- a ground floor café
- disability trained staff



everyone
ACTIVE



For further details and pictures visit: www.accessable.co.uk

Leisure Centre Gym Access

Both centres provide low-cost gym access and are 'Inclusive Fitness Initiative' accredited. **£10 one-off joining fee, £3.80 per session.**

Leisure Centre Sessions

Inclusive Archery: Fun engaging soft archery sessions adapted to be inclusive for all. Tuesdays 11am-12pm at Tudor Grange Leisure Centre.
Contact Reception: 0121 705 6371. Price: £2.60.

Multi-Sports: A fun mix of activities, such as table tennis, Boccia, fun games, races and more, in a friendly environment. Wednesdays 9am-12pm and Fridays 1-4pm at North Solihull Sports Centre.
Contact Reception: 0121 770 3822. Price: £3.15.

Bat & Chat: A sociable turn up and play table tennis session Mondays & Wednesdays 10am-12pm at TGLC. Contact Reception: 0121 705 6371.
Price: £3.05.

***Inclusive Archery, Multisport and Bat & Chat**



Swimming: See page 3.



Racket Sports: Badminton at NSSC and TGLC, Tennis at TGLC.

For further inclusive sessions please visit www.everyoneactive.com or contact the reception team.



Leisure Centre Swimming



Pay as you go: Get Swimming for just 90p!* There are so many benefits to swimming, and you can swim at both leisure centres for 90p. Support workers can attend for free.

***Please note: It is full price Monday-Friday 7.00-8.30am.**

Disability Swimming Sessions: For all ages looking to build their water confidence, for disabled people or those with long term health conditions. Sessions are available at both leisure centres, £4.90 per session, Under 5s Free.

NSSC – Wednesday at 2-3pm and Sunday 3-4pm.
TGLC – Friday at 10-11am.

Additional Needs Junior Swimming Lessons: Suitable for children aged 4+ with no previous experience. Sessions available at NSSC.

See page 2 for leisure centre contact details.

Solihull Seals Swimming Club for Disabled People



A social swimming group that meets weekly at TGLC, to provide swimming opportunities in a fun and inclusive environment.

Day & Time: Every Monday, 8.00-8.30pm, followed by refreshments.

Location: Tudor Grange Leisure Centre, Blossomfield Road, B91 1NB.

Membership: £5 per year.

Contact: Alison Watts on 07584 568027.

Walking in Solihull



Striders and Strollers: Come and enjoy the local area, meet new people, and improve your health with one of our walking groups.

Sensory Walks: Get active whilst you use your senses to connect with your surroundings. Find a sensory walk at the following locations: Babbs Mill Park, Elmdon Park, Hillfield Park, Lavender Hall Park and Shirley Park. Downloadable maps are available online.



For more walking information and other walking opportunities in Solihull visit:
<https://solihullonthemove.co.uk/get-moving/walking-in-solihull/>

Inclusive Cycling Groups



Solihull Wheels For All:

For adults, families and carers who want to experience cycling together in a safe environment. Full range of bikes and adaptive bikes provided!



Day & Time: Monday Mornings: 10.30am-12.30pm, Monday Evenings: 6-7pm
Wednesday Mornings: Starting in April, contact SWFA for further details.

Location: Tudor Grange Leisure Centre, Blossomfield Road, B91 1NB.

Cost: £4 per session.

Contact: 0121 705 6371 or Email Solihullwfaenquiries@gmail.com

Website: www.solihullwheelsforall.org

Midland Mencap:

Parkride is a fun, free & flexible inclusive family cycling project, providing the whole family with the opportunity to enjoy cycling together!

Parkride provides access to a range of adapted and mainstream bikes.

Contact: 0121 442 2944 or Email parkride@midlandmencap.org.uk

Website: www.midlandmencap.org.uk

Community Cycling Hubs



A spring and summer cycling activity programme is available from the four local Community Cycling Hubs. Sessions typically include learn to ride, cycle confidence, group rides – including starter rides for beginners, and much more.



Visit the website for full details of the available sessions:

<https://solihullonthemove.co.uk/get-moving/cycling-in-solihull/>

The cycling hubs can also be booked by volunteers, organisations, groups, or clubs to host their own cycling sessions.

Contact: 0121 704 8207 or Email solihullactive@solihull.gov.uk for more information.

You can also find more information on local cycling groups, clubs and cycle routes on the website.

Community activities, sports, and clubs

Basketball

Warwickshire Bears Wheelchair Basketball:



Day/Time: Thurs: 7.00-9.00pm senior players,
Saturday: 9:30am-1pm for juniors / under 15s,

Location: North Solihull Sports Centre, B37 5LA

Contact: Tom on 07946 518354 or t.masterson@bearswbc.com



Crossover Basketball:



XOBall are an inclusive organisation, uniquely positioned to give equal opportunities for any young person prepared to commit the time to attending regular practices and games. **Contact:** 07387 713342 or play@xoball.co.uk

Cricket

Super 1s Disability Cricket Sessions:



Day/Time: Mondays: 5.30-6.30pm at Knowle & Dorridge Cricket Club, Station Road, Dorridge, B93 8ET.

Fridays: 5-6pm at Castle Bromwich Cricket Club, Water Orton Road, Castle Bromwich, B36 9PB.

Contact: Rob Eynon, robeynon@edgebaston.com



Football

Solihull Moors:



Day/Time: Ability Counts: Sundays 9.15-11am.

