

# SPORT FOR CONFIDENCE

## Starting the Conversation: Staying Well & Being Active

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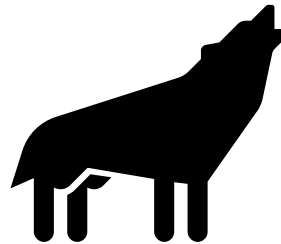
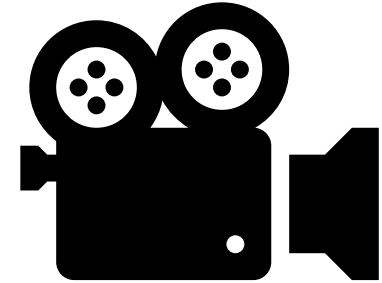
# Housekeeping

Please switch off your videos and audio to ensure we have the best connection possible and minimal disruptions.

There will be an activity later when we you will need to switch your videos back on.

Please note this webinar is being recorded and later shared. Please feel free to keep your video turned off if you do not wish to be seen.

Thank you 😊



# Starting the Conversation – Staying Well and Being Active

*There has never been a more important time to have conversations about the importance of being active and the impact it has on our health and wellbeing.*

*This workshop has been produced by our team of Occupational Therapists, to enable you to have these conversations and to encourage other people who you may support to be part of those conversations as well.*



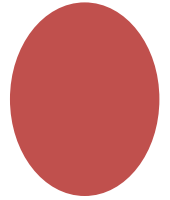
# Learning outcomes

By the end of the workshop you will:

- Find out more about Sport for Confidence and gain an understanding of occupational therapy and meaningful activities.
- Increase your knowledge about the physical and mental health benefits of physical activity.
- Understand the government guidelines for sport and exercise.
- Know how to start a conversation about staying well and being active.
- Understand how to explore and help incorporate physical activity into people's daily lives.
- Understand how you can support people to remain active and keep well.

# Sport for Confidence

- Sport for Confidence is a pioneering initiative, which supports people who face barriers to participating in mainstream sporting activities
- It is a unique partnership between healthcare professionals, leisure centres and local sports clubs which sees Occupational Therapists (OT) working directly with sports coaches and staff, to make adjustments that create truly accessible sport & leisure opportunities



# Sport for Confidence

In February 2020, our team delivered:



**71**  
groups per week



**13**  
locations



Catering for people  
aged between  
**5-97**



Barriers broken  
and reasonable  
adjustments made  
to ensure its  
**accessible**  
for anyone.



Average of  
**710**  
unique clients  
attend weekly



**122**  
new clients



A throughput of  
**2840**  
**attendances**  
across all Groups  
a month



# Occupational Therapy

- Concerned with promoting health and well-being through occupation. The primary goal for OT is to enable people to participate in the activities of everyday life
- Focus on engagement in meaningful activities of daily life (self-care skills, education, work, leisure and social interaction) especially to enable or encourage participation despite impairments or limitations in physical or mental functioning

# Occupation

## Definition of Occupation

Everyday activities that people do as individuals, in families and with communities to occupy time and bring meaning and purpose to life. Occupations include things people need to, want to and are expected to do.

# Principles

Participation in meaningful activities impacts positively on our health and wellbeing and provides opportunities to develop new skills which can then be transferred in to other areas of our lives.

Our focus is to enable or encourage participation despite impairments or limitations in physical or mental functioning.

# A National Strategy

The importance of starting conversations about incorporating physical activity (PA) into everyday practice has been emphasised in strategies and policies nationally, for example:

- Everybody Active, Every Day (Public Health England): this framework aims to embed PA into daily life and has an evidence-based approach for national and local action to address the physical inactivity epidemic.
- Public Health England: focuses on four key outcomes to improve PA:
  - Active society: create a social movement to promote PA and change attitudes nationally
  - Moving professionals: activating networks in all sectors, not just health
  - Active environments: create the right spaces that encourage and support physical activity
  - Moving at scale: base interventions on community needs and evaluate what works.
- Sporting Future – A New Strategy for an Active Nation (Department for Digital, Culture, Media & Sport): the government has redefined what success in sport means, focusing on five key outcomes: Physical well-being; Mental well-being; Individual development; Social and community development; Economic outcomes.
- NHS England wants to move to a more community-centred model and proposes new ways of working in their Five Year Forward View, arguing for a more engaged relationship with patients, carers and citizens to promote well-being and illness prevention, by implementing personal health budgets for example.
- The Care Act (2014) suggests that people should be able to use their personal budget for PA if they are able to demonstrate this is best for their wellbeing and will meet outcomes agreed in their support plan.

