

# Step into Solihull

## Gentle exercise activity programme

Including walking, Tai Chi, yoga, seated exercise, walking sports, dance and much more.

April – September 2024



For more info visit:  
[solihullonthemove.co.uk](http://solihullonthemove.co.uk)  
or call 0121 704 8207



## Introduction




Step into Solihull is a gentle activity programme in Solihull which incorporates a walking programme and gentle exercise sessions. Sessions are aimed at people aged over 45, and there is something for everyone. You are welcome to just turn up on the day or for some sessions you can book in advance. Sessions run on a first come-first served basis.

## Solihull Striders and Strollers Wellbeing Walks

Our group walks generally last approximately one hour, are led by qualified volunteers and are free of charge. Most walks take place every other week with refreshments available at the end of the walk. Dates, times, and locations can be found below. Please arrive at the meeting point fifteen minutes before the walk departs and please wear appropriate footwear and clothing. Pre-register for your first walk via the details on the back page.

**Walk Difficulty Key:** Walk gradings are provided as a general guide only. Please contact [solihullactive@solihull.gov.uk](mailto:solihullactive@solihull.gov.uk) for further details regarding walk difficulty. \* **Short Walk Available**



	<b>Easy Access:</b> Walks for everyone, including people with conventional wheelchairs and pushchairs, using easy access paths. Comfortable trainers or walking boots can be worn. Assistance may be needed to push wheelchairs on some sections.
	<b>Easy/Leisurely:</b> Walks may not be suitable if you have mobility difficulty or a specific health condition. Please check with Solihull Active before attending. Comfortable trainers or walking boots can be worn.
	<b>Moderate:</b> Walks for reasonably fit people with a little country walking experience. May include unsurfaced rural paths and stiles. Walking boots or walking trainers recommended.

If you have any doubt about your fitness for a particular walk, please contact your GP and Solihull Active in advance of attending.

**Travel:** Bus Routes/Numbers = 

**Mondays 10.30am:**



 **\*Castle Bromwich library walk:** Hurst Lane North, B36 0EY.  94 & X12  
**Walk Dates:** 15<sup>th</sup> & 29<sup>th</sup> April, 13<sup>th</sup> May, 10<sup>th</sup> & 24<sup>th</sup> June, 8<sup>th</sup> & 22<sup>nd</sup> July, 19<sup>th</sup> August, 2<sup>nd</sup>, 16<sup>th</sup> & 30<sup>th</sup> September.

 **\*Marston Green library walk:** Meet at the Baptist Free Church on Land Lane, B37 7DE. Walks take place every Monday.  72

## Tuesdays 10.30am:



**\*Tudor Grange track walk:** Meet at the athletics track entrance, Tudor Grange Leisure Centre, Blossomfield Rd, B91 1NB.  6, 76, 169 & X12

**Walk Dates:** 2<sup>nd</sup>, 16<sup>th</sup> & 30<sup>th</sup> April, 14<sup>th</sup> & 28<sup>th</sup> May, 11<sup>th</sup> & 25<sup>th</sup> June, 9<sup>th</sup> & 23<sup>rd</sup> July, 6<sup>th</sup> & 20<sup>th</sup> August, 3<sup>rd</sup> & 17<sup>th</sup> September.

## Wednesdays 9.30am:



**Well Women's Walk:** Meet inside Auckland Hall, 25 Sunbeam Close, B36 9JR.  94 & X12

**Walk Dates:** 10<sup>th</sup> April, 1<sup>st</sup> May, 5<sup>th</sup> & 26<sup>th</sup> June, 11<sup>th</sup> & 25<sup>th</sup> September.

## Wednesdays 10.30am:



**\*Solihull walk:** Meet on the grass area, to the right of the main entrance at Tudor Grange Leisure Centre, Blossomfield Road, B91 1NB.  6, 76, 169 & X12

**Walk Dates:** 10<sup>th</sup> & 24<sup>th</sup> April, 8<sup>th</sup> & 22<sup>nd</sup> May, 5<sup>th</sup> & 19<sup>th</sup> June, 3<sup>rd</sup>, 17<sup>th</sup> & 31<sup>st</sup> July, 14<sup>th</sup> & 28<sup>th</sup> August, 11<sup>th</sup> & 25<sup>th</sup> September.



## Thursdays 10.30am:



**Kingshurst walk:** Meet at St. Barnabas Hall, B37 6EY.  72 & 95

**Walk Dates:** 4<sup>th</sup> & 18<sup>th</sup> April, 2<sup>nd</sup>, 16<sup>th</sup> & 30<sup>th</sup> May, 13<sup>th</sup> & 27<sup>th</sup> June, 11<sup>th</sup> & 25<sup>th</sup> July, 8<sup>th</sup> & 22<sup>nd</sup> August, 5<sup>th</sup> & 19<sup>th</sup> September.