Frame Football: Sundays: 10-11am.

Location: John Henry Newman Catholic College, B37 5GA.

Contact: Scott Langford 07584 673304 or scott.langford@solihullmoorsfc.co.uk

Little Kickers Solihull:



Pre-school football programme for age 18 months to 8 years.

Location: www.littlekickers.co.uk/find-a-class

Contact: 07946 377392 or Email rhiggs@littlekickers.co.uk



Kickboxing

Solihull TAGB Tae Kwon Do Club:



Solihull Tae Kwon Do Martial Arts Club is affiliated with TAGB.

Day/Time: Tuesday & Thursday evenings, beginner class: 7-8pm, and advanced class: 8-9pm.

Location: Greswold Primary School, Buryfield Road, Solihull, B91 2AZ.

Contact: Mark 07588 686429 or info@solihullTKD.co.uk



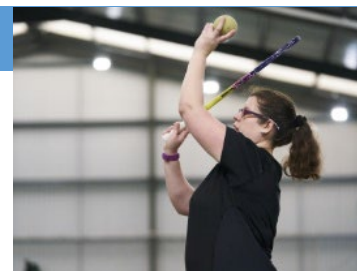
Racket Sports

Solihull Tennis Club: A friendly LTA-registered club which welcomes players of all ages and abilities.



Location: Marsh Lane, Solihull, B91 2PF

Contact: Collen 07717 057547 or mhlangac@gmail.com



Toddler Tennis: Improving agility, balance, and coordination of 2–5-year-olds through tennis-based activities.



Location: Tudor Grange Leisure Centre, B91 1NB.

Contact: 07870 168794 or Email jess@toddlertennis.co.uk

Dorridge Park Badminton Club:

Day/Time: Tuesday 8pm-10pm



Location: Dorridge Village Hall, B93 8QA.

Contact: Becky 07817 082965 or Email DorridgeParkBC@gmail.com

Lighthall Badminton Club: A friendly but competitive club based in Solihull.

Day/Time: Monday evenings 7.30-10pm.

Location: Langley Secondary School, B92 7ER.

Contact: Visit www.lighthallbadminton.co.uk/



Dance

Fundamental Movement Academy:



Our program specifically provides a dedicated session for people with disabilities to explore the activities in a safe and friendly environment.

Location: Unit 38 Monkspath business park, B90 4NZ

Contact: 0121 745 9778 option 2 or Email solihull@fm-academy.co.uk



Bollywood Dreams Dance Academy:



Bollywood dance academy provides Bollywood dance tuition.

Location: Tudor Grange Leisure Centre, B91 1NB.

Contact: 07971 277920 or Email info@bollywooddreamsdance.com

Gentle Exercise

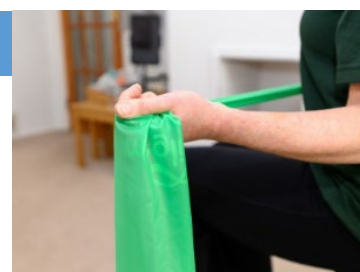
Move it or Lose it:



Bringing people together in their communities to enjoy exercising and socialising.

Location: Knowle United Reformed Church, B93 0HN.

Contact: 07962 035744 or Email Liz.gavin@moveitorloseit.co.uk



Involve Wellness:



Involve Wellness provides recreational exercise programmes for people living with long-term health conditions or additional needs.

Contact: 07707 931439 or Email Nora@involvewell.co.uk

Resources & Support

Get Yourself Active: Inclusive Activity Pack

This resource pack is designed for carers, support workers, and personal assistants but can also be used by family members who are supporting disabled people and people with long term health conditions.

The pack will help:

- Develop your knowledge of physical activity,
- Help you have more conversations about physical activity and support,
- Ideas on how to build physical activity into routines.

View the full activity pack at:

<https://getyourselfactive.org/resource/social-care-activity-pack/>

Day Opportunities

Day opportunities can help you do the things you enjoy, meet new people, and learn new skills. *Activities for people with learning or physical disabilities aged 18+. www.solihull.gov.uk/adult-social-care/day-services

- **The Hive and Green Acres Service at Park View, Monkspath Hall Road, Solihull, B91 3LU.** Call: 0121 704 7499.
- **The Courtyard, 30 Hobs Meadow, Solihull, B92 8PN.** Call: 0844 884 5451.
- **Colebrook Day Centre, 291 Bosworth Drive, Chelmsley Wood, B37 5DP.** Call: 0121 717 1683.
- **Three Trees Community Centre, Hedingham Grove, Chelmonds Cross, B37 7TP.** Call: 0121 582 0767.

Other Local Organisations

- **SoLO (Solihull Life Opportunities):** Activities for people with learning disabilities. Call: 0121 779 3865.
- **Headway Birmingham and Solihull:** Helping people affected by brain injuries. Call: 0121 457 7541.
- **Solihull Self Advocacy Group, Changing Lives:** Helping people with a learning disability to understand the services in Solihull. Call: 0121 706 4696.

Training Opportunities

To support delivery of sport and physical activity across Solihull, there are a variety of training courses and support on offer: <https://solihullonthemove.co.uk/training-and-courses-sports-physical-activity-and-sport/>

For more info visit:

solihullonthemove.co.uk
or call 0121 704 8207

