

Returning to the activities that matter to you



Being Active, Health & Wellbeing

There has never been a more important time to think about being active and the impact it has on your health and wellbeing. This guide has been produced by our team of Occupational Therapists, to enable you to start thinking about re-engaging in activities as lockdown gradually eases. This might be going out for a short walk, doing your shopping for the first time or more formal exercise.

There is a very important relationship between what you do and your health and wellbeing. During lockdown you may have found you have been less active than usual, which can have an impact on both our physical and mental health. For example, you may feel anxious about going out and seeing people, and feel unsteady or tired when walking.

As we get older, we are also more at risk of reduced muscle strength and mobility, and falls. Getting involved in activities designed to improve muscle strength can reduce your risk of falling by improving your balance, coordination, and posture. It is surprisingly easy to improve your balance and regular physical activity will strengthen your muscles whatever your age! Any activities that involve you lifting manageable weights (such as carrying shopping) and/or bearing your own weight (through standing and preparing food, or hanging up the washing) are also great for maintaining strong bones.

Doing a range of things that you enjoy, which are not too stressful or too easy, can also improve health and make you feel better, about yourself and the world around you.

Top Tips: Planning Activities

1. Think about how you normally spend your day – What is most important to you? What do you enjoy?
2. Think about whether you would benefit from support? You might want to consider having someone come with you at first, or have limited space and resources to be active so planning-ahead is important.
3. Remember to go at your own pace, a good balance is what is important.
4. Set achievable and meaningful goals, be realistic and acknowledge there may be steps back, as well as forwards.
5. Set a plan for any new physical activity, to ensure it is realistic, motivates you, and provides a sense of achievement.
6. Be kind to yourself – small steps over time gradually become big leaps.

Top Tips: Reducing the Risk of Falls

1. **Exercise**

Moving more is good for you! Use physical activity to improve your confidence, strength, balance and flexibility. Please see exercise examples in this pack.

2. **Medications**

Review your medications with your doctor or pharmacist if the medications you are taking may increase your risk of falling.

3. **Eyesight & Hearing**

Your eyes and ears are key to keeping you on your feet. Have your eyes and hearing checked regularly.

4. **Home Safety**

Reduce tripping hazards by removing clutter and make sure you have good lighting. Add grab rails, if needed.

5. **Shoes**

Wear sturdy footwear when walking inside or outside of your home. Slippers and other poorly fitting or loose footwear can cause falls!

6. **Family**

Talk to family members about making safety improvements in your home as well as theirs, to help others avoid falls.

Being physically active has a positive impact on your wellbeing. It can prevent ill health, boost your energy levels, improve your mood and provide social opportunities. Introducing regular physical activity as part of our everyday lives will help you to support and maintain your well-being and provide immediate and long-term health benefit.

For more information and support please contact:

stayconnected@sportforconfidence.com
or call **Sophie** on **07394564941**



What is Sport for Confidence?

Sport for Confidence is a unique, pioneering and multi-award winning organisation placing allied health professionals into leisure centres to support and deliver meaningful physical activity or sport sessions to anyone that faces barriers to participation.

The partnership between the leisure centre and the Sport for Confidence team sees dynamic health professionals plying their expertise and knowledge in mainstream environments to ensure that reasonable adjustments are made alongside breaking down any barriers that currently exist so that sport and physical activity becomes truly inclusive for anyone.

The Occupational Therapists, in partnership with a coach, design weekly specialist physical activity sessions at the centre which cater for anyone with a barrier to participation. Alongside this the Occupational Therapist can use their skills to help clients individually with aspects that cannot be done in a group setting, for example, 1:1 transfer practices, breathing techniques, anxiety management or social skills development.

In a broader sense the Occupational Therapist can also contribute to the general inclusivity of the centre on a larger scale by making the leisure centre more accessible, this can include: making the centre dementia friendly, taking on the hidden disabilities scheme, upskilling leisure centre staff, requesting minor modifications to the building and purchasing adaptive equipment for general public use.

Six week bespoke programmes can also be design for specific groups which will involve physical activity in some aspect for example, *This Girl Can* – a programme to help young girls engage in physical activity, using physical activity to help manage the symptoms of anxiety or using physical activity to promote positive body image.



The Occupational Therapist will provide the leisure centre with quarterly and yearly reports to report on progress, impact and sustainability.

The Sport for Confidence coach plays an imperative role alongside the allied health professional to ensure all of the sessions delivered cater for anyone that walks in the door, creating adaptive, flexible, active and most importantly fun sessions.



Find Your Nearest Session

Sport for Confidence offers a wide range of activities for people of all ages and abilities in your area:

BASILDON SPORTING VILLAGE

Cranes Farm Road, Basildon SS14 3GR

 Lyndsey Barrett **E** lyndsey@sportforconfidence.com **T** 07809 142805

CANVEY ISLAND WATERSIDE FARM

Somnes Avenue, Canvey Island SS8 9RA

 Lucy Goldup **E** lucy@sportforconfidence.com **T** 07719 557859

CLACTON LEISURE CENTRE

Vista Road, Clacton-on-Sea CO15 6DB

 Lisa Strong **E** lisa@sportforconfidence.com **T** 07719 557862

CHELMSFORD RIVERSIDE LEISURE CENTRE

Victoria Rd, Chelmsford CM1 1FG

 Megan Potts **E** megan@sportforconfidence.com **T** 07394 564942

COLCHESTER LEISURE WORLD

Cowdray Avenue, Colchester CO1 1YH

 Sophie Garratt **E** sophie@sportforconfidence.com **T** 07394 564941

HORNCHURCH SPORTS CENTRE

Harrow Lodge Park, Hornchurch Road, Hornchurch RM11 1JU

 Sophie Garratt **E** sophie@sportforconfidence.com **T** 07394 564941

SOUTHEND LEISURE CENTRE

Garon Park, Eastern Ave, Southend SS2 4FA

 Megan Potts **E** megan@sportforconfidence.com **T** 07394 564942

WALTHAM FOREST FEEL GOOD CENTRE

170 Chingford Road, Walthamstow E17 5AA

 Hannah Webster **E** hannah@sportforconfidence.com **T** 07543 742407

WESTMINSTER LEISURE CENTRES

Moberly Sports Centre, 25 Chamberlayne Rd, NW10 3NB

Seymour Leisure Centre, Seymour Place, W1H 5TJ

Queen Mother Sports Centre, 223 Vauxhall Bridge Rd, SW1V 1EL

 Deb Bullen **E** deb@sportforconfidence.com **T** 07763 875453

WITHAM LEISURE CENTRE

Spinks Lane, Witham, Essex CM8 1EP

 Jake Turner **E** jake@sportforconfidence.com **T** 07566 200070

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