**\*Dorridge walk:** Meet at Dorridge Village Hall, B93 8QA.  A7 & A8

**Walk Dates:** 4<sup>th</sup> & 18<sup>th</sup> April, 2<sup>nd</sup>, 16<sup>th</sup> & 30<sup>th</sup> May, 13<sup>th</sup> & 27<sup>th</sup> June, 11<sup>th</sup> & 25<sup>th</sup> July, 8<sup>th</sup> & 22<sup>nd</sup> August, 5<sup>th</sup> & 19<sup>th</sup> September.



**Dickens Heath library walk:** Meet at the library, Old Dickens Heath Road, B90 1SD.  A4 & A5

**Walk Dates:** 11<sup>th</sup> & 25<sup>th</sup> April, 9<sup>th</sup> & 23<sup>rd</sup> May, 13<sup>th</sup> & 27<sup>th</sup> June, 11<sup>th</sup> & 25<sup>th</sup> July, 8<sup>th</sup> & 22<sup>nd</sup> August, 12<sup>th</sup> & 26<sup>th</sup> September.

## Fridays 10.30am:



**\*Shirley library walk:** Meet inside Shirley Library Parkgate, Stratford Road, B90 3GG.  4A, 5, 6, 49 & 76

**Walk Dates:** 12<sup>th</sup> & 26<sup>th</sup> April, 10<sup>th</sup> & 24<sup>th</sup> May, 7<sup>th</sup> & 21<sup>st</sup> June, 5<sup>th</sup> & 19<sup>th</sup> July, 2<sup>nd</sup>, 16<sup>th</sup> & 30<sup>th</sup> August, 13<sup>th</sup> & 27<sup>th</sup> September.


## Fridays 10.30am:



**Hob's Moat library walk:** Meet inside the library Ulleries Road, Solihull, B92 8EB.  72

**Walk Dates:** 12<sup>th</sup> & 26<sup>th</sup> April, 10<sup>th</sup> & 24<sup>th</sup> May, 7<sup>th</sup> & 21<sup>st</sup> June, 5<sup>th</sup> & 19<sup>th</sup> July, 2<sup>nd</sup>, 16<sup>th</sup> & 30<sup>th</sup> August, 13<sup>th</sup> & 27<sup>th</sup> September.



**Olton library walk:** Meet inside the library, 169A Warwick Road, B92 7AR.  4 & A9

**Walk Dates:** 5<sup>th</sup> & 19<sup>th</sup> April, 3<sup>rd</sup>, 17<sup>th</sup> & 31<sup>st</sup> May, 14<sup>th</sup> & 28<sup>th</sup> June, 12<sup>th</sup> & 26<sup>th</sup> July, 9<sup>th</sup> & 23<sup>rd</sup> August, 6<sup>th</sup> & 20<sup>th</sup> September.

## Saturdays 11.00am:



**\*Elmdon Park Walk:** Meet on the corner of Tanhouse Farm & Elmdon Park Road, Elmdon, B92 9EY. Takes place every Saturday.  A1 & X12

## Walks Coming Soon:



**\*Meriden Park Walk:** Meet at Meriden Adventure Playground, Moorend Avenue, B37 5TB. For updates visit: [www.solihullonthemove.co.uk/get-moving/walking-in-solihull](http://www.solihullonthemove.co.uk/get-moving/walking-in-solihull)

## Sensory Walking Routes

Sensory walks allow you to use your senses to connect with your surroundings whilst you stay active. 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, see website details below.

## Local Interest Walks

Local interest walks are a fantastic way to enjoy the outdoors, learn about the natural and local history as well as improving your health and wellbeing. Find upcoming walk information online.



Places are limited, book via: [solihullactive@solihull.gov.uk](mailto:solihullactive@solihull.gov.uk) or 0121 704 8207.

## Orienteering

Take part in the exciting new permanent orienteering courses available in Babbs Mill and Elmdon parks, which have been created in partnership with the local orienteering club [Octavian Droobers](#).

Downloadable maps are available online.

Virtual Orienteering routes are also available in local parks.



**Sensory walks, local interest walks and orienteering information can all be found at:** <https://solihullonthemove.co.uk/get-moving/walking-in-solihull/>



## Longer Walks with the Ramblers

We've teamed up with local rambling groups to promote longer walks for those who are keen to go a few extra miles!

### Castle Bromwich Ramblers:

Castle Bromwich Rambling Club is a group within 'The Ramblers'. The catchment area for members is Castle Bromwich and surrounding districts including Shard End, Chelmsley Wood, Marston Green, Hodge Hill, Coleshill, Castle Vale & Water Orton. But there's no need to worry, the group is open to everybody wherever you live.

