



Sport for Confidence has been very beneficial, to us as a family. Lucy, Occupational Therapist is a credit to the organisation, and has gone above and beyond any support that we were expecting to receive. She is kind and understanding, and has empathy regarding Parkinsons and Dementia and the effect this has on the cared for, and the carers who are affected by these health conditions.

My Dad really enjoyed attending the Dementia friendly swimming sessions, at Waterside Farm Leisure Centre. He looked forward to them, and often spoke about how he liked the interactions, with others in the local community.

Both myself and my Mum felt that my Dad was happy, and safe. Due to this, we were able to participate in the Yoga for Carers at the same time. Having respite for an hour, to attend Yoga with my Mum was really appreciated. Monika, the instructor is so lovely, and understanding too.

Lucy made referrals and suggested additional support, to other organisations as my Dad's Dementia progressed. One of these referrals was to the Canvey Dementia Navigator, who has become a great source of support for my family.

We would like to take this opportunity to thank Lucy, for all her support, and feel lucky that we have Sport for Confidence at Canvey. We are sure that many other families are benefiting from this too.

The Parker Family

