



Sport for Confidence has been working with Equal People Mencap for over two years now and we attend the swimming session on Tuesdays. Our members adore this session and are excited to go every week. The SfC team is simply great, they always go out of their way to include everyone and make sure that the sessions are enjoyable and engaging. Their encouragement and support has been beneficial to all of our members and I have seen even our more cautious members become much more confident and relaxed in the water. Sport for Confidence is inclusive at its core and I've noticed that they pre-emptively figure out ways to make their sessions accessible to every individual in the group. Swimming in particular is especially important for our members who are not able to put too much stress on their joints and usually do not feel able to join in more intense sports. However, what I think is most important to note is that many service users have expressed that they, in fact, would not feel able to come to a swimming pool on their own, which illustrates how vital these services are for people with additional needs. No one should feel as though they cannot enter public spaces that should be for everyone.

I also have to mention that they have been absolutely fantastic during the pandemic. They have really rolled with the punches to deliver the best service possible under the circumstances. This includes promptly creating new online workout sessions for the service users to make sure they were keeping fit during lockdown – a time when many people's health and fitness could have easily fallen by the wayside. These sessions were well attended and highly enjoyed by the service users.

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