

Solihull Gets Active

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

Easy Read Produced: February 2024



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



What is this booklet for?

information



- **Hello and welcome to the Solihull Gets Active Booklet.**
- This booklet shows you opportunities to get more active, which is important for your health.

Plan your journey to local venues!



- **Train**
- www.thetrainline.com/journey-planner



- **Bus**
- <https://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**
- www.accessable.co.uk

Key - A list of symbols with explanations as to what they mean:



- **Adults Only**



- **Adults and Children**



- **Children and Young People**

Solihull Active Contact Information:



- **E-Mail**
- solihullactive@solihull.gov.uk
- **Telephone**
- 0121 704 8207
- **Website**
- www.solihullonthemove.co.uk/get-support-to-be-active/people-with-disabilities
- **Facebook:** @SolihullActive1
- **X:** @SolihullActive
- **Instagram:** @SolihullActive

Disclaimer:

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:



Tudor Grange Leisure Centre

- Blossomfield Road, Solihull, B91 1NB.
- Contact: 0121 705 6371.

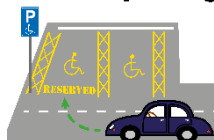
North Solihull Sports Centre

- Conway Road, Chelmsley Wood, B37 5LA.
- Contact: 0121 770 3822.

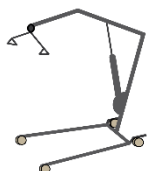
Both Leisure Centres Have:



reserved parking



reception



training



- A bus stop
- Disabled parking
- A low reception desk
- A hoist to access the pool
- A ground floor café
- Disability trained staff
- Additional information on www.accessable.co.uk

Leisure Centre Activity Sessions:

Inclusive Archery



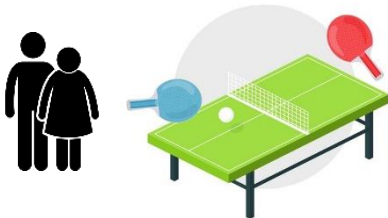
- Fun soft archery sessions adapted to be inclusive for all.
- Tuesdays 11am-12pm at Tudor Grange Leisure Centre.
- Contact Reception: 0121 705 6371.
- Price: £3.80

Multi-sports



- A fun mix of activities, such as table tennis, Boccia, 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: £3.85

Bat and Chat



- A sociable turn up and play table tennis session.
- Mondays & Wednesdays 10am-12pm at Tudor Grange Leisure Centre.
- Contact Reception: 0121 705 6371.
- Price: £3.30

Swimming



- See Page 6

Racket Sports



- Badminton at North Solihull Sports Centre and Tudor Grange Leisure Centre.
- Tennis at Tudor Grange Leisure Centre.
- For further inclusive sessions please visit www.everyoneactive.com or contact the reception team.

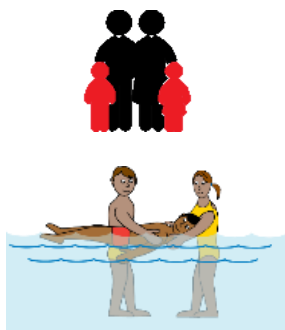
Swimming:

Pay as you go



- Get Swimming for just £1.10! *
- There are so many benefits to swimming, and you can swim at both leisure centres for £1.10 per session.
- Support workers can attend for free.
- ***Please note: Applies to public swim and lane swim times only.**

Disability Swimming Sessions



- For all ages looking to build their water confidence. Sessions are available at both leisure centres.
- Price: £4.90 per session, Under 5s Free.
- North Solihull Sports Centre: Wednesdays 2-3pm and Sundays 3-4pm.
- Tudor Grange Leisure Centre: Fridays 10-11am.

Additional Needs Junior Swimming Lessons



- Suitable for children aged 4+ with no previous experience.
- Sessions available at North Solihull Sports Centre.
- Contact Reception: 0121 770 3822.

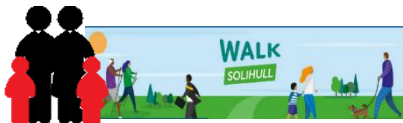
Solihull Seals



- A social swimming group providing swimming opportunities in a fun and inclusive environment at Tudor Grange Leisure Centre.
- Every Monday, 8.00-8.30pm, followed by refreshments.
- Membership: £5 per year.
- Contact Alison Watts: 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.
- Free, short walks of up to 1 hour.
- <https://solihullonthemove.co.uk/get-moving/walking-in-solihull/>
- Contact: 0121 704 8207.

