

Solihull Active Newsletter February 2022

Health and Wellbeing

New Solihull Community Cycling Hubs

We are very excited to announce that the new community cycling hubs are launching during February! There will be various free cycling activities available at each event, come and join in.

Dates for the diaries are:

- Babbs Mill – Sat 5 Feb 9.30am-12.30pm
- Tudor Grange Park – Sat 12 Feb 9.30am-1.30pm
- Shirley Park – Sat 19 Feb 9.30am-1.30pm
- Elmdon Park – Sat 26 Feb 9.30am-1.30pm

Thanks to everyone who's been involved in organising the events and British Cycling for the Places to Ride match-funding.

For further information visit: www.solihullactive.co.uk/cycling-in-solihull/ and <https://www.solihull.gov.uk/news/its-time-get-your-bike>



Solihull Striders and Strollers offers you the joys of walking!

Many people have recently found a new love of walking especially following the Covid-19 pandemic lockdowns. They have discovered how great it is for your health and your physical and mental wellbeing.

If you live in the Solihull area and would like to get into walking, then the Solihull Striders and Strollers are here to help.

Solihull Striders and Strollers are part of the national Ramblers Wellbeing Walks network. We provide group walks led by trained volunteer walk leaders. All walks are specially designed to be short (30-90 minutes) and over easy ground, so they are ideal if you've never walked before. They are a great way to meet new people, walk in good company and to give your health and wellbeing a boost. Or maybe you would like some support to experience the joys of walking? Everyone is welcome, so why not give it a try?

Visit the [Solihull Active webpage](http://www.solihullactive.co.uk) for further information about walks in your local area or call 0121 704 8207

FITCAP®



February half term activities

If you're looking for activities to keep your children entertained over February half term, North Solihull Sports Centre and Tudor Grange Leisure Centre has you covered.

North Solihull Sports Centre will be working with FITCAP, a local project group who provide activities and encourage a healthy lifestyle for children and young people around North Solihull. FITCAP coaches will be running a variety of activities including swimming, football, basketball and athletics. Find out more here: <https://www.facebook.com/fitcapcic>

Tudor Grange Leisure Centre will be offering fun-packed Holiday Camps this half term, with Fit for Sport, the UK's leaders in engaging and educating children through fun, physical activity - available for children ages 4-12 years! Find your local camp here: www.fitforsport.co.uk/holiday-activity-camps

Sense: Understanding the physical activity needs of families who have children with complex disabilities

In partnership with [ukactive Research Institute](#) and [Sport England](#), Sense Active's new report 'Understanding the physical activity needs of families who have children with complex disabilities' highlights the key recommendations for all sports providers to consider when delivering accessible activities.

The report includes:

- Key findings; motivations and barriers
- Insight; Inclusivity by design, communication and accessibilities
- Future recommendations

To read the full report [click here](#)

Get up to £10,000 to improve your Place or Space and keep your community physically active

Crowdfunder and Sport England have teamed up to make an initial **£3.5 million of match funding** available to help community sport and physical activity groups improve their facilities and unite communities as part of the Birmingham 2022 Commonwealth Games.



If you are a community sport and physical activity group in the West Midlands region and are looking to create, enhance or redevelop your sports facility for the benefit of the community as part of the Birmingham 2022 legacy, then you could be eligible to receive up to **£10,000** in match funding!

If you have already started a crowdfunding campaign you can apply for the match funding via your Crowdfunder dashboard.

Interested organisations can read more information about Sport England's 'Places and Spaces' programme on our dedicated [website here](#).



Get fit with BB's new active at home programme

British Blind Sport (BBS) found that in the pandemic they wanted to adapt their services and look into offering online workout classes.

BBS's audio-led sessions have helped blind and partially sighted people keep active from their homes during the pandemic and have continued to be enjoyed by people around the world. British

Blind Sport's YouTube channel has over 100 on-demand activity videos in a variety of styles. The workouts have proved so popular that BBS has chosen to continue offering them alongside our regular delivery and will launch a new programme in 2022 to encourage more blind and partially sighted people to be active.

Head straight to the Youtube videos by [clicking here](#) and to sign up for live work out videos visit [British Blind Sport](#) sign up form.

Eat Them To Defeat Them by Veg Power

The award winning campaign created by ITV and Veg Power is back, joined by Sky, Channel 4, 10 supermarkets and food labels and a host of media brands.

80% of children are not eating enough vegetables. Veg Power is on a mission to inspire children from early years through primary school and into their teens to veggie loving habits they will keep for life and in turn share with their children.

Veg Power have given children the confidence and the push to eat their vegetables, a good diet in childhood can protect children from ill health in later life. A healthy diet with enough vegetables can also help their physical and academic development, giving them a happier and healthier childhood.

Keep up to date with this award winning campaign by following them on [Facebook](#), [Twitter](#) & [Instagram](#).



Solihull Shining Star Winners 2022



Solihull Shining Star Winner #1

After becoming a member of North Solihull Sports Centre - run by Everyone Active in partnership with Solihull Council - Joanne Davies quickly started to reap the benefits.

