

Sport for Confidence National Focus

Moving Occupational Therapists



#MovingOTs

Our National Vision

Health professionals everywhere will play their part in enabling people to engage in sport, physical activity, and meaningful movement.

Why?

We have seen from our own experience at Sport for Confidence how sport, physical activity and meaningful movement can change lives for the better. However, disabled people and other marginalised groups encounter a range of barriers and difficulties when they want to be more active. This means that they do not enjoy the many benefits that arise from being physically active, and therefore health inequalities persist. Our healthcare professionals; namely occupational therapists; at Sport for Confidence have been working collaboratively with sports coaches for over 6 years and our evidence suggests that healthcare professionals have a unique role to play in making our society more active and therefore more equitable.



Our Experience

Healthcare Professionals

Research has told us that disabled people want to be more active, but that they don't feel able to be so (*English Federation of Disability Sport 2013*). Getting healthcare professionals involved in the promotion of physical activity is one of the best investments to reduce the risks of inactivity and sedentary behaviour (*WHO 2018-2030*). However not all healthcare professionals are familiar with the evidence and guidance around physical inactivity and do not, therefore routinely use and promote in clinical practise (*PHE 2020*).

Occupational Therapists

Sport for Confidence has evidence that combining occupational therapy approach with physical activity can enable inactive populations to become active. There are approximately 52,400 occupational therapists in the UK, but physical activity is not imbedded as a normal part of the curriculum or clinical practise. Arguably if physical activity was a routine part of healthcare, occupational therapist could play their part in increasing physical activity and reducing health inequalities.

Sport for Confidence

The Sport for Confidence model relies on a collaboration between partners from health, sport and leisure, a key element of the model is working in partnership with our participants and their communities. The service is underpinned by occupational therapy frames of reference which uses theories to guide evaluation, assessment and application to practise. We aim to utilise our model, theories and evidenced base from health, sport and leisure, apply and share this to play our part in reducing health inequalities.

Uniting the Movement

Uniting the Movement is Sport England's 10-year vision to transform lives and communities through sport and physical activity. One of the five big issues is connecting with Health and Wellbeing which aligns perfectly to our national vision and mission. **"Our physical and mental health is our biggest asset. Being physically active can be described as a 'wonder drug' – it unlocks so much that's good for our health and wellbeing"** (*Sport England 2021*). Sport for Confidence pledge to do our best in making a strong connection between physical activity, health and wellbeing a reality.



Our National Mission

- Sport for Confidence will continue to grow putting participants and communities first, we will share our learning with organisations from health, sport and leisure.
- We will connect with occupational therapists nationally to harness good practice and transfer knowledge between health, sport and leisure.
- We will co-produce training and resources to support healthcare organisations and Higher Education Institutions to imbed physical activity into practice.



Our Guiding Principles

Listen first

We have evidence, knowledge, and a strong belief that healthcare professionals have a key role in reducing inequalities by embedding physical activity in healthcare practise, which if widespread could make a big difference to society. However, encouraging news ways of working in healthcare impacts on teams and ultimately people's lives, therefore 'listening first' we believe, will be key to success.

Co-production

Sport for Confidence believes in reciprocal learning between the participants, the employees, and other key partners. We believe in the power of collective planning and ensuring a diversity of thought. Therefore, everything we do, we will strive for a high quality co-productive approach and be open and transparent about how we have or have not achieved this.

Work with partners

Our vision is directly linked to the Sport for Confidence model and therefore unique, however we are not alone in our direction of travel to influence healthcare organisations to imbed physical activity. We know that collaborative working is key to reducing inequalities and therefore we aim to partner with other organisations where possible.

Stay grounded

Having goals, targets and a clear focus is so important to drive change, however it can also be restrictive when working within an ever-changing reality. For example, our focus on occupational therapists plays to our strengths at Sport for Confidence and helps to define our part in the health, sport and leisure landscape. However, working with all healthcare groups may be more conducive to the real world. We will therefore have mechanisms in place which support a check and challenge approach, be adaptable and responsive to a real world context and welcome diversity of thought to our work.



Glossary of Terms

Collaborate – the action of two or more people or more groups of people working together to produce something, e.g. collaborative leadership, collaborative commissioning, collaborative research.

Coproduction – Co-production is not just a word, it's not just a concept, it is a meeting of minds coming together to find a shared solution. In practice, it involves people who use services being consulted, included and working together from the start to the end of any project that affects them. (*Think Local Act Personal 2011*)

Health – The extent to which an individual or group is able to realise aspirations and satisfy needs, and to change or cope, with the environment. Health is a resource for everyday life, not the objective of living; it is a positive concept, emphasising social and personal resources as well as physical capabilities. health is related to how a person's potential to be a meaningful part of society in which they live, is adequately realised.

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.

Health Inequities – are systematic differences in the health status of different population groups. These inequities have significant social and economic costs both to individuals and societies.

Healthcare professional – is a person associated with either a specialty or a discipline and who is qualified and allowed by regulatory bodies to provide a healthcare service to a patient.

Occupational Therapy – a profession that takes a 'whole-person approach' to both mental and physical health and wellbeing 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.

Wellbeing – 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.

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.

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

References

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SPORT FOR CONFIDENCE

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

How will you play your part?



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