

Universal	Targeted	Specialist
Active Places: Information about the borough's two leisure centres, ice rink, parks and open spaces.	* 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.	** 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.	Strength & Balance: Information includes home-based options# and local community exercise sessions for adults.	* 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: Discover local gentle exercise sessions and classes that are suitable options for older people.	MS Group: Specialist exercise classes to support condition management.
# Walk Solihull: Local walking groups, routes/maps, orienteering and walking sports.	People with disabilities: A range of inclusive activities, local providers and organisations, plus useful resources.	Parkinson's Group: Specialist exercise classes to support condition management.
# Move More at Home: A range of online activities and downloadable resources.	# Healthy Active Lives Service: Includes structured weight management support and physical activity advice.	Costs vary dependent on the local delivery provider. Those marked # have free opportunities.
My Solihull Map: An interactive mapping service, helping you to find out what's going on in your area.	# 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. ** Referral required from secondary care only – pulmonary rehabilitation team.

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, 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>
Healthy Active Lives	Solihull's healthy lifestyle support service helps adults and families improve their health and wellbeing, through structured weight management support, family support and advice on how to lead a healthy active life. <i>This service is delivered by DDM Health.</i>
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>