

## Overview

The NHS “Five Year Forward View” (2014) says that we need to engage with communities and citizens in new ways, involving them directly in decisions about the future of health and social care services. Sport For Confidence (SFC) is committed to working with participants and carers in partnership, to provide an excellent service that supports people on their personal journey to wellbeing and increased physical activity.

Team Create is a participant led group that was started in November 2020. The group, supported by Occupational Therapists and coaches, started online, and was developed to support participants to share their lived experience and have their say regarding service improvements and development. Due to the timing of when the group was started it also served as a support mechanism for attendees during a time when many were experiencing social isolation and occupational disruption due to the Covid-19 pandemic.

Since its inception, Team Create has **provided Sport for Confidence participants a platform to have a voice and make a difference**. We are in a position where we are able to learn locally and influence nationally and we do this proudly with our Team Create participants.

## Many Voices - One Community

The participants have identified that the group gives them a sense of belonging, enabling them to feel part of a wider community, it has allowed them to form different social networks outside of their normal activities that they attend, interacting with other SFC participants in different localities. The participants have reported that Team Create offers the opportunity for ‘safe’ discussions and emotional support as needed. There is no set agenda for the sessions in the sense that the participants can utilize the group in the way they feel it is of most benefit to them. Discussions are therefore, directed by the conversations pertinent to the group at that time, in the right place and the right way.

## Achievements to Date

Since forming, Team Create have helped to shape the online Stay Connected zoom session delivery, developed an activity calendar during the Christmas period to enable everyone to continue engaging with activity to prevent isolation and occupational disruption, and they have contributed to the new SFC Strategy launched in 2021. One participant utilised the supportive environment of the Team Create platform to trial leading a Wing Chun Kung Fu session, which has enabled him to develop the confidence to now deliver a weekly session as part of the Stay Connected delivery team. Several other participants have had opportunities to be involved by taking on roles such as timekeeper and IT support for the Team Create sessions. Team Create participants have developed links with community partners to discuss transport issues and service user experiences of hospital visits. Two participants have linked up with our community partner Ability Before Disability (AB4D) to become community delegates. The participants are willing to have their voices heard on a larger scale – through communication and social media platforms.

## **Why is Team Create so Important?**

Without participants, Sport for Confidence no longer exists, but with participants we are able to ensure that our vision to tackle inequalities head on and strive for an equitable society is heading in the right direction as we collaborate with passion, empathy and integrity with those that face the inequalities daily.

## **The Details**

The virtual sessions currently run bi-weekly and they provide participants with the opportunity to express their views and experiences both positive and negative in a safe and non-judgmental environment. Each session lasts for 1 hour. Sport for Confidence actively engage with external guest speakers to present to Team Create and gain the unique and valuable opportunity to learn from the participants voices about experiences in everyday life.

Following each session, the Occupational Therapists participate in a debrief session where participants remain if they have a specific role or issue they'd like to discuss further. The debrief sessions allow the facilitators to action points made, to discuss what information needs to be fed back to the team and the opportunity to reflect upon what worked well during the session and what areas could have been improved upon. The minutes of the meeting are typed up and then disseminated to the whole SFC team. Specific action points and ideas are shared during the Monday morning team meeting helping to support real-time service improvements. Team Create offer insight and knowledge on a weekly basis to our staff team, as well provide integral organisational feedback to our quarterly board meetings with the directors.

While Team Create was created as virtual session to support participants during the COVID lockdowns, they are in the process coming up with a strategy to move from only virtual to face to face meetings to reach the wider, more diverse community that represents the wider Sport for Confidence community.

In addition to Team Create we provide participants an opportunity to be a part of our Podcast, a permanent place within our website as well as provide content for our quarterly newsletter – setting platforms for our participants to shine!

## **Call to arms!**

If you would like to be involved with Team Create – please get in touch with any Occupational Therapist from Sport for Confidence and we would love to welcome your voice to our group!

Alternatively contact [info@sportforconfidence.com](mailto:info@sportforconfidence.com) or ring us at 01245 950502.

## **References**

NHS England, 2014. *NHS Five Year Forward View*.