



DocSpot Leisure Facilities:

Session times and prices vary depending on the centre, please contact the centre directly for more details.

(Please note prices are subject to change)

<p>Tudor Grange Leisure Centre Blossomfield Road, Solihull, B91 1NB</p>	<p>Tel: (0121) 705 6371</p>	<p>£2.50 per visit *</p>
<p>North Solihull Sports Centre Conway Road, Chelmsley Wood, B37 5LA</p>	<p>Tel: (0121) 770 3822</p>	<p>£2.50 per visit *</p>
<p>Smiths Wood Community Gym Smiths Wood Primary School, Burtons Way, Smiths Wood, B36 0SZ</p>	<p>Tel: (0121) 779 2986</p>	<p>£2.50 per visit *</p>
<p>The Hampton Health Club Station Court, Old Station Rd, Hampton in Arden, B92 0HA</p>	<p>Tel: 01675 44 34 64</p>	<p>£44.99 a month for 3 months</p>

***Monthly membership tariffs for DocSpot:**

These are available at all venues and may represent a cheaper payment option per session if you are attending regularly.



Printed: Aug 2018

For more info visit:
www.solihullactive.co.uk
or call 0121 704 8207



The active wellbeing hub is part of Solihull Active, Solihull MBC and our leisure management company



Feel good...
Look after yourself!

DocSpot Exercise Referral Scheme

Information for Patients



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What is DocSpot?

Would you like to reap the benefits of a more active lifestyle? If you have a mild to moderate health condition, DocSpot is a great way to start!

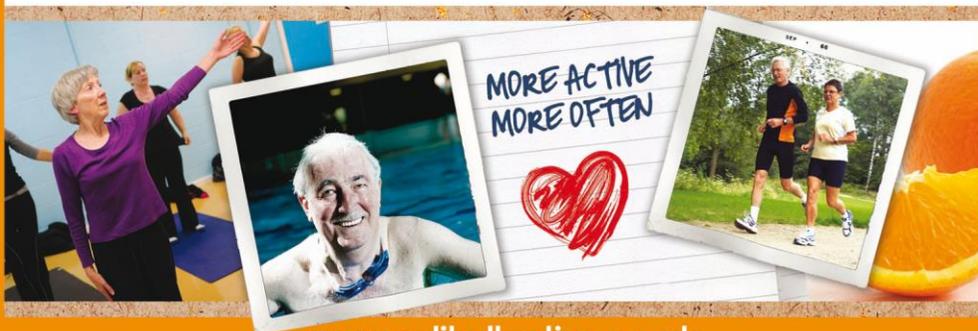
- DocSpot is a 12 week programme of physical activity that will give you a helping start and a chance to improve your health and lifestyle.
- You'll find a supportive environment with qualified exercise professionals who will provide you with the skills and knowledge to help you become more active.
- They will work with you to design an appropriate physical activity programme to meet your personal needs and goals.
- Choose one of 4 local leisure facilities and a variety of different activities to take part in.
- Available to adults aged 16 and over, who live or work in Solihull.
- At every stage you will work at your own pace and within your capabilities. As you become fitter and improve, your activity programme will be adjusted to help you progress.

How much does it cost?

- DocSpot is offered at a greatly reduced rate of £2.50 per session at most venues (see back page).
- Hampton Health Club offer a monthly rate of £44.99 only.

What to wear?

- No special clothing or equipment is required.
- Try to wear loose fitting clothing in several layers and sensible shoes e.g. flat soles.



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What you need to do next:

- 1) Your GP or Practice Nurse will complete the DocSpot referral form and **give you a copy.**
- 2) **Book your 'Welcome Consultation' at the leisure centre of your choice.** You can do this by visiting the leisure centre or by telephoning (see contact details overleaf).
- 3) Please remember to **bring your copy of the referral form with you** to your welcome consultation, along with **a list of your current medication.**
- 4) Your welcome consultation will be on a one-to-one basis with a qualified exercise professional where your goals, medical history and exercise preferences will be discussed. This will help the exercise professional to tailor a physical activity programme specifically to your needs.
- 5) A 12 week programme of physical activity will be agreed between yourself and the exercise professional. As you make improvements on DocSpot, the exercise professionals will work with you to adapt your programme and aid progression.
- 6) You will be able to use the leisure facilities at the centre during DocSpot session times (these will be given to you at your welcome consultation).
- 7) If you have any queries please contact one of the DocSpot exercise professionals (see contact details overleaf).
- 8) Your GP/Practice Nurse will receive information on your progress at the end of the 12 week programme.



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