# Sedentary lifestyles



Evidence links inactivity with being overweight and obese, type 2 diabetes, some types of cancer, and early death.



A sedentary lifestyle is thought to slow the metabolism and affect the body's ability to regulate blood pressure, blood sugar, and break down body fat.



We are advised to reduce the amount of time we are sedentary and to exercise at least **150** minutes a week, in order to reduce the risk of ill health.



Evidence suggests the following groups are most likely to be inactive and under-represented in both Physical activity and sport in Greater Essex:

- People with a life-long limiting illness or disability
- People aged 65+
- People from lower socio-economic groups
- Unemployed people
- Females
- Black and ethnic minorities

*Information taken from Active Essex*


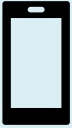


















# Government Guidelines



# Government Guidelines



# Bingo

<b>Sedentary Activity</b>				
<b>Light Physical Activity</b>				
<b>Moderate Physical Activity</b>				
<b>Vigorous Physical Activity</b>				
<b>Muscle Building Activity</b>				

Play Your Part™  
[sportforconfidence.co.uk](http://sportforconfidence.co.uk)

# Starting the Conversation: Staying Well & Being Active Tool



# Ask

Ask people about how they normally spend their time, using open discovery questions.



# Listen



Find out what matters to them



What activities are important to them?



What do they need and want to do in their life?



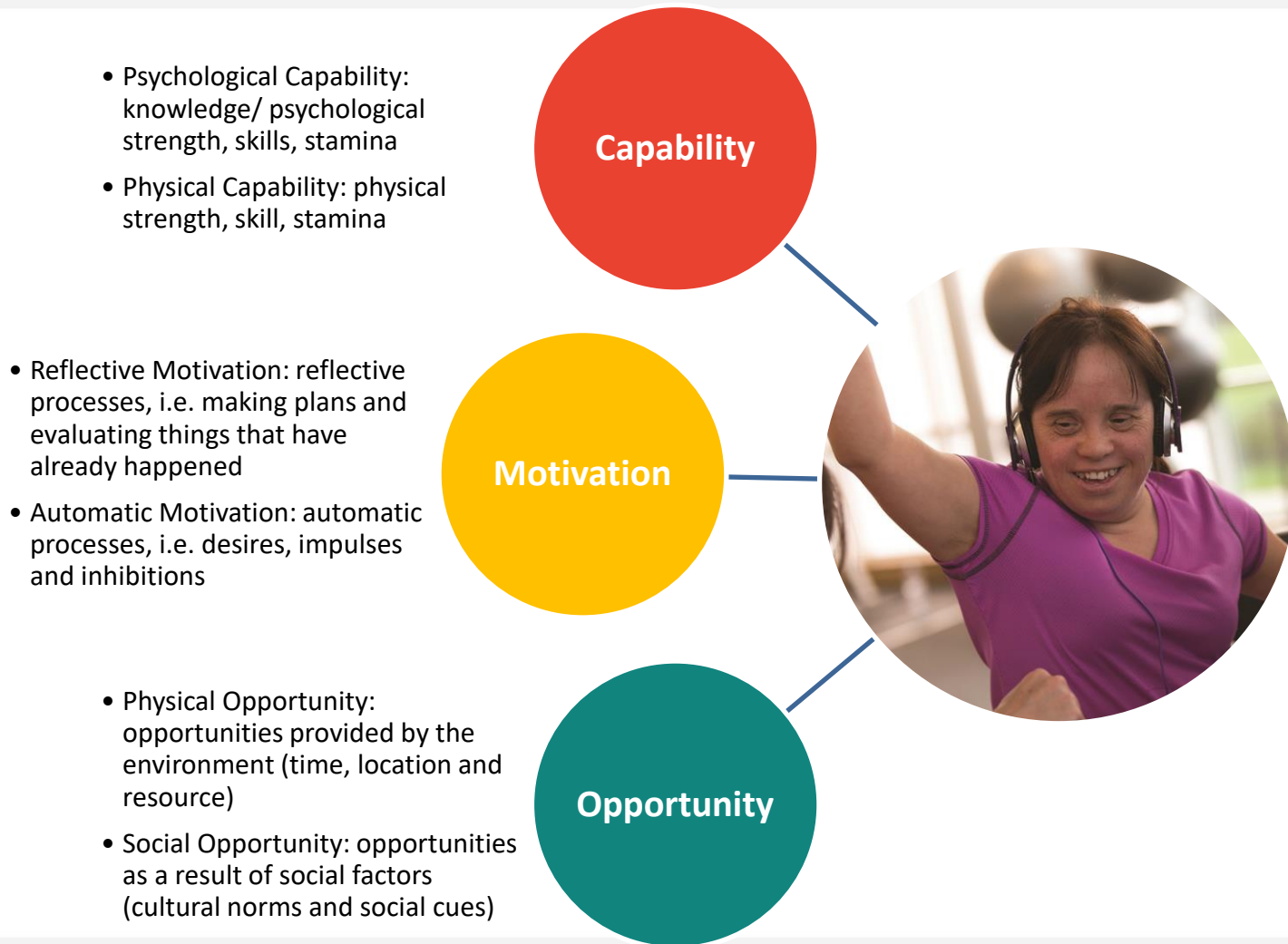
What does a good life look like for them? How can physical activity help them to achieve this?

