



Solihull on the Move July edition

Solihull on the Move summer programme

This summer's programme showcases a wide variety of physical activity sessions based in community spaces, with inclusive opportunities for all ages and abilities.

The programme is free to attend and includes:

- Family Olympic park sessions - Fun, free, inclusive summer holiday activities for children and young people aged 6–16 or young adults up to 25 with additional needs.
- Park Active - A range of inclusive activity sessions in local parks for all ages, such as table tennis, multi-sports, fun games, walking sports, gentle exercise and more.
- Cycling - Beginner cycling activities, including adult learn to ride, 'Get Pedalling' for children & families and short family-friendly guided bike rides, with bikes/helmets available to borrow.
- Bike Festivals - Enjoy a variety of free cycling activities for all the family. Saturday 27th July at Shirley Park, Tuesday 30th July at Tudor Grange Park, Saturday 10th August at Babbs Mill Park and Saturday 24th August at Elmdon Park.
- Swim Festivals - Event dates and locations will be coming soon.

For dates, times, locations and how to access all these activities please

visit: <https://solihullonthemove.co.uk/sogo/>

Run Solihull in aid of Age UK Solihull

Take part in Run Solihull on Sunday 11 August and raise funds to help older Solihull residents. Choose between a half marathon or a 10k through the closed streets of Solihull or enter the little ones into the kids race. Sign up to take part in aid of Age UK Solihull by 30 June for 50% off entry fees. Find out more [here](#).

To learn more about the race visit <https://www.runsolihull.com/>



New Striders and Strollers Evening Walks at Malvern and Brueton Park

A brand-new evening Striders and Strollers Wellbeing Walk is starting at Malvern and Brueton Park on **Tuesday 2 July 2024, 7-8:30pm**

Wellbeing walks offer a range of routes that allow for the appreciation and exploration of local surroundings and environment. The routes used are mostly flat, even, and accessible to all participants regardless of physical ability. At the end of the walk there is always time for refreshments and opportunity to chat and make new friends.

To book contact Solihull Active on 0121 704 8207 or e-mail solihullactive@solihull.gov.uk

For more information on local walking opportunities click [here](#).

DocSpot Exercise Referral Scheme supports health and wellbeing

Living with a long-term health condition can be challenging, especially when it comes to getting active. Solihull's DocSpot scheme provides residents with a great opportunity to improve health and wellbeing through a supported 12-week programme of physical activity. If you're living with a long-term health condition or know someone that is, then this scheme can help you to get started, with the advice and support of qualified exercise referral instructors. DocSpot is also available to people who have been identified as at risk of developing a long-term health condition, for reasons such as blood pressure, cholesterol and blood sugar levels. Find out how to be referred onto the DocSpot programme and more information [here](#).

Our [website pages](#) are also packed full of other opportunities and ideas on how to gradually build activity into daily routines.

Solihull Gets Active booklet

Explore the range of Inclusive activities available in the booklet. Within this booklet you will find information on how to participate in inclusive activities in your local area. Activities include gym, swimming, group exercise, sports and local clubs. solihullonthemove.co.uk

Alcohol Awareness Week

SIAS are hosting a number of programme days and fundraising events.

Tuesday 2 July 10:00am-3:00pm – SIAS Open Day: come and take a look inside SIAS and have informative chats with our staff and peers! All are welcome!

Thursday 4 July 10:00am-3:00pm – SIAS Wellbeing Day: all are welcome to join in a range of wellbeing activities including breathwork workshops and yoga! All are welcome!

Friday 5 July – SIAS staff are working in partnership with Help Harry Help Others, to raise awareness of the links between Alcohol and Cancer through raising money by undertaking a 72 golf hole marathon!

