

Social Work Practitioners

Make conversations about movement part of everyday practice



Well Placed Advocates

Social workers are trusted, support wellbeing, and spend time with people facing inequities who may want to be more active.

Wellbeing and Social Justice

Physical activity can improve people's lives and is a human right.

Enhancing Professional Standards

Embed training on promoting physical activity in university curriculums and continued professional development. It strengthens practice.

Workplace Health

Moving more often throughout the day is good for you and your practice.

Empower People to Move More

What activities might make you feel good?

How can I support you to move more?

How can movement fit into your daily routine?

Talk about strength and balance activities. They bring many benefits too!



Signpost:

Local opportunities

Active partnerships

Things to do at home

Moving Social Work: Co-produced, evidence-based, and theory-guided training to promote physical activity, wellbeing and social justice.



Moving Social Work Solihull

Making conversations about movement part of everyday practice

Benefits of Being Active

- Treat, manage & prevent long term conditions
- Enhance sleep quality
- Boost energy & motivation
- Reduce the symptoms of low mood & anxiety
- Boost confidence, self-esteem
- Provide social connections & support
- Catalyst for other positive behaviours

Priority Messages

- Benefits of being active outweigh the risks
- All movement counts
- Start slowly & build up gradually
- Build movement into everyday life
- Move in a way that works for you

Conversation Starters

“What kinds of things do you do to keep yourself... happy/healthy/feeling well?”

“Would you like to spend a few minutes talking about how movement can help with your symptoms?”

“How has your mood/condition affected your physical activity levels and doing the things you enjoy?”

“When you have experienced difficult days/low mood in the past, have there been activities that have helped?”

Universal

Move more at home

Walking

Cycling

Jogging

Swimming

Leisure centres

Parks

My Solihull Map

Targeted

Older Adults

Disabled People

People with long-term health conditions

(DocSpot Exercise Referral)

Strength & Balance

Holiday Activities & Food Programme

Specialist

Better Breathers

Cancer Rehab

Cardiac Rehab

MS Exercise

Parkinson's Exercise

Falls Prevention
(PSI - Age UK Solihull)

Solihull on the Move: Discover local community opportunities, move more at home ideas and professional resources.



Think Active: Supporting professionals to advocate for physical activity with advice, training and resources.