Sport for Confidence Model

Clients can enter the programme at any stage. This may be through healthcare professionals, social care, education, signposting, or self-referrals from individuals not known to services.

Therapy & Nursing Groups

Group is the responsibility of the Therapy Service
Referral Only - clients must be currently receiving services
No direct charge to attend
Session designed and delivered by LD professionals
Sports coach present to support (if appropriate)
Sessions funded by LD Team to cover costs of facilities, equipment and coach

Introduction to Physical Activity Groups

Group is the responsibility of the leisure provider
Participants are charged £2.20 to attend
LD professionals identify clients to attend - NOT referral only
Sessions are delivered by a qualified and motivated coach
LD professionals are always present in a consultancy role
Carers welcome to attend if appropriate

Multi-Sports Groups

Boccia
Cricket
Fencing
Gym Sessions
Netball
Trampolining
Multi-Sports

Mainstream Clubs & Community Activity Groups

Groups are the responsibility of the leisure operator
Participants are charged £2.20 to attend
Sessions are designed in partnership with an LD professional and delivered by a sports coach - LD professional advises on reasonable adjustments
LD professionals are present when working with clients as part of assessment and treatment
The variety of groups are able to provide sessions for a range of abilities and encourages progression to decrease the level of support needed for each individual to attend

Clients can move forwards and backwards or exit the programme at any stage. This may depend on the level of support they require to participate, or as they develop, the skills and independence to progress through the available groups.
Partner Contributions

**LEISURE FACILITIES**
- Coaches / Instructors / Front of House
- Hall / Court / Pitch / Track Access
- Equipment
- Progression for clients
- CPD for workforce

**ACTIVE NETWORKS**
- Funding support
- Advocacy
- Marketing, promotion and celebration

**COMMUNITY LD TEAMS**
- Specialist knowledge of delivering appropriate, adapted and inclusive activity
- Observations
- Mentoring of coaches and instructors

**SPORTS CLUBS**
- Host guest sessions as part of outreach activities
- Signposting to appropriate progression opportunities for clients

**CLIENTS**
- Identify activities which are meaningful to them and tailored to individual need
- Small payment for attendance

**Sport For Confidence**
Sport for Confidence

Sport for Confidence was established during 2015 and will be formally launched during the Autumn of 2016. The business is being formally constituted as a social enterprise and was founded by a unique partnership between a Senior Occupational Therapist and skills expert operating in the sport and leisure marketplace. Sport for Confidence will deliver a range of services and interventions which will champion, promote and facilitate a more inclusive sport and leisure landscape for adults and young people with learning disabilities.

The business currently delivers programmes which encourage people with and without learning disabilities to participate together in sport and physical activity groups. The original programme was designed through a unique partnership between the Occupational Therapy Learning Disability Service (South Essex Partnership University NHS Trust) at Basildon Sporting Village. Activity sessions are not considered nor promoted as disability sport in that they are accessible and inclusive for all members of the local community. This approach is also championed by Special Olympics through their Unified Sports programme which was inspired by the principle that ‘playing together is a quick path to friendship and understanding’.

There is a customer charge of £2.20 to attend each session which is collected by front of house staff through the usual mechanism for entering the facility. Revenue is used to pay for the coaching resource (provided by the leisure centre) and the current model ensures facilities / gym hire is offered as value in kind. The role of Occupational Therapy (OT) in the programme is to contribute specialist knowledge and advice regarding the delivery of activity for adults with learning disabilities, to mentor and observe coaches / instructors, and realise opportunities for assessment and intervention relevant to individuals currently open to the service.

Within this framework, Sport for Confidence personnel work closely with leisure and sport professionals to ensure that the needs of the clients are met and that there is regular communication, self-reflection and mentoring across the team. This process includes establishing a communications book for front of house staff & featuring the groups as a set agenda item for therapy team meetings.

Definition:

Sport for Confidence is a proven model for supporting people with learning disabilities to access positive opportunities to engage in an inclusive sport and physical activity programme.

The definition, principles and values of Sport for Confidence:

- Supports leisure centres, mainstream sports groups and community facilities to deliver the reasonable adjustments they need in order that people with learning disabilities, Asperger’s syndrome, mental health difficulties and those with additional support needs can access them on an equal basis to their peers;
• Develops a community that provides appropriate activity environments in which learning disabilities professionals can assess and deliver therapeutic interventions for individuals through physical activity and sport. This is part of a graded approach and can include progressing from specialist groups to mainstream activities, whilst also realizing additional health benefits;

• Mentors, trains and supports sport and leisure professionals (coaches, instructors, sales, front of house, volunteers) to adapt their behaviours and professional practice to become more inclusive, accessible and client focused.

Current Picture:

Since Autumn 2015 and the formal incorporation of Sport for Confidence as a business, Everyone Active at Basildon Sporting Village have been commissioning Sport for Confidence to deliver the model. During this time, programmes have grown in diversity, customer engagement, and the centre has also been able to demonstrate a unique commitment to being truly inclusive through increased staff productivity and confidence. In addition, tailored CPD programmes have been delivered to all staff from front of house to maintenance; new partner engagement with disability organisations; and immeasurable positive PR by Local Authority / CSP / Sport England as pioneering in its approach. Outlined below is a short overview of the insight currently being gathered at the centre.

Financial Models (see Appendix 1 for full breakdown):

Current pilot licensing model – at Epping, Braintree, Hadleigh and Basildon (two of which have been directly commissioned by the Director of Public Health for Essex over 2 years).

£35k per annum for any local authority; single leisure facility; or sports club.

• 1 day per month Sport for Confidence Director
• 0.4 FTE Occupational Therapist (minimum band 6) @ £45k including on costs
• 0.4 FTE Sports Coach @ £22k including on costs
• Travel and Equipment
• Independent Impact Report conducted by College of Occupational Therapy (Independent Consultant)

Revenue Generation over 12 months @ Basildon (verified with Contract / Centre Manager):

• Sessional Fees - £2.20 per participant per session; 8 sessions per week (416 p.a.); average 11 participants per session = £10k p.a. through reception front of house
• Casual Gym Usage outside sessions = £9k; Fitness Memberships = £1.5k; Casual Swim usage = £3k
• New EFDS swim programme (having Sport for Confidence on site a contributory factor) = £3k
• New partner engagement (e.g. Papworth Trust, MIND, SEPT); strengthened network engagement (e.g. Active Essex, Active Basildon, Essex County Cricket, local sports clubs)
• CPD and professional development of all employees = increased productivity, confidence, inclusive support
• PR and case study value
• Enhanced contract value for the client

Basildon Site – December 2016

The programme currently comprises of 12 groups delivered through timetabled weekly sessions including athletics, trampolining, boccia, cricket, multi-sports and fencing. Several of these are in partnership with the local NGB officer or sports club (Cricket, Volleyball). Sport for Confidence continues to develop new inclusive offers and is currently introducing a less physically demanding activity session developed in partnership with the health facilitation nurses. We now see over 90 unique clients every week with a throughput of over 500 visits per month.
This also includes a Netball and Rugby for Confidence sessions aimed at supported learners from local colleges – co-financed by the CSP and NGB. New groups are developed in response to client needs, with the sport carefully selected based on the advice of specialist health care professionals, coaches’ expertise and the request for opportunities to conduct specific assessments and therapeutic interventions. We are currently exploring relationships with NGBs such as Parkour UK and the LTA. Additionally, we have recently developed a Swim for Confidence model which delivers on the new ASA and EFDS pilot programme funded by Sport England.

