

SPORT FOR CONFIDENCE



Play Your Part™

Our Vision

To play our part in reducing inequalities that exist within society.

To tackle the inequalities that marginalised groups encounter when seeking to be physically active, through creating inclusive community spaces and opportunities to be active, which promote empowerment, choice and independence.



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 barriers and challenges can be from simple to complex, generalised, or specific and personal. 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 and understand that they attend Sport for Confidence to feel valued, to achieve important personal goals such as making friends, building vocational skills or managing their health, the primary reason is rarely to improve physical fitness. Therefore, we use a holistic, whole person approach to enabling people to enjoy what sport and physical activity has to offer. 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.

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.



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

Person centred – adopting a *person centred* approach with every participant we support to promote choice and independence and by involving the voices of 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, a *caring* and respectful environment for our participants, employees and providers.

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.



Our Partnerships



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 every Occupational Therapist 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 Will Measure Success

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.





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

How will you play your part?

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