



I am a Social Prescriber based with the North Westminster Community Mental Health Team and have found Sport for Confidence to be an invaluable resource for the individual's that I work with.

Whilst many of the patients I support emphasise the positive impact of exercise on their mental health, they are faced with a number of barriers to accessing engaging with physical activity (e.g., low confidence, physical disabilities, social anxiety, etc). In this way, Sport for Confidence has provided an essential source of support; offering an accommodating, friendly and inclusive approach to each of the individuals I have referred. I feel confident when referring patients that they will receive support that recognises their individual needs. For example, understanding that an anxious service user would benefit from a gradual approach and offering a "walk and talk" before being introduced to the supported gym sessions. The team has been incredibly reliable – consistently responding to enquiries and providing updates on referrals.

Social Prescriber
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