There are new people joining sessions regularly, which has also led to increased partnership working with local sports teams, clubs and organisations. The programme has established very good links with the Essex County Football Association, Essex County Cricket Board, Essex Athletics, Essex Rugby Football Union and Volleyball England. Participants have also been encouraged to take leadership courses and Level 1 coaching qualifications and play an active leadership role within many of the groups. Some members of the group who have learning disabilities and Asperger’s have qualified to coach or lead sessions in Sitting Volleyball & Boccia.

The College of Occupational Therapy have undertaken an independent review of Sport for Confidence at Basildon Sporting Village and considered the detailed care plans of 4 unique participants. Overall, the Impact document states that by implementing Sport for Confidence at the centre, local health care budgets have benefitted from significantly over £140k savings per annum.

The programme at Basildon continues to grow with new participants / customers; new sports adding monthly; new partnerships and relationships (a recent SEPT Health Day attracted over 250 visitors); and continued national coverage and profile for pioneering the programme - https://www.theguardian.com/social-care-network/2016/jun/29/emerging-roles-occupational-therapists

It is anticipated that during 2016, the new Learning Disabilities strategy is published by the Department of Health, and Sport for Confidence at Basildon is included as one of the few exemplar case studies.

Sport for Confidence is also well connected to the new Sport England ‘Coaching Plan’ for England. Not least the references to embracing learning from outside the sports sector; mentoring coaches by allied health professionals; ensuring coaching is an easier vocation from an existing, relevant profession or occupation; targeting the inactive populations (those with hidden disabilities are even less likely to take part in sport or physical activity); and delivering ‘excellence every time’!

Summary

Basildon Sporting Village has worked closely with Sport for Confidences to integrate an OT theory and develop an approach to support the delivery of sport for adults with learning disabilities. The programme provides all the necessary tools to enable occupation and help individuals to achieve their full potential. The partnership between a leisure operator and health professionals ensures a practical approach to supporting individuals overcome barriers which would have previously prevented them participating in a mainstream leisure environment. As a result, the Sport for Confidence groups not only allow for skill development in sporting activities but a holistic achievement of personal well-being. This in turn can reduce the reliance for individuals on social care support and specialist services.

‘The SFC programme provides opportunities for a large number of vulnerable individuals with learning disabilities to have the opportunity to experience a wide range of sporting activities. Through these activities, the participants are able to improve their social skills, develop personal management strategies, test out their problem solving skills, manage their mental wellbeing and further develop their self-confidence, all in a safe and managed mainstream environment’ (Advanced OT, SEPT).

The programme requires a professional workforce with the right motivation to work with the client group and full commitment from all support networks involved. Sport for Confidence should always try to give direction and clear
progression for individuals to move forward to achieve identified goals and encourage further development of independent living skills. The group setting allows for specialist assessment and intervention and supports skills to be transferred outside of the programme and impact on occupational performance areas (self-care, productivity, leisure). This is demonstrated in case studies where clients have achieved vocational skills (gaining coaching qualifications), successful residential placements and identifying appropriate day services for individuals who were previously unable to engage.

Clients, carers and healthcare professionals identified that Sport for Confidence had impacted positively on lifestyle factors such as increased confidence, the ability to meet new people and make friends and overall health and wellbeing. Sport for Confidence continues to deliver reasonable adjustments in response to client needs. Regular client input into the sessions also ensures that individuals are doing activities that are meaningful to them and increases their motivations to participate. This respects the uniqueness of each participant and his or her personal goals for attending - encouraging, enabling and empowering.

Sport for Confidence also offers:

- A social skills programme for delivery in schools;
- CPD workshops for sport and leisure professionals;
- Consultancy services around design, development and implementation of new approaches to sport and PA;
- Research and Impact work.

Directors

Steve Mitchell and Lyndsey Barrett

Lyndsey@sportforconfidence.com and Stevemitch77@gmail.com

@sportforconf
### Appendix 1

<table>
<thead>
<tr>
<th></th>
<th>Time</th>
<th>Activities</th>
<th>Cost</th>
</tr>
</thead>
</table>
| 1. | Project Director  
   Lyndsey Barrett | **1 days per month**  
   - Overall project accountability  
   - Manage reporting to project sponsors  
   - Liaison with local community Learning Disabilities team  
   - Relationship management with key contact at site and local partners  
   - Philosophy / Values – implement the model  
   - Supervision and leadership of the team | **£500 per day**  
   **£6,000** |
| 2. | Occupational Therapist  
   (Band 6) | **0.4 FTE**  
   - Parent and carer liaison  
   - Design and implement an innovative programme of inclusive groups  
   - Coach mentoring, supervision and training  
   - Manage the relationship with the leisure facility  
   - Client interaction – signposting to relevant external services  
   - Collaborate with learning disabilities team  
   - Attendance at relevant meetings locally  
   - Develop outcome measures – including occupational and programme  
   - Engage other allied health professionals  
   - Data management and reporting  
   - Case study production | **£30k salary plus on costs**  
   **£14,400** |
| 3. | Sports Coach  
   (Apprentice) | **0.4 FTE**  
   - Lead coaching activities in line with SFC philosophy and values  
   - Organise bookings and equipment  
   - Support local partners and local sport / leisure workforce  
   - Evaluate sessions and adapt coaching behaviours accordingly  
   - Understand client motivations and barriers to engagement  
   - Deliver local sessions to support community engagement  
   - Liaise and support external club coaches  
   - Engage in relevant CPD and training workshops | **£15k salary plus on costs**  
   **£7,760** |
| 4. | Equipment, Kit and Training Workshop | **Purchase equipment where required**  
   **Support client requirements where needed**  
   **Travel to deliver sessions and support outreach work** | **£2,000** |
| 5. | College of Occupational Therapy | **Independent Impact report demonstrating savings to public health and social care budgets**  
   **Including secondary spend in the Centre** | **£6,000** |

**Total Costs 12 months** **£35,000**
Locality Model

SFC DIRECTOR @ 1 Day / Month
HEALTH PROFESSIONAL @ 8 Days / Month
COACH @ 8 Days / Month

Independent Evaluation & Outcome Measures

Months
1  2  3  4  5  6  7  8  9  10  11  12

Introduce Multi-Sport Group
Introduce Boccia
Consolidate Multi-Sport Group
Introduce Local Club Sport
Consolidate Boccia & Multi-Sport Groups
Sport for Confidence Community Events
Consolidate Group Programme

45 Unique Participants
3 Groups Established
1 Community Event
925 Participant Interactions

Play Your Part™
sportforconfidence.co.uk
CPD Workshops for Coaches, Instructors and Allied Health Professionals

- Aligned to the new Government Sport Strategy
- Embedded in Coaching Plan for England
- High quality, inclusive, innovative learning content
- Tips, tricks & takeaways for practical application
- Thought leading insight from Allied Health Professionals
- Motivational and relevant case studies

Spring 2017
Workshop Portfolio

Workshop 1: An Introduction to Sport for Confidence

Description:
This workshop will introduce ‘Sport for Confidence’ and demonstrate its unique approach to establishing activity programmes through partnerships between specialist health professionals and leisure providers. This will include how it has developed and is currently being delivered successfully in Essex. The workshop will present a proven model for supporting people with learning disabilities to access positive opportunities to engage in an inclusive sport and physical activity programme.

