



Many of our inpatients have been able to attend this Sport for Confidence offering.

Through regular reviews, it has been clear to me that they have substantially benefitted and in fact, every single patient has had only great things to say about the programme. It has led to improvement in self-esteem and self-efficacy and acted as an important tool in managing inactivity and physical health, whilst being mentally stimulating and evidently enjoyable and fun.

Patients describe looking forward to sessions and being involved; for many they have not displayed this level of anticipation and enjoyment in many years.

It has also served an important role in allowing reintegration into normal societal activities. Please continue to offer this programme.

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