

SPORT FOR CONFIDENCE

Sport For Confidence: Coronavirus statement

“Due to a directive from central Government on Friday, March 20, all leisure facilities have been shut until further notice. The action is part of the government’s strategy to limit social gatherings in order to slow the spread of Coronavirus (COVID-19). As a result, all Sport For Confidence sessions, across all venues, have now been put on hold. However, team are still available to support our network of clients, carers and partners, we will just be doing so slightly differently.

Sport for Confidence is fully supportive of government during these unprecedented times, whilst also recognising that, for many clients, the next few weeks of social isolation will be very difficult, both mentally and physically. As a result, we are introducing a series of new support services.

Stay Connected Telephone service

All clients will be offered weekly telephone calls, during the time they would usually be attending a session. Calls will offer advice on how best to cope with being isolated and extreme changes to daily routine as well as on how to maintain physical activity whilst in the home. The calls will offer clients a chance to connect with a familiar voice who will not only offer professional support but also provide a friendly, listening ear during these uncertain times.

All clients will be contacted by one of our team over the next few days to ask whether they would like to receive these calls. If you attend our sessions but have not received a phone call by Friday, March 27, please contact us on: info@sportforconfidence, with your name and contact details

Social media

We will be continuing to post news across our social media sites to ensure that those who enjoy keeping up to date and connected in this way can continue to do so. In addition to general news, we will also be posting advice and practical tips on how to manage social-isolation and signposting to other support services outside of Sport For Confidence.

We are entering a challenging time but you do not have to face it alone. We are here to help. If you would like to talk to somebody, please contact the Occupational Therapist who runs the programme at your host facility. A direct email address is available on our [‘What’s On’](#) page.

Unfortunately, we do not know when leisure centres across the UK will be allowed to re-open but when they do, we very much look forward to welcoming you back our sessions. In the meantime, stay safe and continue to follow the [NHS Guidelines](#).”

*Lyndsey Barrett, Senior Occupational Therapist and Founder of Sport for Confidence
Posted Monday, March 23, 2020.*