Learning Objectives:
- Understand principles and values of Sport for Confidence;
- Overcoming barriers to participation for people with learning disabilities;
- Understanding of partner contributions and benefits to the programme;
- Approaches to partnership working between specialist healthcare professionals and the sport/leisure workforce;
- Implementation models and recommendations for the future.

Duration: 3 hours
Group Size: 6-20

Workshop 2: An Occupational Therapy Approach to Coaching and Instruction

Description:
This workshop will introduce the philosophy and approach of Occupational Therapy and its relevance to successfully delivering sport and physical activity regardless of age, ability, disability, illness and social situation. The workshop will demonstrate how coaches can use a whole person approach to enable participation, provide increased opportunities for success and make an impact on occupational outcomes.

Learning Objectives:
- To consider the concept of occupational performance in your coaching practice;
- Understand the meaning of ‘reasonable adjustments’ and impact on participation;
- Principles of grading, activity analysis and adapting the environment;
- Opportunities for case study discussions to support learning.

Duration: 3 hours
Group Size: 6-20

Workshop 3: Learning Disabilities and Personal Training

*This workshop will be mapped to REPs and receive CPD points during 2017

Description:
Personal Trainers and Fitness Coaches are an integral part of the leisure industry who can make a client’s experience great or not so great. That’s why it is so important that they have the knowledge and expertise to coach and interact with a huge range of clients – including the large proportion of people in the UK who have a learning disability and are currently inactive. Inclusion in the fitness industry is increasingly more important and this workshop will help delegates develop new insight and approaches to extending their client base and increase potential for working in new markets. People with disabilities can use their Personal Budgets to engage in sport and physical activity, we’ll aim to show delegates ways of unlocking this
Learning Objectives:
- What is a Learning Disability – facts, figures and myth busting
- What are reasonable adjustments?
- To be able to confidently communicate inclusively before, during and after training
- To be able to identify ways in which you can make your behaviours and delivery style more inclusive
- To evaluate the importance of developing a specialist role across the Fitness Industry

Duration: 3 hours  
Group Size: 6-20

Workshop 4: Mentoring Coaches and Instructors by Allied Health Professionals

Description:
This workshop introduces how specialist healthcare professionals can mentor, train and support coaches to adapt their behaviours and professional practice to become more inclusive, accessible and client focused. The workshop identifies the ways in which Sport for Confidence has supported coaches to learn from other professions; identify and amplify unique practice; deliver outcomes across public health / social work; and design cutting edge professional development opportunities for all those helping make sport and physical activity happen at a local level.

Learning Objectives:
- Understanding pathways and progression through mentoring;
- Identifying potential partnerships and opportunities for learning;
- Understanding reflective practice and the role of mentor/mentee;
- Sport for Confidence case study discussion to support learning.

Duration: 3 hours  
Group Size: 6-20

All workshops are available for delivery across the UK and cost:

- From £65 per delegate
- From £995 per bespoke workshop
Coaching Pathway Model

March 2017

@sportforconf

info@sportforconfidence.com

www.sportforconfidence.com
**Sport for Confidence** is a pioneering initiative and proven model for supporting people with and without learning disabilities to access positive opportunities for engagement in mainstream sport and physical activity programmes.

The definition, principles and values of Sport for Confidence:

- Supports leisure centres, mainstream sports groups and community facilities to deliver the reasonable adjustments they need in order that people with learning disabilities, Asperger's syndrome, mental health difficulties and those with additional support needs can access them on an equal basis to their peers;

- Develops a community that provides appropriate activity environments in which learning disabilities professionals can assess and deliver therapeutic interventions for individuals through physical activity and sport. This is part of a graded approach and can include progressing from specialist groups to mainstream activities, whilst also realizing additional health benefits;

- Mentors, trains and supports sport and leisure professionals (coaches, instructors, sales, front of house, volunteers) to adapt their behaviours and professional practice to become more inclusive, accessible and client focused.

**The Coaching Pathway Programme**

Our 'Coaching Pathway' programme is developed based on the unique Occupational Therapy approach to skill acquisition. This programme enables occupational engagement and performance, with outcomes measured in relation to:

- individual satisfaction;
- engagement in the programme;
- achievement of goals;
- an individual’s health and wellbeing.

The overall aim of the programme is to provide individuals with the opportunity to develop and practice life skills which are also associated with sports coaching, instructing and leadership. The approach to learning these skills focuses on developing a personalised pathway for each individual to achieve goals which are then transferrable into other areas of their life. This holistic approach then considers how they may then be able to progress into vocational roles related to sport, leisure, fitness and physical activity.

The programme is designed for young people and adults who have a Learning Disability and who have identified an interest in becoming an activator, coach, assistant coach or volunteer helper. Current research highlights that:

- **SportsCoachUK national research only 6% of the current workforce are disabled and of these only 2% hold a coaching qualification**
- **Within the county of Essex we have 295,533 disabled residents (or 17% of the population). When considered alongside the participation insight from Active People Survey 9 there is no correlation between this figure and those involved in coaching – either as disabled people, or those specifically working with this audience.**
Sport for Confidence have worked with Active Essex to pilot the programme in line with the goals set in the Coaching Plan for Essex, and embedding the principles of the Coaching Plan for England:

- Address the gap in diversity across the current coaching ecosystem (increased diversity in leadership);
- Consider and respond to the motivations of both the coach and customer (coaching equation).
- Increase role models in the county not only encouraging disabled people to take part in sport and physical activity but also to consider leading/ coaching or delivering themselves.

**Aims and Objectives**

1. To provide opportunities for individuals to **develop occupational performance skills** to support them to achieve their goals in relation to coaching;
2. Support and encourage individual **goal setting**;
3. Identify and develop a personalised pathway to **achieving goals**;
4. To offer advice and guidance to training providers and tutors on how to **adapt their style and behaviours** to be fully inclusive and accessible to group members;
5. Provide opportunities for individuals to be supported to attend **externally delivered general courses** considered beneficial for individuals coaching and working within a leisure environment e.g. First Aid and safeguarding;
6. Provide opportunities for participants to **gain qualifications** in sport specific courses in relation to personal goals;
7. To provide individuals the **opportunity to socialise** with others demonstrating an interest and motivation in coaching and to gain more confidence in their own personal abilities working in a team environment;
8. **Developing links** between local clubs, volunteering agencies, community facilities, learning disabilities services and employment services, encouraging community input into group session;
9. To provide opportunities for individuals to **achieve personal objectives in accordance to care plans/ treatment goals** that they were working towards with specialist services.

