



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?

DocSpot is a great opportunity to improve your health and wellbeing through a tailored programme of physical activity, with specialist advice and support from exercise referral instructors. Your personalised 12-week activity programme is designed to meet individual needs and goals. DocSpot will also give you the knowledge, skills and confidence to exercise independently beyond the 12-week programme.

Who is DocSpot available to?

- Sedentary or inactive individuals aged 16 and over,
- Who live in Solihull or have a Solihull GP, and
- Have an existing health condition or other risk factors.

If you have a health condition or think you are at risk and you need support to help you be more physically active, then please contact your GP surgery. A healthcare professional will complete a DocSpot referral form on your behalf and give/send you a copy.

What happens after referral?

- 1) Once referred, you need to contact your preferred venue and book your 'DocSpot Induction'. You can do this by telephone or visiting the venue (see contact details on back page).
- 2) Then you can pre-register and answer the participant registration questionnaire online. Scan the QR code with your mobile phone's camera and complete the form. This will allow more time in the induction to focus on meeting your needs. If you aren't able to pre-register, then you will complete the registration in the induction.
- 3) You must take your completed referral form and a list of your current medication to your induction.



The DocSpot Journey

Induction: Your first appointment with a qualified exercise referral instructor to co-design your personalised 12-week physical activity programme.

4 Week and 8 Week Reviews:

These are follow-up discussions with an instructor and include feedback on progress, update of physical activity programme & goals, additional advice & support.

12 Week Final Review: A full assessment & review of your time on DocSpot, including achievements and challenges, support and recommendations for maintaining physical activity.

After completion: A notification of discharge & feedback is sent to your referrer to keep them updated.

During your 12 weeks on the DocSpot scheme, you will be able to attend the included activities as often as you like.

Please note, DocSpot activity timetables vary depending on the facilities available at each venue. The activity options will be explained to you at your induction appointment.

For more information and prices see back page.



DocSpot Venues & Activities

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

DocSpot activity timetables 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. £3.40 per visit *
Activities include gym, swim and group exercise sessions.
- **Tudor Grange Leisure Centre**, Blossomfield Road, Solihull, B91 1NB. Tel: 0121 705 6371. £4.00 per visit *
Activities include gym, swim and group exercise sessions.
- **The Hampton Health Club**, Station Court, Old Station Road, Hampton in Arden, B92 0HA. Tel: 01675 443464.
£4.00 per visit *(billed monthly). Gym and group exercise.

***Monthly membership tariffs are available:** These may represent a cheaper payment option per session if you're 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. These include cancer, heart conditions, MS & Parkinson's.

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

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