



Solihull Active Newsletter June 2021

News and Updates



We are recruiting Volunteer Walk Leaders and Assistants

As a volunteer walk leader, you'll be helping people in your community to get active and healthy, providing vital support that they otherwise might not get.

Volunteering can help keep you active and develop your leadership skills. We are recruiting for new walk leaders and assistants. For further information [click here](#).

More than one million children could leave primary school unable to swim

More than one million children could leave primary school in the next five years unable to swim the minimum standards required under the national curriculum, according to worrying new predictions.

The startling figures have been published by the All-Party Parliamentary Group for Swimming and recognised national governing body Swim England, who are warning of a 'lost generation' of swimmers unless action is taken to halt the projected decline. Find out more [here](#).

Swimming Lessons

The wait is over! Swimming lessons are back just in time for the summer holidays! We offer lessons for swimmers of all ages and abilities, with children's classes beginning from four months old.

All our teachers hold Swim England or equivalent qualifications and our lessons allow students to work towards attaining badges and certificates to highlight their progress.

To find out more about lessons or to join our lessons online please visit [here](#).



Group exercise is back in Solihull!

We are excited to welcome back all our group exercise users at [Tudor Grange Leisure Centre](#) and [North Solihull Sports Centre](#). Our fitness membership is the ultimate in flexible fitness. Ideal for people who enjoy a variety of different activities. Membership entitles you to unlimited access to the gym, group fitness classes and swimming at all the sites in your membership tier and below.

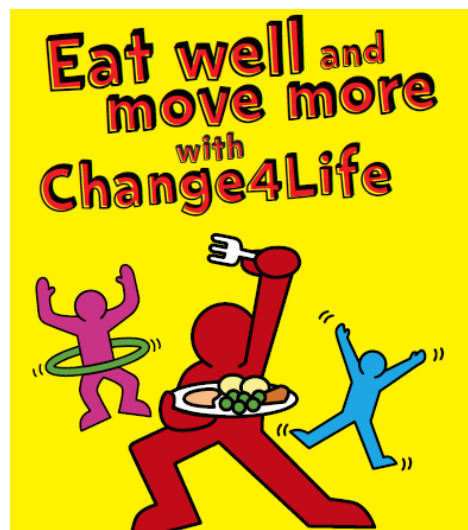
We have a range of membership options to suit everyone's needs. Including a range of concession options for students, health care workers, armed forces, police etc.

BNF Healthy Eating Week 2021 – Find your healthier you!

From Monday 14- Friday 18 June the 'Eat Well Move More' team will be sharing videos and helpful hints and tips on nutrition on the Solihull Active Facebook page, along with ways to help achieve a healthier you.

There will also be a chance to win a £15 Amazon Gift Voucher by looking for clues every day in the videos and sending in the answers at the end of the week. So what's stopping you?

Sign up to the Facebook page where all the details will be posted <https://www.facebook.com/solihullactive1>.



Want to volunteer at Birmingham 2022 Commonwealth Games?

The Birmingham 2022 Commonwealth Games is a fantastic sporting event for the region. It's also a great opportunity for people to get some once-in-a-lifetime experience working as a volunteer.

Around 13,000 volunteers will be needed before and during the Games and applications 'go live' on Tuesday 1 June. If that sounds daunting, there are a number of ways to get support with making those all-important applications if

you live in Solihull.

For information on help with your application in Solihull visit [here](#).

Health and Wellbeing

Solihull Wheels for All Open Cycling Sessions have restarted!

Solihull Wheels for All cycling sessions have restarted at Tudor Grange Leisure Centre, Blossomfield Road, Solihull, B91 1NB.

There are cycling sessions every Monday. Owing to the current COVID-19 situation, Solihull Wheels for All have had to make some changes to the way sessions are run, please refer to the [booking page](#). For further information please check the [Facebook](#) page for updates.



One of UK's Biggest Race Organisers to Make Solihull Debut

One of the UK's biggest race organisers is set to make its debut in Solihull attracting hundreds of runners to the town this summer. The event, named 'Run Solihull Half Marathon', is also expected to attract extra interest after so many people have been cooped up for so long in Lockdown this year.