**Pilot Project**

The group ran for a period of 8 weeks with each session lasting for 1 hour. The Health Professional and Coach are always available for 30 minutes pre and 30 minutes post each session. During the pilot programme we trained 8 delegates (* started with 10, but supported 2 to transition to sustainable employment whilst the programme was running). The programme could be delivered to between 8 and 12 delegates. The length of course and duration of sessions were flexible to ensure the course best met the needs of the people attending, and included opportunities for 121 engagement (face to face or on the phone) outside the taught content. The programme was considered to have four stages.

**Stage 1: Life skill development through an Occupational Therapy approach.**

Individuals produced a hand drawn personalised pathway diagram. This basic visual aid was used to practice goal setting skills and ensured that there was a personal goal set for each group member. Once the goals had been set, the content and delivery of the programme was then planned and delivered to work towards these goals and the steps required to achieve them.
Self-rating scales related to soft skills (with a focus on social communication and interaction) are completed before and after the programme. Sessions are primarily activity based with a minimal amount of classroom learning. The life skill element of the sessions (approximately 20 minutes) were used to encourage progression in the specific skill areas highlighted by each individual as being important to them in their day to day life. The key skill areas for development were predominantly active listening, assertiveness, decision making, social relationships and organisational skills. Typically, each session is divided in to 2 parts. The first began with a short teaching session and then the skills discussed (e.g. decision making) are practiced using a practical activity.

A selection of the sports are used therapeutically which include Curling (turn taking decision making), Dodgeball (body language, conflict resolution), Boccia (social interaction, team building), Table Tennis (conversation, dyadic interaction), and seated volleyball (teamwork, patience).

This person centred approach was used to deliver behavioural change within each participant and was observed by both the Occupational Therapist and specialist Coach. By adopting a person-centred approach, we were successful in the following areas:

- Allowing and encouraging choice in accessing sport and physical activities;
- Heightening awareness of self and health;
- Increased confidence in teamwork;
- Encouraging self-expression within a safe environment;
- Providing opportunities for group members to meet new people and form social networks;
- Enhancing decision-making and effective communication skills.

During the practical element of the sessions there was a focus on the use of soft skills and self-management skills in relation to coaching. Each group member delivered a session to the rest of the group and were given peer feedback and support from the Coach and Occupational Therapist.

A review of the pilot project highlighted that individuals required more prompting and intervention in the following skill areas:

- Self-awareness;
- Resilience;
- Patience;
- Conflict resolution;
- Problem solving;
- Decision Making.

**Stage 2 - External training (not sport specific)**

During the final session of the programme, each group member took part in the Sainsbury’s Inclusive Community training workshop delivered by EFDS. Prior to attending the workshop the Occupational Therapist requested all course material and spoke with the course tutor to share relevant information regarding the groups needs and the reasonable adjustments which may need to take place for the training to be successful. The group were supported to prepare for attending (e.g. checking understanding of the words used, answering questions on what to expect and filling in forms with individuals who were unable to read and write).

The Coaching Pathway aims to work with organisations, such as FE colleges and NGBs of sport, to:

- Increase understanding / awareness of equality, diversity & disability;
- Encourage effective inclusive communication;
- Demonstrate the need for all trainers to be enthusiastic, friendly, accommodating;
• Be able to adapt/ flexible;
• Support people to understand barriers – personal and environmental.

Stage 3 - Training (sport specific)

Following the pilot project, both Active Essex and Sport for Confidence identified a need to provide additional sport-specific training opportunities. This was a request from participants who wanted to focus on a sport which held an interest or motivation for them and may provide an opportunity to secure voluntary or paid employment. Any additional training delivered to the group would require the same approach identified in Stage 2 of the programme to ensure increased opportunities for success.

Stage 4 – Networks and Progression

The pilot highlighted that it would be beneficial to have a network of organizations and clubs who would support group members to continue with their coaching journey and provide volunteering opportunities and further advice and guidance regarding employment after completion of the programme. This may include local voluntary agencies and employment services. The CSP personnel are ideally positioned to help make this links and support delegates after the programme has concluded.

Case Studies - Paul

Paul is 23 years old and has a diagnosis of Aspergers Syndrome. He showed an interest helping the coach during the Sport for Confidence sessions he attended and was keen to gain further experience in this supporting role. Paul had never been in paid employment but due to a change in is personal circumstances, he was now having to actively seeking work.

Paul was invited to attend the coaching pathway programme and set the following goals:

• To develop my Coaching Skills
• To become a better Coach
• To reduce my weaknesses
• To adapt an activity in 3 different ways

The sessions were then planned in response to Paul’s goals and he was given the task of offering suggestions for adapting activities/drills each week. He was asked to review his performance each week by giving examples of his strengths whilst also identifying area to work on. These conversations were then also related to how he could use these strengths outside of the sessions with relations to his employability. He also took the step of volunteering at 4 additional Sport for Confidence sessions to have opportunities to practice his skills and gain confidence in his ability to coach. Paul also successfully completed the ICT workshop.

Paul had several questions regarding the process of securing work and although he visited the job centre there was confusion as to what steps he needed to take. The OT contacted the disability employment advisor to ensure Paul was receiving adequate support and that the information he was given was presented in a way which would help his understanding.
Following completion of the course, Paul achieved all the personal goals he set and is now working in a paid assistant coach role 5 times a week. He is currently investigating the possibility of completing a coaching apprenticeship and his long-term goal of being a full time coach.

**Case Studies - Claire**

Claire is 24 years old and has a diagnosis of Cerebral Palsy. She attends 2 Sport for Confidence sessions a week and volunteers as a Boccia leader once a week.

Claire was invited to attend the coaching pathway programme and set the following goals:

- To plan and lead a Boccia match in a school
- To improve my confidence in talking to teachers

Each week Claire was asked practice speaking up in front of the rest of the group and was set the task of preparing a Boccia session which would be fun for children. Claire designed the session and then practiced delivering it within the group setting requesting peer feedback. She continued to volunteer week but was given additional skills to practice e.g. managing a more challenging group and adopting a referee role in a multi sports session to develop her skills in assertive behaviour.

The Occupational Therapist supported Claire to email a local primary school and offer a guest session. Claire prepared the emails with minimal support but wanted them to be checked prior to sending. She engaged in email correspondence with the school and has been successful in being invited in to work with a class. Claire's confidence throughout the programme has grown significantly and she has now taken on the role as an ambassador for disability sport in Essex – **Essex All Together** campaign on Facebook.

**Summary**

The partnership between participants, Sport for Confidence and Active Essex has provided a holistic approach to increasing confidence for individuals in accessing the local community, developing independence and achieving goals set as part of the programme. Sport for Confidence has shaped a programme that is structured to encourage progression according to an individual's goals, motivations and occupational performance skills in relation to coaching.

The Coaching Pathway Programme clearly demonstrates how Sport for Confidence working in partnership with Active Essex has integrated Occupational Therapy theory and approach to support the delivery of coaching skills for adults with learning disabilities. The programme provides all the necessary tools to enable occupation and help individuals to achieve personal goals in relation to coaching, volunteering and employability skills.

A partnership between training providers, schools and local clubs can provide a practical approach to supporting individuals overcome barriers which may have previously prevented them having the opportunity to coach. Working in collaboration with the person, group and community: occupational strengths and needs are identified; goals are set in collaboration with the person and relevant others; and barriers to participation can be identified and removed.
The programme has encouraged skill development through sporting activities and vocational opportunities not just specific to the programme but because of increased confidence for the individuals attending to gain employment.

