

Universal Offer	Targeted Offer	Specialist Offer
Active Places: Information about the borough's two leisure centres, ice rink, parks and open spaces.	#Eat Well Move More: A weight management and healthy lifestyles programme for families with overweight children aged 4-16 years and up to 25 years with additional needs.	**Better Breathers: Specialist group exercise classes to help manage lung conditions (e.g. COPD).
#Bike It Solihull: A range of cycling opportunities for all abilities, local routes/maps, groups and clubs.		*Cancer Rehab: Specialist exercise sessions for people diagnosed with cancer.
#Run Solihull: Local jogging and running groups and opportunities for all abilities.	*DocSpot Exercise Referral Scheme: A 12-week physical activity programme for adults with long-term health conditions and those at risk of developing a condition. A great opportunity to improve health and wellbeing.	*Cardiac Rehab: Specialist group exercise to manage heart conditions & help recovery from cardiac events.
Swim Solihull: A range of swimming opportunities from learn to swim, to leisure swims, groups & clubs.	Older Adults: Includes a 'Step into Solihull' gentle activity programme of walking groups [#] & exercise classes.	MS & Parkinson's: Specialist exercise classes for people that have MS or Parkinson's Disease.
#Ping Solihull: Local opportunities to play table tennis, both indoors and outdoors in our parks.	People with disabilities: A range of inclusive activities, local providers and organisations, plus useful resources.	**Falls Prevention: Age UK Solihull provide free Postural Stability Exercise Instruction for people aged 65 and over, who have had a history of falls in the previous 6 months.
#Walk Solihull: Local walking groups, routes/maps, orienteering and walking sports.	Strength & Balance: Includes home-based options [#] and local community exercise sessions for adults.	Costs vary dependent on the local delivery provider. Those marked # have free opportunities.
#Move More at Home: A range of online activities and downloadable resources.	#Holiday Activities & Food Programme (HAF): Provides activities and a nutritious meal, for children in receipt of benefit-related free school meals, during school holidays.	* Referral required from primary or secondary care.
My Solihull Map: An interactive mapping service, helping you to find out what's going on in your area.		** Referral required from secondary care only – pulmonary rehabilitation team.

Solihull Active, Solihull Council Support

The Council's work on leisure, sport and physical activity aims to increase participation and support residents to achieve physical health, mental health and wellbeing and social/community benefits. Collaborating with partners to promote and provide local services, providing strategic support to local organisations/clubs, advice and guidance to professionals, volunteering opportunities, and a strategic and policy function to influence health system and place/environment. **Website:** <https://solihullonthemove.co.uk/> **Contact:** solihullactive@solihull.gov.uk

Think Active, Active Partnership Support

Think Active is a charity funded by Sport England, whose Active Health work supports clinical and care professionals to advocate for physical activity with patients and service users. The charity also seeks to help embed physical activity into treatment pathways and promote workforce health and wellbeing through resources and training opportunities. **Website:** www.thinkactive.org
Contact: hello@thinkactive.org

Other health-related services in Solihull

Stop Smoking	'Smoke Free Solihull' is a free, and easy-to-access stop smoking support service. <i>The service is delivered by ABL Health.</i>
Substance Misuse Services	Holistic addiction interventions, strategies and tailored support to adults, young people and affected others within Solihull, providing early intervention, prevention, treatment and recovery. <i>The service is delivered by Solihull Integrated Addiction Services (SIAS).</i>
Solihull Lifestyle Service	<i>Gateway Family Services</i> provide behavioural change support to address lifestyle risk in target groups, includes specialist interventions for adult weight management, lifestyle health checks, information and advice on healthy behaviours.
NHS Health Checks	A free health check-up for adults in England aged 40 to 74. Designed to spot early signs of health conditions & find ways to lower risk.
Mental Health	Directory of mental health support services, including a mental health helpline 24 hours a day, 7 days a week for all ages.
Sexual Health	<i>Umbrella Sexual Health Service</i> includes testing and treatment of sexually transmitted infections, contraception, advice and support.
Domestic Abuse	Directory of domestic abuse victim support – Contact details and websites of all local and national services.
Healthy Child Programme (0-19 years)	Integrates four areas in child health: Health Visiting, Infant Feeding Support, Family Nurse Partnership (for teenage parents), and School Nursing. <i>The service is delivered by South Warwickshire NHS Foundation Trust.</i>