You can find an up-to-date list of walking dates at:

[www.castlebromwichramblers.btck.co.uk/WalkProgramme](http://www.castlebromwichramblers.btck.co.uk/WalkProgramme)

### Solihull Ramblers:

All walks by Solihull Ramblers can be found on the Solihull Ramblers website. The home page will show you the next few walks, but the 'Walk Programme' tab shows you all planned walks. Solihull have a very varied programme, typically three or four walks a week.

For more information: [www.solihullramblers.org.uk](http://www.solihullramblers.org.uk)

Or contact Nick on 0121 745 5122.



### Knowle Ramblers

Walks are generally within an hour's drive from Knowle, although occasionally they are further afield. The club is very friendly and extends a warm welcome to visitors and newcomers.

For more information: [www.knowleramblers.tripod.com](http://www.knowleramblers.tripod.com)

## Ping Solihull

Find our ping pong tables in parks across Solihull! To join in the fun, simply head for a table and play... it's absolutely free!

You can find tables at: Babbs Mill Park, Damson Lane Park, Elmdon Park, Jacey Park, Knowle Park, Lanchester Park, Lavender Hall Park, Meriden Park, Olton-Jubilee Park, Shirley Park, and Tudor Grange Park.

<https://solihullonthemove.co.uk/get-moving/pingsolihull/>

Bats and balls can be borrowed from 'collect and return' equipment services at: North Solihull Sports Centre (B37 5LA), Tudor Grange Leisure Centre (B91 1NB), Shirley Library (B90 3GG), Kingshurst Library (B37 6BD) and Hobs Moat Library (B92 8EB).



## Gentle exercise sessions

<b>Monday</b>			
<b>Time</b>	<b>Activity</b>	<b>Cost</b>	<b>Location &amp; Contact Details</b>
10-11am	Walking Netball	£4.90	Tudor Grange Leisure Centre, B91 1NB. 0121 705 6371.
10am-12pm	Table Tennis	£3.30	Tudor Grange Leisure Centre, B91 1NB. 0121 705 6371.
10-11am	Forever Active	£8	St Phillips Church, B93 8DX. 07738 830848.
11:30am-12:15pm	Forever Fit	£3.85	North Solihull Sports Centre, B37 5LA. 0121 770 3822.
12:00-2pm	Senior Badminton	£6.35	Tudor Grange Leisure Centre, B91 1NB. 0121 705 6371.
12:15-1pm	Pilates	£6	The Core, B91 3RG. 0121 704 6962.
1-4pm	Over 50's Outdoor Tennis	£6	Beechcroft Sports Centre, B28 9ER. 0121 796 1330.
1-1:45pm	Forever Fit	£7.65	Tudor Grange Leisure Centre, B91 1NB. 0121 705 6371.
<b>Tuesday</b>			
9:30-10:30am	Walking Netball	£5	Beechcroft Sports Centre, B28 9ER. 0121 796 1330.
9:30am-1pm	The Tuesday Group	£6	Seeds of Hope, B37 6EY. 0121 788 3399.
1:30-3pm	Move 2 Music	£4	Seeds of Hope, B37 6EY. 07927 334 828.
2:15-3:15pm	Walking Football	£5	Beechcroft Sports Centre, B28 9ER. 0121 796 1330.
<b>Wednesday</b>			
9am-12pm	Seniors: Nifty 50s, bowls, table tennis, badminton	£3.85	North Solihull Sports Centre, B37 5LA. 0121 770 3822.
9:30-10:30am	Tai Chi	£6	Hampton in Arden Church Hall, B92 0AE
9:30-10:15am 10:30-11:15am	Chi Fitness Tai Chi	£3.85	North Solihull Sports Centre, B37 5LA. 0121 770 3822.
9:30-10:30am	Walking Netball	£5	Beechcroft Sports Centre, B28 9ER. 0121 796 1330.
9:30-11am	Walking Tennis	£7	Solihull Tennis Club, Marsh Lane, B91 2PF. 07717 057547.
10:15-11:15am	Hatha Yoga	£6	The Core, B91 3RG. 0121 704 6962.
10am-12pm	Table Tennis	£3.30	Tudor Grange Leisure Centre, B91 1NB. 0121 705 6371.
10:30am-12:30pm 12:30-2:30pm	Indoor Bowls (FIRS)	£1.50	Knowle Village Hall, B93 0NN. 07925 404017