The Coaching Pathway project aims to develop a diverse workforce - the Sport for Confidence team have developed this current model by understanding the workforce and their motivations. The group have experienced the dual benefits of coaching in contributing to personal wellbeing and development to both the coach and participant as well as making valuable, social and economic contributions to society.

**Financial Model**

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<th>Personnel</th>
<th>Quantity (days)</th>
<th>Unit Cost</th>
<th>Total</th>
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<tr>
<td></td>
<td>• Health Professional</td>
<td>2</td>
<td>£260</td>
<td>£520</td>
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<tr>
<td></td>
<td>• Coach</td>
<td>1</td>
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<td><strong>Taught Sessions (8 x 2 hours)</strong></td>
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<td>2</td>
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<td><strong>Bespoke, personalised content</strong></td>
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<td></td>
<td>• Coach</td>
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<td><strong>Review</strong></td>
<td>• Director</td>
<td>1</td>
<td>£450</td>
<td>£450</td>
</tr>
<tr>
<td></td>
<td>• Health Professional</td>
<td>1</td>
<td>£260</td>
<td>£260</td>
</tr>
<tr>
<td></td>
<td>• Coach</td>
<td>1</td>
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<tr>
<td><strong>Evaluation</strong></td>
<td>• Independent</td>
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<td>£400</td>
<td>£800</td>
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<tr>
<td><strong>Handover</strong></td>
<td>• Health Professional</td>
<td>2</td>
<td>£260</td>
<td>£520</td>
</tr>
<tr>
<td><strong>Facility Hire</strong></td>
<td>Working with an appropriate facility to secure classroom and practical space for 8 x 60 minute sessions</td>
<td>Not Costed (VIK)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>CSP Coaching Lead</strong></td>
<td>In Essex, Lauren Neve contributed time, expertise and insight to ensure the programme ran smoothly</td>
<td>Not Costed (Core Function?)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Additional CPD</strong></td>
<td>In Essex, the CSP ensured additional training opportunities (such as EFDS Inclusive) were made available</td>
<td>Not Costed</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Sport Specific Qualification</strong></td>
<td>In Essex, the CSP signposted delegates to Level 1 or Level 2 provision in specific sports</td>
<td>Not Costed</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td></td>
<td></td>
<td>£5,120</td>
</tr>
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Impact data – Service example
How to DEMOstrate the Impact of Occupational Therapy

<table>
<thead>
<tr>
<th>Name of service and location (please include country)</th>
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<tbody>
<tr>
<td>Sport for Confidence</td>
</tr>
</tbody>
</table>

Originally a partnership between the Occupational Therapy Learning Disability Service (South Essex Partnership University NHS Trust) and Everyone Active (Leisure provider) at Basildon Sporting Village.

Sport for Confidence is now a social enterprise. It is jointly founded and led by a skilled Learning Disability occupational therapist and a Learning and Development professional.

<table>
<thead>
<tr>
<th>Describe the service: e.g. profile of users, setting, integrated/multidisciplinary, 7 day etc.</th>
</tr>
</thead>
</table>
| Sport and recreation play a huge part in the physical and mental well-being with people with Learning Disabilities and Asperger's syndrome. However, research consistently shows that people with a Learning Disability remain one of the most excluded groups in sports and not only are participation rates low, but they are falling. This is supported by McConkey et al, who concluded that “Although the promotion of social inclusion through sports has received increased attention with other disadvantaged groups, this is not the case for adults with Learning Disabilities who experience marked social isolation” (Promoting social inclusion through Unified Sports for youth with intellectual disabilities: a five-nation study; R. McConkey, S. Dowling, D. Hassan & S.Menke).

Sport for Confidence is a proven model for supporting people with learning disabilities to access positive opportunities to engage in an inclusive sport and physical activity programme. The definition, principles and values of Sport for Confidence are:

1. Supports leisure centres and other mainstream sports groups and venues to deliver the reasonable adjustments they need in order that people with learning disabilities, Asperger’s syndrome, mental health difficulties and individuals with additional support needs can access them on an equal basis to their peers.
2. Develops a community within such centres that provides an appropriate activity environment in which learning disabilities professionals can assess and deliver therapeutic interventions for individuals through physical activity and sport. This is part of a graded approach and can include progressing from specialist groups to mainstream activities, whilst also realising additional health benefits.
3. Mentors, trains and supports coaches to adapt their behaviours and professional practice to become more inclusive, accessible and client focused.
The current programme comprises of a series of sport and physical activity groups. Sessions are not considered nor promoted as disability sport in that they are accessible and inclusive for all members of the local community. Sport for Confidence encourages people with and without learning disabilities to participate together. This approach is also championed by Special Olympics through their Unified Sports® programme which was inspired by the principle that ‘playing together is a quick path to friendship and understanding’.

**Explain all interventions** e.g. assessments, contacts and measures used.

The role of Occupational Therapy (OT) in the programme is to contribute specialist knowledge and advice regarding the delivery of activity for adults with learning disabilities and utilise opportunities for assessment and intervention relevant to individuals currently open to the service.

Within this framework, OT works closely with both the leisure centre staff, coaches and community learning disabilities teams to ensure that the needs of the clients are met and that there is regular communication, reflection and mentoring support. This process includes mentoring of coaches, reflective practice, establishing a communications book for front of house staff and featuring the groups as a set agenda item for therapy team meetings.

There are now over 8 sessions delivered per week (trampolining, multi sports, cricket, boccia, New Age Kurling, athletics, parkour, netball, tennis and fencing) with over 300 unique visits per month. We are exploring the establishment of additional sports and activities such as climbing and football.

The group is comprised of both men and women aged between 16 – 55 and can be accessed by individuals who receive support from Learning Disability Services, Asperger’s Service, Community Mental Health Teams, supported learners (local colleges and adult education) and others not known to NHS specialist services.

**Measure change to capture outcomes**: e.g. occupational outcomes, health and wellbeing outcomes - mental and physical health benefits, social engagement, ability to self manage, value to the carer- and quality of care outcomes (improvements to service delivery).

**Occupational outcomes**:

To provide opportunities for individuals to achieve personal objectives in accordance to care plans/ treatment goals that they were working towards with specialist services through:

- Participation in purposeful activity;
- Heightening awareness of self and health issues;
- Promoting physical and mental wellbeing.

To provide opportunities for individuals to develop their social communication and interaction skills through:

- Teamwork;
- Encouraging self-expression within a safe environment;
- Providing opportunities for group members to meet new people and form social networks;
- Enhancing decision-making and effective communication skills.

Participants have also been encouraged to take leadership courses and Level 1 coaching qualifications and play an active leadership role within many of the groups. Some members of
the group who have learning disabilities and Asperger's have qualified to coach or lead
sessions in Sitting Volleyball & Boccia.

**Health and wellbeing outcomes:**

To facilitate access to community sport and leisure facilities, increasing social and community
inclusion through:
- Developing links between facility operators and adult learning disabilities services;
- Encouraging community input into group sessions;
- Providing relevant information concerning local resources;
- Supporting individuals to develop confidence in attending mainstream facilities.