Back in March 2020, after struggling with depression and living an unhealthy lifestyle, Joanne made the decision to prioritise her health and wellbeing, with a goal of transforming both her mind and body. Today, Joanne has lost a total of 35kgs (78lbs) and maintained this new, healthier weight for a whole year – a truly inspirational achievement which is why we wanted to make her our first ever Solihull Shining Star!

Having started her transformation during lockdown, Joanne utilised the exercises available to her – running and at home workouts – but since joining her local leisure centre in September 2021,

she has increased her motivation and improved her progress, all thanks to the wide range of activities available and supportive Everyone Active staff.

Mostly using the gym for weight training and the swimming pool for cardio, Joanne says that attending the leisure centre has helped her to make friends, grow in confidence and build her self-worth.

Now, Joanne is keen to continue her journey and maintain a healthier lifestyle. She is relying on the support of her Everyone Active family to help her achieve her goals and explains that 'everyone at the leisure centre is very friendly' and that she has 'never felt ashamed or scared to ask a team member for help - they make you feel part of the family'.

Joanne is even planning to run a half marathon in 2022, which will be a huge milestone to showcase just how far she has come. Congratulations to Joanne on her transformation. We hope her story will inspire others to get motivated and start moving!

Solihull Shining Star Winner #2

A local student from John Henry Newman College has become a driving force for change, not only to improve his own mental health and wellbeing, but also to support his fellow students in living a healthier and more active lifestyle.

After experiencing difficulties with their mental health and wellbeing, the inspirational student took action by joining Solihull Active's Eat Well Move More campaign, a healthy lifestyles programme for families with children aged 4-16 years which offers support and guidance to make healthy lifestyle changes. With the support of the programme, the student attended their local leisure centre, Everyone Active's North Solihull Sports Centre, and began utilising the available facilities including the gym.

Keen to inspire other sixth form students, they've worked with the Eat Well Move More team to create a physical activity and nutrition programme, in partnership with Everyone Active. Providing students with an opportunity to use the gym to increase their physical activity, as well as learning about a healthy balanced diet and the positive impact this can have on their overall wellbeing, both physical and mental, the programme is already underway. The students have even set themselves a goal of competing in a fun run this year to keep them motivated.

A real shining star, not only tackling his own health challenges but acting as a facilitator and voice for others to create an opportunity for those around him as well.

Could you or someone you know be the next **Solihull Shining Star**?

Winners receive a month's free membership at either North Solihull Sports Centre or Tudor Grange Leisure Centre.

Tell us your fitness story and inspire others, by completing the form [here](#).



Funding and Support

Solihull Celebrating Communities Fund

Solihull Council has partnered with the Heart of England Community Foundation to launch the [Solihull Celebrating Communities Fund](#). The fund is open to applications that will enable communities to thrive, take action to improve disadvantaged communities and revitalise the borough's towns and local centres. Community organisations can apply for grants of up to £5,000 to support ideas and proposals which will provide and deliver:

- Community events
- Community based arts and cultural activity
- Community activity that supports the Commonwealth Games

For further information and to apply visit the Heart of England Community Foundation [website](#)

Sport England Queen's Platinum Jubilee Activity Fund

Grants between £300 - £10,000 are available to not-for-profit organisations and statutory organisations delivering sports projects. The fund aims to use sport and physical activity as a means of bringing a community together and tackling inequalities. Specific priorities of the fund are to help:

- Inactive people to become more active
- Groups work collaboratively to maximise value and impact for communities
- Address inequalities by supporting projects in areas of high deprivation.

Further information can be found [here](#).



Volunteer Opportunities

Run with a purpose and help older people and projects in Solihull

GoodGym is a growing community of people who combine exercise with helping local communities. Members stop off to support isolated older people and undertake physical tasks for community organisations. GoodGym is unique globally.

People in Solihull can now combine getting fit with doing good deeds, thanks to the innovative new fitness phenomenon, GoodGym.

GoodGym doesn't have treadmills, cross-trainers or weights. It doesn't even have a physical building. Instead, members run, walk or cycle around the community to stay fit: stopping off to help people and community groups on the way.

GoodGymers can help by doing physical tasks, such as planting trees, sorting food at food banks or by supporting older people in their home.

[Good Gym - Volunteering](#)





RunThrough Volunteering Opportunities

RunThrough are always looking for like minded people to join our community. From managing stalls at the event village to handing out medals at the finish, volunteers are a critical part of what make RunThrough events so special!

Not only will you be guaranteed a fabulous day out, but also receive some incredible benefits!

To show our gratitude, RunThrough offer you 2 free entries to one of thier awesome events and a FREE RunThroughKit Technical T-Shirt (RRP: £22)! Staff are organised through Team Kinetic which is a platform that allows you to:

- Sign up to your own events monthly
- Log your own hours to gain achievement badges
- Chat to other volunteers attending the same event as you before the date
- Log feedback for us

[Sign up here](#)

Find out more about volunteering at RunThrough [here](#)

COVID 19 Update

WHAT IS SOLIHULL'S LATEST GUIDANCE ON CORONAVIRUS?

Visit Solihull Council's website for the most up-to-date information:

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

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



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