

SPORT

FOR CONFIDENCE



Play Your Part™

Our Vision

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.



Our Mission

To utilise sport and physical activity to have a positive impact on people's lives and to enable occupational outcomes through inclusive opportunities.

We do this through the collective expertise of our occupational therapists and sports coaches.

We work together with people who encounter challenges and barriers when participating in sport and physical activity.

We do this because we believe everyone should have the opportunity to participate in activities that matter to them, to enhance their health and well-being.



Why Sport for Confidence?

There are many reasons why people are excluded from our society and community spaces like leisure centres. The Sport for Confidence team understand this and work to provide a personalised approach focusing on what matters to the person, how the leisure centre can adapt, and how we can adjust the sport to make it an inclusive and valuable experience for all.

To achieve our vision and mission we recognise the importance of looking beyond sport and physical activity. We listen to our participants. They attend Sport for Confidence to feel valued, achieve important personal goals such as making friends, building vocational skills and managing their health – the primary reason is rarely to improve their physical fitness. Therefore, we use a holistic, whole person approach to enabling people to enjoy what sport and physical activity has to offer.

Over the last 5 years we have tried and tested an occupational therapy model of practice which provides a professional framework which we base our work on. We are a 'no labels' model which means that we welcome everyone.

We use an evidence-based model to enable us to provide in depth clinical reasoning as to how and why we make decisions.

It should never be 'one size fits all' - we work collaboratively to provide meaningful activity to the person in the right way at the right time and in the right place.



Our Philosophy

We believe that:

- Everyone's voice is valuable and should be listened to
- Everyone has the right to engage in a diverse range of everyday activities, which are meaningful to them and chosen by them
- Everyone should have the opportunity to connect with and contribute to their communities
- Everyone is unique and this should be celebrated
- Sport and physical activity is a powerful therapeutic modality, which can enhance occupational performance.



Our Values

Inclusive – we strive to design and embed an *inclusive* blueprint throughout the whole organisation which creates opportunities for all individuals to participate in physical activity and accomplish personal goals.

Person centred – adopting a *person centred* approach with every participant we support to promote choice and independence. We involve the participants with service development ideas.

Passionate – we are *passionate* about people and *passionate* that sport and physical activity has the power to make a difference in people's lives.

Innovative – it's in our nature to think differently and use our collective intelligence to be *innovative* in our models of practice.

Caring – we commit to creating a culture of kindness, and a *caring* and respectful environment for our participants, employees and providers.



Our Partnerships



Who We Work With

Sport for Confidence sessions are open to anyone, because we believe that leisure centres are community assets that should be accessible to all. This means that families, households and friends can come along to our sessions and take part together, if they want to.

Our staff team has particular expertise in working with people who face barriers to participation in sport and physical activity. This includes, but is not limited to, people with impairments that affect their mobility, mental health, learning, understanding or concentrating, or being able to see or hear. We are committed to ensuring that people have opportunities and support to take part in activities and occupations that help their health and well-being.

We work with leisure centres to make them more accessible and inclusive, and working in this way enables us to address unfair and avoidable differences in health across the population, and between different groups in society.



What We Will Do

Create opportunities for anybody irrespective of their background to take part in sport and physical activity.

Champion inclusive practice to share insight, knowledge and learning to our stakeholders to support the inactive to become active.

Influence Allied Health Professionals in the country to embed sport and physical activity into every day professional practice.

Influence system and cultural change to implement sport and physical activity as a tool for prevention and enablement.



How We Will Do This

Deliver inclusive models of practice in partnership with health, sport and leisure that enable opportunities for anybody to take part in sport and physical activity.

Nationally influence best practice by championing the social model of disability and sharing our experience with what works well to support the inactive population.

Collaborate with integrity with organisations that align to our vision and strive to achieve inclusion and equality.



How We Evaluate Our Work

Participants having choice and empowerment in how they engage in physical activity.

Participants reporting satisfaction in meaningful activity.

Measuring inactivity levels at first entry to Sport for Confidence provision and then regularly throughout involvement.

Measure our impact against national data sets provided by Sport England.

Witnessing more smiles than the previous day.

A transformation in the approach and application of sport and physical activity in relation to Occupational Therapy nationally.

Participants achieving their personalised goals and sharing these through case studies.

More people moving in their own way.



Glossary of Terms

Health Inequalities – Preventable differences between groups in physical and mental health, health risks and health related behaviour. Groups may be based on socioeconomic conditions, ethnicity, gender, sexual orientation or geography.

Occupational Therapy – A profession that takes a 'whole-person approach' to both mental and physical health and well-being and enables individuals to achieve their full potential. Occupational therapists identify access and performance problems, and work with people to enable participation in the various activities and occupations that make up their everyday lives

Well-being – Can be understood as how people feel and how they function, both on a personal and a social level, and how they evaluate their lives as a whole.

Holistic – Support that treats you as a whole person and considers all your needs at the same time – physical, psychological, social and spiritual.

Clinical Reasoning – A therapist's ability to integrate and apply different types of knowledge (such as participant's narrative, their professional observations, and relevant research evidence) to think about and make decisions within their practice.

Diversity – Empowering people by respecting and appreciating what makes them different, in terms of age, gender, ethnicity, religion, disability, sexual orientation, education, and national origin.

Innovative – Introducing new ideas; original and creative in thinking.

Allied Health Professionals – A distinct group of professionals who apply their expertise to prevent disease transmission, diagnose, treat and rehabilitate people of all ages and all specialties.

Equitable Society – A place in which we are all equal and treated fairly and positively.

Social Model of Disability - the model says that people are disabled by barriers in society, not by their impairment or difference. Barriers can be physical, like buildings not having accessible toilets. Or they can be caused by people's attitudes to difference, like assuming disabled people can't do certain things.



We are committed to playing our part in reducing inequalities that exist within society.

How will you play your part?



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