

# Solihull Gets Active

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

Produced: February 2025



For more info visit:

[solihullonthemove.co.uk](http://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 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](http://www.thetrainline.com/journey-planner)

Bus: [www.nxbus.co.uk/west-midlands/services-timetables](http://www.nxbus.co.uk/west-midlands/services-timetables)

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

Swift Travel Card: [www.tfwm.org.uk/swift-and-tickets](http://www.tfwm.org.uk/swift-and-tickets)

Ring and Ride: [www.ringandride.org](http://www.ringandride.org)

Volunteer Driver Service Solihull: email [info@volunteerdriverservice.org.uk](mailto:info@volunteerdriverservice.org.uk)

Solihull Rural Community Transport: email [transport@vasa.org.uk](mailto:transport@vasa.org.uk)

**Accessibility information for venues:** [www.accessable.co.uk](http://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](mailto:solihullactive@solihull.gov.uk)

**Telephone:** 0121 704 8207

**Website:** [www.solihullonthemove.co.uk/get-support-to-be-active/people-with-disabilities](http://www.solihullonthemove.co.uk/get-support-to-be-active/people-with-disabilities)

**Social Media:** Facebook: @SolihullActive1 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. Prices are also subject to change.

## 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](http://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](http://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



For further details and pictures visit: [www.accessable.co.uk](http://www.accessable.co.uk)

## Leisure Centre Gym Access

**Both centres provide low-cost gym access outside of memberships. Contact the centres directly for more information.**

## 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: £4.00.

**Multi-Sports:** A fun mix of activities, such as table tennis, Boccia, fun games, races and more, in a friendly environment. Wednesdays 9am-12pm at North Solihull Sports Centre.  
Contact Reception: 0121 770 3822. Price: £4.05.

**Bat & Chat:** A sociable turn up and play table tennis session Mondays & Wednesdays 10am-12pm at TGLC. Contact Reception: 0121 705 6371.  
Price: £3.45.

**\* 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](http://www.everyoneactive.com) or



## Leisure Centre Swimming



**Pay as you go:** Get Swimming for just £1.15! \*  
There are so many benefits to swimming, and you can swim at both leisure centres for £1.15 per session. Support workers can attend for free.

**\* Please note: Applies to public swim and lane swim only. Concession prices available.**

**\* 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, Under 5s Free.

NSSC – Wednesday at 2-3pm and Sunday 4-5pm.  
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 with Disabilities



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 a local walking group.

**Sensory Walks:** Get active whilst you use your senses to connect with your surroundings. Find a sensory walking route 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:



Providing inclusive cycling for all - including enabling people with a disability or restricted mobility. Sessions take place in a safe and inclusive environment. Full range of bikes and adaptive bikes provided!



**Day & Time:** Monday and Wednesday Mornings: 10.30am-12.30pm, Monday Evenings: 6-7pm (April-October), 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](mailto:Solihullwfaenquiries@gmail.com)

**Website:** [www.solihullwheelsforall.org](http://www.solihullwheelsforall.org)

### Midland Mencap:



Parkride is the West Midlands regions leading adapted cycling scheme offering free or low-cost access to a fleet of inclusive bikes and trikes allowing you to cycle in safe spaces with expert tuition and support.

**Contact:** 0121 442 2944 or Email [parkride@midlandmencap.org.uk](mailto:parkride@midlandmencap.org.uk)

**Website:** [www.midlandmencap.org.uk](http://www.midlandmencap.org.uk)

## Community Cycling Hubs

A spring and summer cycling activity programme is available from the four local Community Cycling Hubs. Free sessions typically include learn to ride, cycle skills & 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](mailto:solihullactive@solihull.gov.uk)

## Community activities, sports, and clubs

### Basketball

#### Warwickshire Bears Wheelchair Basketball:



**Day/Time:** Thursday: 7-9pm senior players,  
Saturday: 10am-2pm juniors / under 15s,

**Location:** North Solihull Sports Centre, B37 5LA

**Contact:** Tom on 07946 518354 or [t.masterson@bearswbc.com](mailto: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](mailto:play@xoball.co.uk)

### Cricket

#### Super 1s Disability Cricket Sessions:



**Day/Time:** Mondays: 5-6pm 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:** Nigel Perry-Ogden, [nigelperryogden@edgbaston.com](mailto:nigelperryogden@edgbaston.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:** Joe Butler on 07584 673304 or [joe.butler@solihullmoorsgc.co.uk](mailto:joe.butler@solihullmoorsgc.co.uk)



#### Little Kickers Solihull:



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

**Location:** [www.littlekickers.co.uk/find-a-class](http://www.littlekickers.co.uk/find-a-class)

**Contact:** 07946 377392 or Email [rhiggs@littlekickers.co.uk](mailto: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 on 07588 686429 or [info@solihullTKD.co.uk](mailto:info@solihullTKD.co.uk)



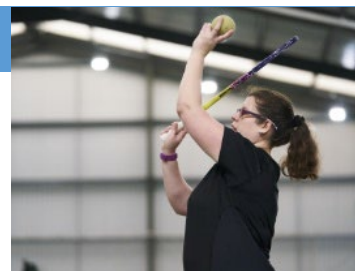
## Racket Sports

**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](mailto:mhlangac@gmail.com)



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

**Location:** Tudor Grange Leisure Centre & West Warwickshire Sports Club.



**Contact:** 07870 168794 or Email [info@toddlertennis.co.uk](mailto:info@toddlertennis.co.uk)

**Dorridge Park Badminton Club:**

**Day/Time:** Tuesday 8-10pm.



**Location:** Dorridge Village Hall, B93 8QA.

**Contact:** Becky 07817 082965 or Email [DorridgeParkBC@gmail.com](mailto: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/](http://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](mailto: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](mailto:info@bollywooddreamsdance.com)



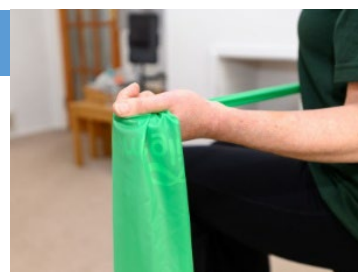
## Gentle Exercise

**Move it or Lose it:**



Bringing people together in their communities to enjoy exercising and socialising. There are various sessions across Solihull.

**Visit:** [www.moveitorloseit.co.uk](http://www.moveitorloseit.co.uk)



**Envolve Wellness:**



Envolve Wellness provides tailored exercise rehabilitation programmes for people living with long-term health conditions or additional needs.

**Contact:** 07707 931439 or Email [Nora@envolvewell.co.uk](mailto:Nora@envolvewell.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,
- You have more conversations about physical activity and provide support,
- Provide ideas on how to build physical activity into routines.

**View the full activity pack at:** [www.solihullonthemove.co.uk/get-support-to-be-active/people-with-disabilities](http://www.solihullonthemove.co.uk/get-support-to-be-active/people-with-disabilities)

### 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+. Visit [www.solihull.gov.uk/adult-social-care/day-services](http://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, Heddingham 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.
- **Solihull Parent Carer Voice:** Independent parents carers working together to raise awareness and improve outcomes for children with special educational needs. Contact [enquiries@spcv.org.uk](mailto:enquiries@spcv.org.uk)
- **Family Care Trust:** A support service for individuals with mental health, learning difficulties and physical disabilities. Call 0121 7701578

For more info visit:

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

