



Feel good...
Look after yourself!

DocSpot Exercise Referral Scheme

A 12-week physical activity programme for adults with long-term health conditions and those at risk



For more info visit:
solihullonthemove.co.uk



The active wellbeing hub is part of Solihull Active, Solihull MBC and our leisure management company

What is DocSpot?

Building more physical activity into your lifestyle can be a really positive change with lots of benefits to your health and wellbeing.

If you have a mild to moderate health condition, DocSpot is a great way to start!

- DocSpot is a 12-week programme of physical activity that will give you a helping start and a chance to improve your health and wellbeing.
- You'll find a supportive environment with qualified exercise professionals who will provide you with the skills and knowledge to help you become more active.
- They will work with you to design an appropriate physical activity programme to meet your personal needs and goals.
- Choose one of four local leisure facilities and a variety of different activities to take part in, e.g. gym, swim, classes. (Please note: Each venue has its own activity timetable as available facilities vary).
- Available to adults aged 16 and over, who live in Solihull or have a Solihull GP.
- At every stage you will work at your own pace and within your capabilities. As you become fitter and improve, your activity programme will be adjusted to help you progress.
- See the back page for venue details and prices.

What to wear?

- No special clothing or equipment is required.
- Try to wear loose fitting clothing in several layers and sensible shoes e.g. flat soles.

How to join the DocSpot scheme:

- 1) Ask your GP surgery for a referral to the DocSpot scheme. A GP or Practice Nurse will complete the DocSpot referral form on your behalf and **give/send you a copy.**
- 2) Once you have been referred, **contact your preferred venue and book your 'DocSpot Induction'**. You can do this by visiting the venue or by telephoning (see contact details on back page).
- 3) When attending your DocSpot induction, please remember to **bring your copy of the DocSpot referral form with you**, along with **a list of your current medication.**
- 4) Your DocSpot induction will be on a one-to-one basis with a qualified exercise professional where your goals, medical history and exercise preferences will be discussed. This will help the exercise professional to tailor a physical activity programme specifically to your needs.
- 5) A 12-week programme of physical activity will be agreed between yourself and the exercise professional. As you make improvements, the exercise professionals will work with you to adapt your programme and aid progression.
- 6) You will be able to use the leisure facilities at the centre during DocSpot session times (these will be given to you at your induction appointment).
- 7) Your GP/Practice Nurse will receive information on your progress at the end of the 12-week programme.

DocSpot Venues:

Once you have a completed referral form, please contact your preferred venue directly to join and book your 'DocSpot induction' appointment.

DocSpot session times and prices vary depending on the venue, please note prices are subject to change.

- **North Solihull Sports Centre**, Conway Road, Chelmsley Wood, B37 5LA. Tel: 0121 770 3822. £3.25 per visit *
- **Tudor Grange Leisure Centre**, Blossomfield Road, Solihull, B91 1NB. Tel: 0121 705 6371. £3.80 per visit *
- **Smith's Wood Community Gym**, Smith's Wood Primary School, Burtons Way, Smith's Wood, B36 0SZ. Tel: 0121 779 2986. £3.25 per visit *
- **The Hampton Health Club**, Station Court, Old Station Road, Hampton in Arden, B92 0HA. Tel: 01675 443464. £44.99 a month for 3 months.

*Monthly membership tariffs for DocSpot:

These are available at all venues and may represent a cheaper payment option per session if you are attending regularly.

Other support to get active: Specialist Exercise Classes

If you have one of the following health conditions, then we also have specialist group exercise classes you can be referred into via your GP or hospital team. Including cancer, heart conditions, MS and Parkinson's.



<https://solihullonthemove.co.uk/get-support-to-be-active/>

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