



# BOCCIA FOR CONFIDENCE

**£2.50**  
PER SESSION

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 Disability Specialist

For further information please contact Lyndsey Barrett  
on 07809 142805 or via email at [lyndsey@sportforconfidence.com](mailto:lyndsey@sportforconfidence.com)

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# MULTI-SPORTS FOR CONFIDENCE

£2.50  
PER SESSION

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

**When:** Tuesdays at 2.45-4.00pm

**Where:** Basildon Sporting Village,  
Cranes Farm Road, Basildon SS14 3GR

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

For further information please contact Lyndsey Barrett  
on 07809 142805 or via email at [lyndsey@sportforconfidence.com](mailto:lyndsey@sportforconfidence.com)

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# CURLING FOR CONFIDENCE

**£2.50**  
PER SESSION

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

**When:** Thursdays at 12.00-1.00pm

**Where:** Basildon Sporting Village,  
Cranes Farm Road, Basildon SS14 3GR

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# CRICKET FOR CONFIDENCE

£2.50  
PER SESSION

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

**When:** Tuesdays at 4.15-5.00pm  
**Where:** Basildon Sporting Village,  
Cranes Farm Road, Basildon SS14 3GR

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

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on 07809 142805 or via email at [lyndsey@sportforconfidence.com](mailto:lyndsey@sportforconfidence.com)

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# 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

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on 07809 142805 or via email at [lyndsey@sportforconfidence.com](mailto:lyndsey@sportforconfidence.com)

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# ATHLETICS FOR CONFIDENCE

£2.50  
PER SESSION

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

**When:** Mondays at 4.30 - 5.15pm

**Where:** Basildon Sporting Village,  
Cranes Farm Road, Basildon SS14 3GR

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

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on 07809 142805 or via email at [lyndsey@sportforconfidence.com](mailto:lyndsey@sportforconfidence.com)

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# NETBALL FOR CONFIDENCE

£2.50  
PER SESSION

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

**When:** Fridays at 12.30-1.30pm  
**Where:** Basildon Sporting Village,  
Cranes Farm Road, Basildon SS14 3GR

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on 07809 142805 or via email at [lyndsey@sportforconfidence.com](mailto:lyndsey@sportforconfidence.com)

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# 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

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on 07809 142805 or via email at [lyndsey@sportforconfidence.com](mailto:lyndsey@sportforconfidence.com)

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# AQUA FOR CONFIDENCE

**£2.50**  
PER SESSION

Come along and try something different and learn new skills

**When:** Thursdays at 2.30-3.15pm

**Where:** Basildon Sporting Village,  
Cranes Farm Road, Basildon SS14 3GR

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

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