<b>Wednesday (continued)</b>			
10:45-11:45am	Extend Gentle Exercise	£4	Bentley Heath Community Centre, B91 9BQ. 07541 889866.
11:30am-12:15pm	Active Seniors Forever Fit	£3.85	North Solihull Sports Centre, B37 5LA. 0121 770 3822.
11:30am-12:30pm	Gentle Chair Based Yoga	£6	The Core, B91 3RG. 0121 704 6754.
11:30am-12:30pm	Forever Active	£8	St Phillips Church, B93 8DX. 07738 830848.
2-4pm	Senior Badminton	£6.35	Tudor Grange Leisure Centre, B91 1NB. 0121 705 6371.
<b>Thursday</b>			
10am-12pm	Senior Badminton	£6.35	Tudor Grange Leisure Centre, B91 1NB. 0121 705 6371.
10-11am	Walking Football	£6	Tudor Grange Leisure Centre, B91 1NB. 0121 705 6371.
10-11:15am	Tai Chi for Men & Women	£4	Bentley Heath Community Centre, B91 9BQ. 07541 889866.
10:30-11:15am	Water Mobility	£7.95	Tudor Grange Leisure Centre, B91 1NB. 0121 705 6371.
10am-12pm	Senior Badminton	£3.30	North Solihull Sports Centre, B37 5LA. 0121 770 3822.
10am-12pm	Indoor Bowls (FIRS) (£3 annual)	£2	Hobs Moat Assembly Rooms, B92 8JW. 0121 705 5293
11am-12:15pm	Walking Football	£5	Solihull Football Centre, B91 3LD. 0121 796 1330.
1:30-3:30pm	Tai Chi (FIRS) (£3 annual)	£2	Oliver Bird Hall, B91 3HY. 0121 604 4937.
2-3:30pm	Line Dancing	£5	Bentley Heath Community Centre, B91 9BQ. 07541 889866.
<b>Friday</b>			
9:15-10am	Tai Chi	£6	The Core, B91 3RG. 0121 704 6962
10am-12pm	Women's Badminton	£6.35	Tudor Grange Leisure Centre, B91 1NB. 0121 705 6371.
12-1pm	Walking Tennis	£5	Beechcroft Sports Centre, B28 9ER. 0121 796 1330.
12-1pm	Paracise Yoga – Gentle Exercise	£6	The Core, B91 3RG. 0121 704 6962
10am-12pm & 1:30pm-4pm	Indoor Bowls (FIRS) (£3 annual)	£2	Elmdon Heath Community Centre, B91 3RQ. 0121 688 0801
1-3:30pm	Seniors: Nifty 50s badminton & Table Tennis	£3.15	North Solihull Sports Centre, B37 5LA. 0121 770 3822.

Please note further walking sports can be found at:

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

## Pre-register for the walking groups

Please complete a Step into Solihull registration form before your first walk. This can be done either online, on the day of the walk or by requesting a copy of the form from Solihull Active by e-mail [solihullactive@solihull.gov.uk](mailto:solihullactive@solihull.gov.uk) or calling 0121 704 8207.



## Other organisations providing physical activities

- **Solihull Wheels for All:** Providing inclusive cycling for all, visit [www.solihullwheelsforall.org/](http://www.solihullwheelsforall.org/) or contact [Solihullwfaenquiries@gmail.com](mailto:Solihullwfaenquiries@gmail.com)
- **Park Run:** Why not park walk at park run, visit [www.parkrun.org.uk/babbsmill/](http://www.parkrun.org.uk/babbsmill/) or [www.parkrun.org.uk/brueton/](http://www.parkrun.org.uk/brueton/)
- **This Girl Walks:** A fun and friendly group of likeminded ladies, meeting in Solihull, visit [www.thisgirlwalks.club/solihull](http://www.thisgirlwalks.club/solihull)
- **Solihull Tree Wardens:** Local tree walk and talks, visit [www.lovesolihull.org/solihull-tree-wardens](http://www.lovesolihull.org/solihull-tree-wardens)
- **Rambling Club at Solihull Methodist Church:** Rambles are held on the third Thursday of each month, visit [www.solihull-methodist.org.uk](http://www.solihull-methodist.org.uk)
- **Solihull Pathfinders:** A welcoming and friendly local walking club, visit [www.solihull-pathfinders.club](http://www.solihull-pathfinders.club)
- **Wednesday Walking Club:** A friendly weekly walking group, contact [wednesday.walking.club@gmail.com](mailto:wednesday.walking.club@gmail.com)
- **Octavian Droobers:** The local orienteering club, visit [www.octavian-droobers.org/](http://www.octavian-droobers.org/)
- **Age UK Solihull:** Visit [www.ageuk.org.uk/solihull/](http://www.ageuk.org.uk/solihull/) or call 0121 704 7844.
- **Friends in Retirement Solihull (FIRS):**  
Visit [www.friendsinrecreation.co.uk](http://www.friendsinrecreation.co.uk) or call 07398 533751.
- **University of the Third Age (U3A):**  
Visit [www.u3a.org.uk](http://www.u3a.org.uk) or call 07927 342607.
- **Solihull support group:** Particularly suitable for people with osteoporosis or arthritis, call 0121 705 7367.

For more info visit:

**[solihullonthemove.co.uk](http://solihullonthemove.co.uk)**  
or call 0121 704 8207

