

Single Point of Access Service

Delivered by Sport for Confidence CIC



The Single Point of Access Service seeks to support those who have become disconnected from the community/loved ones and who require additional support to be able to access meaningful opportunities outside of the home environment. This service achieves its outcomes through utilising the knowledge, skills and expertise of specialist occupational therapists.

By placing an occupational therapist at the 'front door' of this service, it is possible to support those who face challenges to their occupations and work holistically with a focus on prevention. The service supports individuals through initial assessment interviews and therapeutic interventions to achieve positive outcomes related to physical, mental and emotional health and all social circumstances and life opportunities. Our team have a focus on utilising sport and physical activity as a therapeutic means and end.

The Single Point of Access Service is our first point of call to ensure we offer participants the right support, at the right time and in the right way.

Who

The Single Point of Access Service adopts a no labels approach and is on hand to support any person living within Essex and for those who are from the following London Boroughs; Havering, Waltham Forest and Westminster. Typically participants include but are not limited to people with a disability, mental health condition, are neuro-diverse, have a long term condition or are in a caring role.



How

Participants can self-refer and/or referrers can use the **QR code** here and/or request an alternative version of our referral form through our email address OTreferral@sportforconfidence.com



Level of support available

Once an Occupational Therapist has been in touch, participants will be provided with practical support to empower people to facilitate recovery and overcome barriers preventing them from doing the meaningful activities (occupations) that matter to them. Our team of Occupational Therapists will consider the participants needs – physical, psychological, social and environmental, and utilise their clinical reasoning skills to make important decisions necessary for therapeutic interventions and or approaches.

Outcomes

- Connecting adults with local systems to facilitate links
- To improve mental health, physical health and well-being
- Support adults to understand how to maintain circles of support to reduce isolation and increase confidence
- To support participants to develop and embed a variety of practical approaches and coping strategies to overcome barriers to inclusion
- Connecting participants to meaningful occupations such as physical activity opportunities
- Promoting choice, control, participants and belonging