To facilitate participation in fitness orientated activities through:
- Allowing and encouraging choice in accessing fitness activities;
- Informing and introducing individuals to the different activities and settings available to
  them;
- Providing the appropriate equipment and environment;
- Offering appropriate support and encouragement to enable group members to develop
  new skills.

**Quality of care outcomes:**

The partnership between clients, families/ carers, OT, community nursing, coaches and leisure
centre staff has provided a holistic approach to increasing confidence for individuals in
accessing the local community, developing independence and achieving goals set as part of
the OT process.

It is also important that the coaches and leisure providers signpost and contribute to the
planning of new sessions as their knowledge of sport, equipment and resources, local
mainstream clubs, volunteering opportunities and training are all key to ensuring there are
opportunities for progression.

Feedback information was gathered from clients and carers in the form of questionnaires,
interviews and group discussions:

When asked why they wanted to attend the group, the most common responses were:

- to meet new people,
- to improve fitness
- to keep busy.
- gain sporting experience,
- lose weight
- improve confidence levels

100% of clients identified that attending Sport for Confidence had given them the opportunity
to be more active and try new things and the vast majority identified that their health and
wellbeing had improved as had their confidence levels and their ability to meet new people.
100% of carers reported seeing the confidence of their supported individual improve and the
same percentage claimed that the Sport for Confidence group had improved their individual’s
opportunity to meet new people and make friends. All but one said it had given their supported
individual a chance to try new things and a chance to improve their health and wellbeing.
65% of clients have gone on to join other local clubs, sports and activities since attending SFC
Other benefits identified by both client and carer were improvements in co-ordination skills, increased inclusivity and accessibility and taking part in competitive sport.

**Overall return on investment. Cost savings achieved** (Please indicate over what period/number of users these savings were made and how they were calculated)

**Income**

There is a customer charge of £2.20 to attend each session.

For each area: £2.20 x 500 (visits per month) x 12 (months) = £13,200

**Costs of providing the service for one year in one setting/area/centre/locality**

Project director - £6,000 (12 x £500 per day)

0.4 FTE occupational therapist - £14,280 (circa £30k salary plus on costs)

0.4 FTE sports coach - £7,760 (circa £15k salary plus on costs)

Materials and equipment - £1,960 (travel, equipment, measurement and reporting)

M&E Impact Report from College of OT - £6,000

Use of sports centre facilities is provided free as part of delivery of standard sports centre provision.

**Total cost for 12 months = £35,000 per area**

For (500 x 12) = 6,000 unique visits per year = £5.83 cost per visit

**Less the customer charge of £2.20 = £3.63 per visit**

NICE public health guidance on the management of long-term sickness and incapacity for work provides cost information on workplace physical activity intervention involving 10 sessions of physiotherapy/ physical activity and 10 sessions of cognitive behaviour therapy gives a total cost of £860 for the total 20 sessions = £43 per session
**Case Study- Peter**

Peter is a 54yr old gentleman with learning disabilities. At the time of the referral he was living on his own and was extremely isolated. Peter had been excluded from day services and care providers had not been willing to support him due to the extremely poor and unhygienic conditions of his property and personal hygiene. Peter was no longer in contact with his family and had been prescribed medication for low mood and anxiety; however, he would frequently forget to take this and required prompting from his community nurse. He had weekly visits from his specialist learning disabilities nurse and weekly follow-up phone calls. He was reluctant to accept help, had refused admission for help with his mental health problems. He had been visited at home by his consultant psychiatrist. He had a previous admission to hospital due to a breakdown in his mental health.

**Prior to Sport for Confidence**

Peter’s home environment was considered as unsafe and inhabitable due to the extremely unsanitary conditions. The council had undertaken two deep cleans of his house and had completely replaced his kitchen. He had extremely poor personal hygiene which has previously impeded his acceptance in the community and therefore opportunities to engage in social activities outside of the home. He had extensive debts and was being taken to court for non-payment. Peter was very socially isolated and this was negatively impacting on his mood.

Although Peter acknowledged that he has some difficulties with managing self-care and domestic activities of daily living, he identified his biggest difficulty as being very lonely. Despite Peter’s lack of motivation to address hygiene issues both personal and environmental he was extremely willing to engage with occupational therapy and participate in community based activities. The occupational therapist therefore selected attendance at Sport for Confidence as being an appropriate opportunity for assessment and intervention.

The occupational therapist helped him reschedule his debts and he was supported by his social worker and his CPN with debt management and attendance at court. His social worker was visiting him on a weekly basis.

**Sport for Confidence intervention**

It was recognised that Peter needed support to achieve occupational balance through a more varied routine. Assessment of Peter’s occupational performance skills during the Sports for Confidence programme assisted in providing him with appropriate strategies to manage his anxiety. The occupational therapist utilised Peter’s motivation to increase social opportunities to begin to address personal hygiene issues as part of his attendance at the group. The leisure centre provided all the facilities necessary to practice self-care skills (changing rooms, showers, hairdryers, mirrors) all within a mainstream environment and relevant to the activities he was completing. He was able to associate acceptance and increased social interaction with an improvement in his personal hygiene and purchased new sports clothing increasing his sense of belonging to a group/ team.
Resulting from Sport for Confidence

As Peter began to regularly attend the group, he developed greater insight into his own support needs and began to accept input from social care and the nursing team. He consistently began to take his medication and his weekly visits from his specialist learning disability nurse stopped after four weeks.

Assessments conducted at the session supported the decision for him to move into a supported living environment which resulted in a significant decrease in anxiety levels and improvement in mood.

Peter is now regularly attending the boccia group independently and occasionally attends cricket. He has recently asked the occupational therapist if he can learn to swim and will be supported by the leisure centre to do this. Peter also began to attend college two times a week and was referred to a voluntary agency to provide other social and work opportunities in the local area. Visits from his social worker reduced to once a month.

In addition to the improvement in his overall physical and mental health, Peter was better able to self-manage his conditions, live in a healthier environment and gain access to education and voluntary work.

Cost savings achieved:

Prior to Sport for Confidence:

Community specialist nurse – weekly visits and phone calls = 2 x £75 x 52 = £7,800 pa
Hospital admission (mental health) £223 per bed day. Two week stay = 14 x £223 = £3,122
Consultant psychiatrist home visit x 2 @ £139 per hour = £278
Social Worker – weekly visits = £79 x 52 = £4,108
Occupational therapist (band 7) support with court, debt, and housing 10 x £52 = £520

Research has demonstrated a link between debt and mental health. On average, the lost employment costs of each case of poor mental health are £12,472 per year, while the annual costs of health and social service use are £1,645.

The Department for Business, Innovation and Skills suggests expenditure of £265 per client for face-to-face-debt advice.

Council deep clean of house and replacement kitchen = £2,500 (estimate)

One year’s total cost of the above: = £32,710

Post Sport for Confidence:

Example cost of learning disabilities supported living: £20,079 per year
Monthly visits by social worker: 12 x £79 = £948
Cost of Sport for Confidence sessions: £4.74 x 3 per week = £14.22 = £739.44 per year

Total cost: = £21,766

Saving £10,944 in one year, plus improved quality of life.