The race, on Sunday 15 August, is being staged by RunThrough, one of the UK's leading mass-participation running events organisers, who put on events across the UK all year round. The race offers runners of all abilities the opportunity to take on a chip-timed half marathon around the closed roads of Solihull town centre.

Online entries for 'Run Solihull Half Marathon' are now open, with early-bird tickets costing £30. All finishers receive a unique themed medal, chip-timed results, RunThrough Kit Technical T-shirt (RRP £22), free official race photographs and a goody bag.



To register, go to www.runsolihull.com for further details. You can also follow @Runsolihull on Facebook and Instagram to keep up to date with all the latest news.



Solihull Soccer Mums New Fitness Classes

Solihull Football Centre, Brick Kiln Lane, has launched outdoor Soccer mums & other morning fitness classes with their pro coaching team. For more details about these new classes & how to book on visit <https://bookwhen.com/mpsports>

Netball and Walking Netball Classes

Senior walking netball sessions & Back to netball sessions are back at Beechcroft Multi-Sports Community Club, Hall Green, B28 9ER.

Their netball sessions are well attended and ran by qualified coaches Gemma & Gaynor, all equipment is provided. The sessions are a great place to meet new people and improve your fitness & wellbeing. All sessions are booked online & then pay & play when you arrive, £5 non members & £4 members.

To book please visit <https://bookwhen.com/mpsports>.



Everyone on demand

Get access to over 2500 workouts with Everyone On Demand and stay active. Whether that's a BODYCOMBAT class at home with Les Mills On Demand or a personalised audio programme with WithU, there is something for everyone.

To help you train with the ultimate flexibility, we have created Everyone On Demand.

[Everyone On Demand](#) is a package of fantastic fitness apps, completely free for members or £9.99 a month for non-members, saving you over 50% compared to joining each app separately!

Bike Week - 30 May to 5 June 2021

Bike Week, delivered by Cycling UK, is an annual celebration to showcase cycling and how brilliant it is. Join thousands of people all across the UK and enjoy the simple pleasure of riding a bike. Bike Week is running from 30 May to 5 June 2021 with this year's theme of health and wellbeing.



Cycling remains a great way to keep fit and active and is a good way to boost immunity, it's also fantastic for your wellbeing. Find out more at: <https://www.cyclinguk.org/bikeweek> including the virtual #7daysofcycling challenge, giving you an amazing way to reunite with your friends and family in the outdoors. Be inspired by some exciting challenges and routes.

The most important thing is to take part, record your ride and have fun.

COVID 19 Update

What is Solihull latest guidance on Covid-19?

Check out the [Solihull.gov.uk](https://www.solihull.gov.uk) website:

<https://www.solihull.gov.uk/Resident/socialservicesandhealth/Coronavirus>

Self-isolating due to COVID-19?

The Council is Here2Help

let's do the
right thing
for Solihull



If you have tested positive for COVID-19 or are a confirmed contact of someone who has or have symptoms then you must self-isolate immediately for 10 full days along with anyone in your household.



Solihull Council has local teams who can arrange help and support while people self-isolate.



This could be anything from financial help, to shopping vouchers and priority delivery slots to fuel top ups. We can even help with dog walking!



We can also help you to get basic items including white goods if you are in financial hardship.



We can also provide emotional support and have people on hand for a friendly chat if you're struggling with self-isolation.

As lockdown eases over the coming months, it's going to be even more important to self-isolate when asked to. It's not easy, but by self-isolating you'll be helping everyone to get back to normal as quickly as possible.

So please – if you need help, just call 0121 704 6793 or visit the council website:

<https://www.solihull.gov.uk/COVID-19/here2help>

And if you need help with something we don't currently provide, please let us know at contacttracing@solihull.gov.uk and we'll see what we can do.



Hands



Face



Space



Fresh air



Get a test



For more information about Solihull Active, visit www.solihullactive.co.uk