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

Orienteering



- Orienteering is an exciting outdoor activity that exercises mind and body.
- Try out the virtual and physical orienteering courses.
- www.solihullonthemove.co.uk/get-moving/walking-in-solihull/walking-sports-orienteering

Further information



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

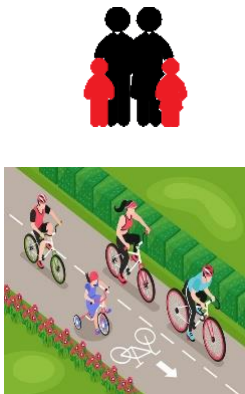
Inclusive Cycling Groups:

Solihull Wheels for All (SWFA)



- For adults, families and carers who want to experience cycling together in a safe environment.
- Monday & Wednesday Mornings: 10.30am-12.30pm,
- Monday Evenings: 6-7pm (April-October).
- Based at the athletics track at Tudor Grange Leisure Centre, B91 1NB.
- Price: £4 per session.
- Contact: 0121 705 6371 or Email Solihullwfaenquiries@gmail.com
- Website: www.solihullwheelsforall.org

Community Cycling Hubs



- A spring and summer programme of free cycling activities.
- Sessions typically include learn to ride, cycle skills/confidence and group rides.
- Visit the website for full details of the available sessions: <https://solihullonthemove.co.uk/get-moving/cycling-in-solihull/>
- Contact: 0121 704 8207 or Email solihullactive@solihull.gov.uk for more information.

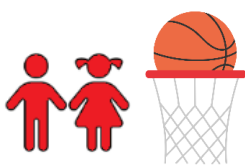
Community activities, sports, and clubs:

Warwickshire Wheelchair Basketball



- North Solihull Sports Centre: Thursdays 7-9pm for senior players, Saturdays 10am-2pm for juniors / under 15s.
- Contact Tom: 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 Session



- 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, B36 9PB.
- Contact Rob Eynon:
robeynon@edgebaston.com

Football - Solihull Moors



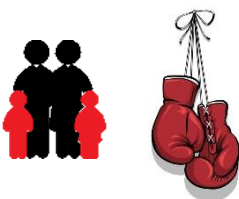
- Ability Counts: Sundays 9.15-11am.
- Frame Football: Sundays 10-11am.
- At John Henry Newman Catholic College, B37 5GA.
- Contact Scott Langford: 07584 673304 or scott.langford@solihullmoorsfc.co.uk

Football - Little Kickers Solihull



- Pre-school football programme for ages 18 months to 8 years.
- www.littlekickers.co.uk/find-a-class
- Contact: 07946 377392 or rhiggs@littlekickers.co.uk

Kickboxing - Solihull Tae Kwon Do Club



- Solihull Tae Kwon Do Martial Arts Club is affiliated with TAGB.
- Tuesday & Thursday evenings, beginner class: 7-8pm, and advanced class: 8-9pm.
- 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.
- 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.
- Tudor Grange Leisure Centre, B91 1NB & West Warwickshire Sports Club B91 1DA
- Contact: 07870 168794 or Email jess@toddlertennis.co.uk

Dorridge Park Badminton Club



- Tuesdays 8-10pm at 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.
- Monday evenings 7.30-10pm at Langley Secondary School, B92 7ER.
- www.lighthallbadminton.co.uk/

Dance:

Fundamental Movement Academy



- A dedicated session for people with disabilities to explore the activities in a safe and friendly environment.
- 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 at 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.
- Knowle United Reformed Church, B93 0HN.
- Contact Liz: 07962 035744 or Email Liz.gavin@moveitorloseit.co.uk

Engolve Wellness



- Engolve Wellness provides recreational exercise programmes for people living with long-term health conditions or additional needs.
- Contact Nora: 07707 931439 or Email Nora@envolvewell.co.uk

Resources and Support:

Get Yourself Active - Inclusive Physical 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.
- 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.
- Find activities for people with learning or physical disabilities aged 18+
www.solihull.gov.uk/adult-social-care/day-services

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.