‘This group has been what I can only call life changing! (Peter) had very a poor relationship with his family due to very low self-esteem and depressive symptoms. However, due to attending the group this has relieved anxieties and has strengthened the relationships with family members’.

(Peter’s Health Facilitation Nurse).
Case Study: ‘Sarah’

Sarah has Downs Syndrome and, having been the victim of a serious sexual assault from a stranger, she was identified as being an extremely vulnerable young lady. She has difficulty establishing new relationships and was referred to occupational therapy to gain support around social skills and personal safety awareness. Sarah was also receiving additional support from other professionals including 40 sessions of specialist counselling services and Social Care at a day centre three days per week. She had been taking regular medication for 6 years for two conditions. She received fortnightly visits from her social worker.

Prior to Sport for Confidence

Sarah was vulnerable to exploitation (physical, sexual, financial) from others within community based social situations and struggled to learn new skills with regards to appropriate social behaviour and relationships. She indicated a desire to make some new friends and to participate in regular community based activities. Sport for Confidence was identified as an appropriate programme for further assessment and was able to provide a variety of opportunities to address the issues identified.

Sport for Confidence intervention

Sarah was accompanied by the occupational therapist to the multi sports group where it was possible to complete an assessment of her social communication and interaction skills in both group and 1:1 sporting activities. This took place in an environment relevant to the activity and based within a mainstream community venue. Observational assessments at the group provided accurate information as to the specific areas of intervention and shaped the development of teaching sessions (completed prior to each session) and the choice of sporting activities to support her learning. The group gave weekly opportunities for Sarah to practice the new skills she was learning whilst also receiving positive reinforcement from the coach and other group members.

Sarah’s participation in the groups allowed the occupational therapist to present the ‘social rules’ for behaviour at the sporting village using appropriate visual prompts and role play. Staff at the leisure centre also supported Sarah in consolidating her new skills by participating in the role play situations relevant to her social behaviour and agreed to be photographed as part of an aid to communication. Progression through the Sport for Confidence groups encouraged Sarah to transfer her skills in to new situations and the sporting activities are selected to consist of concrete steps and repetition for learning.

Sarah was visited by her social worker at the leisure centre as part of her review and capacity assessment. The comprehensive assessment and intervention conducted through Sport for Confidence has led to a number of follow-up recommendations in relation to her ongoing support needs.

Sarah attends one full day at Sport for Confidence, participating in 4 sessions.

Resulting from Sport for Confidence

Sarah has progressed to attend several other sessions within the programme and participates in trampolining, boccia and cricket groups. She has been to college and now attends a training centre, where she is learning to cook and is working on a farm. Sarah also occasionally works as a volunteer at a local swimming pool. Both Sarah’s father and counsellor are very happy with the number and variety of community based activities that she is attending and have reported that she is more confident and appropriate in her social interaction with others. She has reduced her attendance at day centre to two days per week. The counsellor has
reported that his input has significantly reduced following the Sports for Confidence interventions. Sarah's social worker now sees her every six months.

A GP health check reviewed Sarah's medication and her two regular prescriptions were stopped within 6 months of attending the SFC programme.

As a result of the programme, Sarah, initially an extremely vulnerable young person, has gained confidence, improved physical and mental health, lost weight, had an overall improvement in her level of fitness and accessed opportunities for both education and voluntary employment.

Cost savings achieved

**Prior to Sport for Confidence:**
Counselling (costs not available) However, similar input – CBT = £98 per session × 40 = £3,920
Social worker input - £79 per hour × 26 = £2,054
Day care £81 per day: £81 × 3 days × 52 = £12,636
Prescriptions £23.30 per prescription × 2 × 12 = £559
Total cost = £19,169

**Post Sport for Confidence:**
Attendance at Sport for Confidence £4.74 per session = £18.96 per day × 52 = £986
Day Care £81 × 2 × 52 = £8,424
Social worker £79 × 2 = £158
Total cost = £9,568

**Total saving in one year = £9,601, plus improved quality of life**
Case Study - John

John has a diagnosis of mild learning disability, recurrent depressive disorder, obsessive compulsive disorder and agoraphobia. At the time of referral to OT, John had been unable to leave the home environment for several months. His GP was visiting weekly, he was on regular medication for anxiety related symptoms and his psychiatrist was also undertaking home visits every three to six months. He was seeing a psychologist weekly and had also been through a programme of 8 weekly ‘therapy for you’ (an IAPT initiative) sessions.

Prior to Sport for Confidence

John experienced high levels of anxiety associated with going out (including a fear of public transport), lack of routine and participation in activities of daily living at home, low mood, poor self-esteem and he was unhappy with his weight. He identified that he would like to be able to manage his anxiety when leaving the house and independently travel to the community activities using public transport and walking. John also wanted to increase his participation in leisure activities and lose weight. He was keen to increase opportunities for social interaction and develop friendships.

Sport for Confidence intervention

John commenced a 6 month graded programme with the occupational therapist to be able to access his local leisure centre. This involved him meeting with the occupational therapist at home and then cycling to the venue to engage in a variety of sports. He became increasingly confident in leaving the house, his anxiety levels reduced when going out and he reported an improvement in mood following participation in physical activity. John’s weekly attendance at the groups contributed significantly to the ongoing assessment and development of occupational performance skills. The groups provided John with opportunities to discuss with a community nurse his concerns regarding his weight and he received teaching surrounding healthy lifestyles. His Consultant Psychiatrist also attended the multi sports session to observe his participation and increased confidence levels.

Whilst attending the leisure centre, John was encouraged to participate in a climbing activity group. The main occupational goal for attending this group was for John to independently manage travel via a combination of public transport and walking. Using this activity and a graded approach supported John to develop various skills that enabled him to achieve a sense of independence and confidence in using public transport this then had a positive impact on a variety of occupations. Establishing John’s confidence in using public transport to the leisure centre promoted his participation in other groups and he was able to transfer these skills to travel to other destinations.

Occupational outcomes from attending the programme also include him taking part in a Steps to Independence group (to develop his functional skills) and opportunities to practice his newly learnt skills in the leisure centre environment which included using public transport, money skills, use of a mobile phone and budgeting skills for community activities. John was also signposted to Community Supported Volunteering which then provided him with opportunities to attend cooking sessions and local social clubs, participate in a bricklaying course at college.

Resulting from Sport for Confidence

John has now joined a local Kung Fu club and meeting with other group members socially outside of group programs. John is now regularly attending a day service which provides the much needed structure to his weekly occupations. He has become involved in the promotion of Sport for Confidence Group’, which included him jointly presenting for funding for the Boccia group and the benefits of attending. John has regularly identified that there is a
significant positive improvement in his mood when he is participating in activity and began to acknowledge that there was a link between his physical health and mental health. He was also able to identify that increasing physical activity could impact on his own health and wellbeing. John still experiences periods of low mood however establishing hobbies, interests and meaningful activities has motivated him to increase his participation and his level of enjoyment in daily activities has increased.

