

Stay Connected



Sport for Confidence is a pioneering organisation, driving the provision of inclusive sporting opportunities and occupational therapy expertise in mainstream community facilities and spaces. People come to the Sport for Confidence model to experience the physical, mental and social benefits of activity and moving more. There are opportunities to develop and maintain skills which are transferrable outside of the sessions, and all groups are active, fun and above all else accessible.

The Stay Connected service is our first point of call to ensure we offer participants the right support, at the right time and in the right way.

Our vision is to play our part in creating an equitable society and tackling inequalities so that everyone can enjoy community spaces which promote movement, activity, well-being and relationships.

Who

Stay Connected adopts a no labels approach and is on hand to support any person living within Essex, 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 or referrers are to complete our participant information sheet and are to be returned to stayconnected@sportforconfidence.com or to ring **01245 950502** to ask any questions about appropriateness of referral.

Level of support available

Once contact has been made, the Occupational Therapist will triage the information and identify the most appropriate and relevant support that we can offer at that time. The following support can be categorised below:

- **Telephone support;** this consists of a 4 week scheduled wellbeing support call from an Occupational Therapist following the Royal College of Occupational Therapy (RCOT) guidance talking about what matters to you.
- **Resources;** this consists of a variety of helpful documents that include digital inclusion guidance, anxiety management, coping strategies, NHS guidance, ideas to engage in meaningful activity and many more.
- **Leisure Centre activity;** this consists of liaising with our traditional leisure centre models based in Colchester, Clacton, Chelmsford, Witham, Canvey and Basildon.
- **Personalised physical activity videos;** this consists of a personalised video from one of our coaching team to an individual who is not ready to join group situations but is keen for 1 – 1 support.
- **Zoom workouts;** this consists of our weekly virtual opportunities delivered by Coach and Occupational Therapist via Zoom, including low and high intensity groups, interest groups, participant voice groups and vocational groups.
- **Other;** this consists of collaborative signposting with alternative organisations and supporting clients to transition into community based activities and other relevant meaningful opportunities.

Occupational Therapists provide practical support to empower people to facilitate recovery and overcome barriers preventing them from doing the activities that matter to them. This support increases people's independence and satisfaction in all aspects of life (RCOT, 2020).