



Carers FIRST
FIRST Choice for Carers



Sport for Confidence, is a valuable and irreplaceable asset to the community.

The OT's are friendly, approachable hard working and caring. The OT's and workers not only focus on exercise but also in connecting the individual who use the services to external supports to help them outside of the group.

We have seen the incredible work that they have done for carers and their cared for by bringing them together and helping give them an escape from their roles.

We have also seen Sport for Confidence help build friendships and reduce isolation in addition to supporting the continued development of those involved physical and mental wellbeing. We have witnessed individuals grow within their own confidence and strength.

Sport for Confidence is a fantastic service that is valued by all who use it.

Senior Carers Support & Assessment Co-ordinator
Carers First