Cost savings achieved

Prior to SFC
GP home visits (average 11.7 minutes) £45 x 52 = £2,340
Psychiatrist home visit £139 x 4 = £556
Psychologist weekly sessions (taken as band 8a) £62 x 52 = £3,224
Therapy/IAPT sessions x 8 = £105 x 8 = £840
Prescription £23.30 x 2 x 12 = £559
Band 7 Occupational therapist £52 x 1.5 hrs x 24 = £1,872
Total = £9,391

Post Sport for Confidence:
GP visits to surgery Monthly 12 x 44 = £528
Psychology fortnightly sessions - £62 x 26 = £1,612
Prescription £23.30 x 1 x 12 = £280
SFC sessions £4.74 x 52 = £246
Day centre weekly £81 x 52 = £4,212
Total = £6,878

Total cost saving in one year = £2,513, plus improved quality of life
Case Study - David

David is a young man with a diagnosis of Asperger’s Syndrome who was referred to OT having recently lost his job. He had been out of work for one year and been claiming benefits as he had not been eligible for a redundancy payment.

Prior to Sport for Confidence

David lacked a balance in his occupations and had limited structure to daily activities. He had difficulty with social communication and interaction skills and was keen to develop vocational skills to secure paid employment. He had seen a specialist employment advisor for three sessions.

He had also seen a specialist psychologist for assessment and was not willing to receive any further mental health input. He was assessed as potentially requiring weekly psychological input for approximately 6 months, or being at significant risk of requiring admission as an in-patient.

David was paying for his own HBO treatment (Hyperbaric Oxygen treatment)
Cost is indicated at $150 per session (approx. £105) (www.hyperbaricanswers.com)

Sport for Confidence intervention

David started to attend the ‘Sport for Confidence’ group on a weekly basis. This group provided opportunities for David to engage in physical activity whilst socialising with others and forming new relationships.

David demonstrated that he had a wide range of skills in a variety of sports. OT recommended that he investigated local sports clubs which will allowed him to increase his skills and knowledge of the sport whilst also widening his social network. Positive feedback from the coach regarding his competence in the activities encouraged him to acknowledge his success and achievements. David then became motivated to explore leisure activities both inside and out of home environment which could be incorporated into a weekly routine.

Rock Climbing was identified an appropriate leisure activity for David as it was graded to increase opportunities for success and to help increase his self-esteem and confidence. The climbing wall was situated in the same venue as the ‘Sport for Confidence’ programme so he was familiar with this environment and was already motivated to travel to the group. David completed a 1:1 session alongside OT and then actively sought out ways in which he could continue with this activity.

David identified that he had some difficulties with his social communication and interaction skills. He had limited involvement in activities which encourage him to socialize with other people and to develop his social skills and confidence interacting with others. David attended both the Sport for Confidence groups and another Social Sports group which increased opportunities to engage in sociable activities, practice his social communication and interaction skills; increase his circle of support and form friendships. David was observed to begin to establish a rapport with others and spent time with individuals who had similar interests and sporting ability.

Resulting from Sport for Confidence

David had one further session with his employment specialist who began supporting him through the process of securing paid employment. This specialist came to observe David within the Sport for Confidence group and worked with OT to investigate voluntary work to help to re-establish routine and improve mood and motivation to continue job search. Feedback from other professionals and David's employment advisor identified that he had begun to transfer and continue to develop social skills learnt into other areas of his life. The
group setting had allowed for opportunity to help increase his self-esteem and confidence and provide regular opportunities for success.

David also completed a basic climbing skills course independently. Climbing was extremely beneficial as it required him to socialize, interact and work in collaboration with others both on a 1:1 and group basis. David has sustained he participation in this activity and now attends the evening climbing club.

David is now in paid employment.

On a wider basis, prior to the SFC programme, David’s mother has also been visiting her GP weekly due to her anxiety with David’s situation. She has now been able to stop her visits.

**Cost savings achieved**

**Prior to SFC**

Benefits £143 per week x 52 = £7,436
Psychological assessment (9 hours total) £62 x 9 = £558
Potential weekly psychology sessions £62 x 52 = £3,224
or
Potential in-patient mental health admission (mean value) = £4,389
Employment advice = £584
HBO treatment e.g. 10 sessions £105 x 10 = £1,050
Mother’s weekly visit to GP £44 x 52 = £2,288

Total cost = £15,140 with psychology (£16,305 with in-patient admission)

However, research carried out with high functioning adults with autistic spectrum disorders estimates that the average cost, including lost employment, of an adult living in a private household would be **£38,693.**

(pssru.ac.uk)

**Post Sport for Confidence:**

David returned to employment and has no other ongoing support from health and social care.

Total costs = £0

‘We see the SFC programme potentially, where appropriate and where individuals choose to, being a stepping stone to pursuing more mainstream activities. From a professional perspective the groups allow us to facilitate social skills, problem solve and offer some direct coaching, they also provide us with the opportunity to support people in small group activities. By encouraging the individuals, we work with to engage in sporting activities we are helping them develop other skills to manage their stress levels and to improve their levels of fitness.’

(David’s Psychologist)
**Your contact details**

Lyndsey Barrett, Director and Senior occupational therapist, Sport for Confidence  
Lyndsey@sportforconfidence.com  
07809 142805

**Please confirm that you have gained permission from your employer to share this information**

Sport for Confidence is a Social enterprise run by an occupational therapist.  
All names anonymised and permission gained.

**Any other comments**

‘Sport for Confidence has been the best thing for my son. He has gained so much from this group. Money cannot put a price on how much it has changed things for him. He has confidence and freely talks to people without looking down and has more independence.’  
*(Parent of Client)*

Sport for Confidence integrates occupational therapy theory and approach to support the delivery of sport for adults with learning disabilities. The programme provides all the necessary tools to enable occupation and help individuals to achieve their full potential.  
The partnership between a coach, leisure centre and health professional ensures a practical approach to supporting individuals overcome barriers which would have previously prevented them participating in a mainstream leisure environment. As a result, the Sport for Confidence groups not only allow for skill development in sporting activities but a holistic achievement of personal well-being. This in turn can reduce the reliance for individuals on social care support and specialist services.

All figures are taken from Unit Costs of Health and Social Care 2015 Compiled by Lesley Curtis and Amanda Burns. [http://www.pssru.ac.uk](http://www.pssru.ac.uk)

**IMPORTANT:**  
This case study may be used in the wider public domain to promote occupational therapy. Please ensure that you have gained permission from your employer and, where appropriate, the service user(s) if named.
Press and PR – March 2017

sportcoachUK #CoachingCan Campaign
Week 1: https://youtu.be/vsg2akYZSn8

Sport for Confidence has been referenced in the new NHS Allied Health Professionals Strategy as an exemplar case study: https://www.england.nhs.uk/ourwork/qual-clin-lead/ahp/

Sport for Confidence has received £100,000 from the Director of Public Health at Essex County Council:


The OT Magazine: http://ot-magazine.co.uk/sport-for-confidence-programme-recognised-by-nhs-england/

Sport for Confidence has also supported the Sport England ‘Coaching Plan for England’ strategy which highlights:

• Learning from alternative professions to make it easier to get into coaching;
• Coaches learning from professionals outside the sport and physical activity sector;
• People with learning disabilities moving into coaching roles – people like me;
• The role of mentoring and professional development around inclusive practice.

Sport for Confidence was selected by The College of Occupational Therapy for their ‘Value of OT’ campaign during 2016.