

### BOCCIA FOR CONFIDENCE



Come along and try something different, meet new friends and learn new skills

When: Tuesdays at 12.00-12.45pm & 12.45-1.30pm

Where: Basildon Sporting Village,

Cranes Farm Road, Basildon SS14 3GR

This programme is developed in partnership with an Occupational Therapist & Learning Disabil ealth Specialist











### MULTI-SPORTS FOR CONFIDENCE

£2.50 PER SESSION

Come along and try something different, meet new friends and learn new skills

When: Where:

Tuesdays at 2.45-4.00pm Basildon Sporting Village,

Cranes Farm Road, Basildon SS14 3GR

This programme is developed in partnership with an Occupational Therapist & Learning Disability Health Specialist











### CURLING FOR CONFIDENCE

£2.50 PER SESSION

Come along and try something different, meet new friends and learn new skills

When: Where:

Thursdays at 12.00-1.00pm Basildon Sporting Village,

Cranes Farm Road, Basildon SS14 3GR

This programme is developed in partnership with an Occupational Therapist & Learning Disability Health Specialist

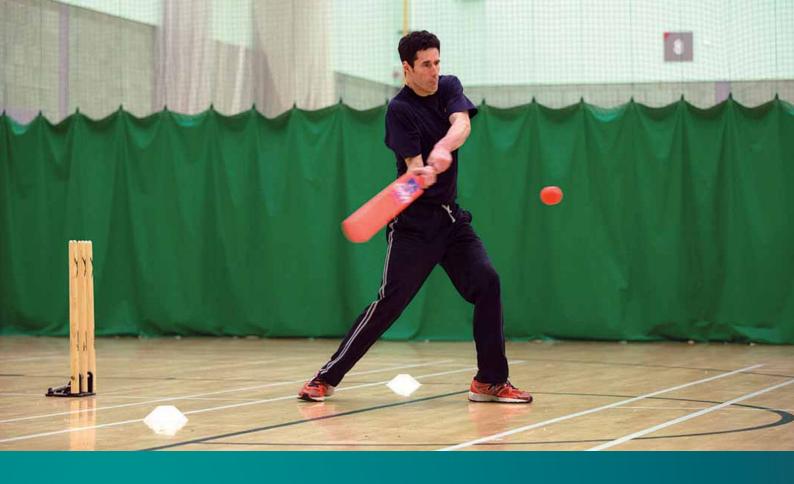












### CRICKET FOR CONFIDENCE

£2.50 PER SESSION

Come along and try something different, meet new friends and learn new skills

When: Where:

Tuesdays at 4.15-5.00pm Basildon Sporting Village,

Cranes Farm Road, Basildon SS14 3GR

This programme is developed in partnership with an Occupational Therapist & Learning Disability Health Specialist











# MULTI-SPORTS AN INTRODUCTION TO PHYSICAL ACTIVITY

£2.50 PER SESSION

Come along and try something different, meet new friends and learn new skills

When: Wednesdays at 13.30-14.30pm

Where: Basildon Sporting Village,

Cranes Farm Road, Basildon SS14 3GR

This programme is developed in partnership with an Occupational Therapist & Community Nursing











### ATHLETICS FOR CONFIDENCE

£2.50 PER SESSION

Come along and try something different, meet new friends and learn new skills

When: Where:

Mondays at 4.30 -5.15pm Basildon Sporting Village,

basiluon sporting village,

Cranes Farm Road, Basildon SS14 3GR

This programme is developed in partnership with an Occupational Therapist & Learning Disability Health Specialist











### NETBALL FOR CONFIDENCE

£2.50 PER SESSION

Come along and try something different, meet new friends and learn new skills

When: Where:

Fridays at 12.30-1.30pm

Basildon Sporting Village,

Cranes Farm Road, Basildon SS14 3GR

This programme is developed in partnership with an Occupational Therapist & Learning Disability Health Specialist

For further information please contact Lyndsey Barrett on 07809 142805 or via email at lyndsey@sportforconfidence.com









everyoneactive.com/basildon





# TRAMPOLINING FOR CONFIDENCE

£2.50 PER SESSION

Come along and try something different, meet new friends and learn new skills

When: Tuesdays at 10.30-11.15am & 11.15-12.00pm

Where: Basildon Sporting Village,

Cranes Farm Road, Basildon SS14 3GR

This programme is developed in partnership with an Occupational Therapist & Learning Disability Health Specialist











### AQUA FOR CONFIDENCE



Come along and try something different and learn new skills

When: Where:

Thursdays at 2.30-3.15pm Basildon Sporting Village,

Cranes Farm Road, Basildon SS14 3GR

This programme is developed in partnership with an Occupational Therapist & Learning Disability Health Specialist