## Reflect:

These questions are really important – they help you find out about that individual person and what matters to them



# Behavioural change



# Case study: SfC supported gym (prior to Covid-19)

Judy is 65 years old, she has arthritis in her knees and back, right-sided weakness and her mobility is deteriorating. As a result of her deterioration she has been experiencing depression and anxiety.

Judy's GP recommended she attend a gym.

Judy falls into the most likely to be inactive and under-represented in physical activity category, due to being a female, age 65 and living with a disability.

## Barriers/Capability

The thought of exercise was scary and felt unachievable to Judy. She was self-conscious and felt too embarrassed to attend a gym as she would require assistance accessing the equipment.



## Motivation

Judy previously worked as a chef and recently had to give up volunteering at her local food bank, which she loved, because she was finding it too painful to stand at the kitchen counter for long periods and found it difficult lifting pots and pans. She wanted to return to volunteering.



## Opportunity

After talking about the benefits of exercise to help maintain or improve her current level of mobility, stamina and strength as well as to help with pain management, Judy started to attend Sport for Confidence supported gym sessions twice a week.

## Judy's testimony

“The support from Sport for Confidence staff has been incredible - helping me in the gym with the equipment and just being able to talk to them about things. Words cannot express how much they are helping me. It's an amazing programme and I tell everybody about it. If I wasn't attending the gym and receiving the incredible support from Deb and Fanuel, I believe I would be in a much worse position than I am and for that I am eternally grateful.”

# Stay Connected Case Study

Lucy is a 28-year-old female. Pre-Covid she would see her Dad and Fiancé daily. She lives in supported living so has been isolating from them both since lockdown began. Lucy has learning disabilities, poor mental health, she is overweight and she reported she often feel fatigued and has regular knee pain.

Lucy's mental health is at high risk of decline due to socially isolation and occupational deprivation.

Her physical health is also likely to worsen if Lucy stops going out and disengages in daily occupations.

Lucy falls into the most likely to be inactive and under-represented in physical activity due to being unemployed, living with a disability and being female.

We have used physical activity as an intervention to provide meaningful engagement, improve wellbeing and to prevent decline in mental and physical health....

# Stay Connected Case Study

## Barriers/Capability

Fatigue, pain, 'small messy room', sad due to being away from loved ones, overweight, no one to be active with, no wifi, not sporty



## Motivation

Getting married next year, enjoys music and dancing, likes talking to OT, wants to lose weight, likes going to the shops.



## Opportunity

Provided a Video Carephone, provided weekly virtual support from OT - this is focused on what motivates Lucy and includes a dance session using a graded approach. We set weekly goals and she has started her own journal where she writes her goals and tracks her steps. This enables opportunity to celebrate achievements.



## Long term goal

Continue to provide interventions to support Lucy biologically, psychologically, and socially. This will include rehabilitation in the community to work towards Lucy's long term goal of attending weekly dance sessions. Graded approach - 1:1 Walks, tour of leisure centre, meet the team, introduce to inclusive dance session to enable her to begin to attend independently and engage in mainstream physical activity on an equal basis to her peers. This is likely to improve her quality of life and it all began with starting the conversation.

# Behavioural change

## Sustain Talk

Language that someone uses that supports them to stay the same

For example: "I don't like cycling, it's dangerous"

Can sound negative  
Reflects self-doubt

VS.

## Change Talk

Language that someone uses to support the direction of change.

For example: "I could try cycling around the park".

Confident / Self-efficacy talk  
Reflects self-belief



# Learn

Explain to people why being active is important.

Having a good mix and balance of things to do in our daily lives can reduce the chance of us developing some health conditions and keep us well. Being active improves our health and can make us feel better.

Being active doesn't have to mean sport and physical activity, it can include everyday things like walking and gardening.

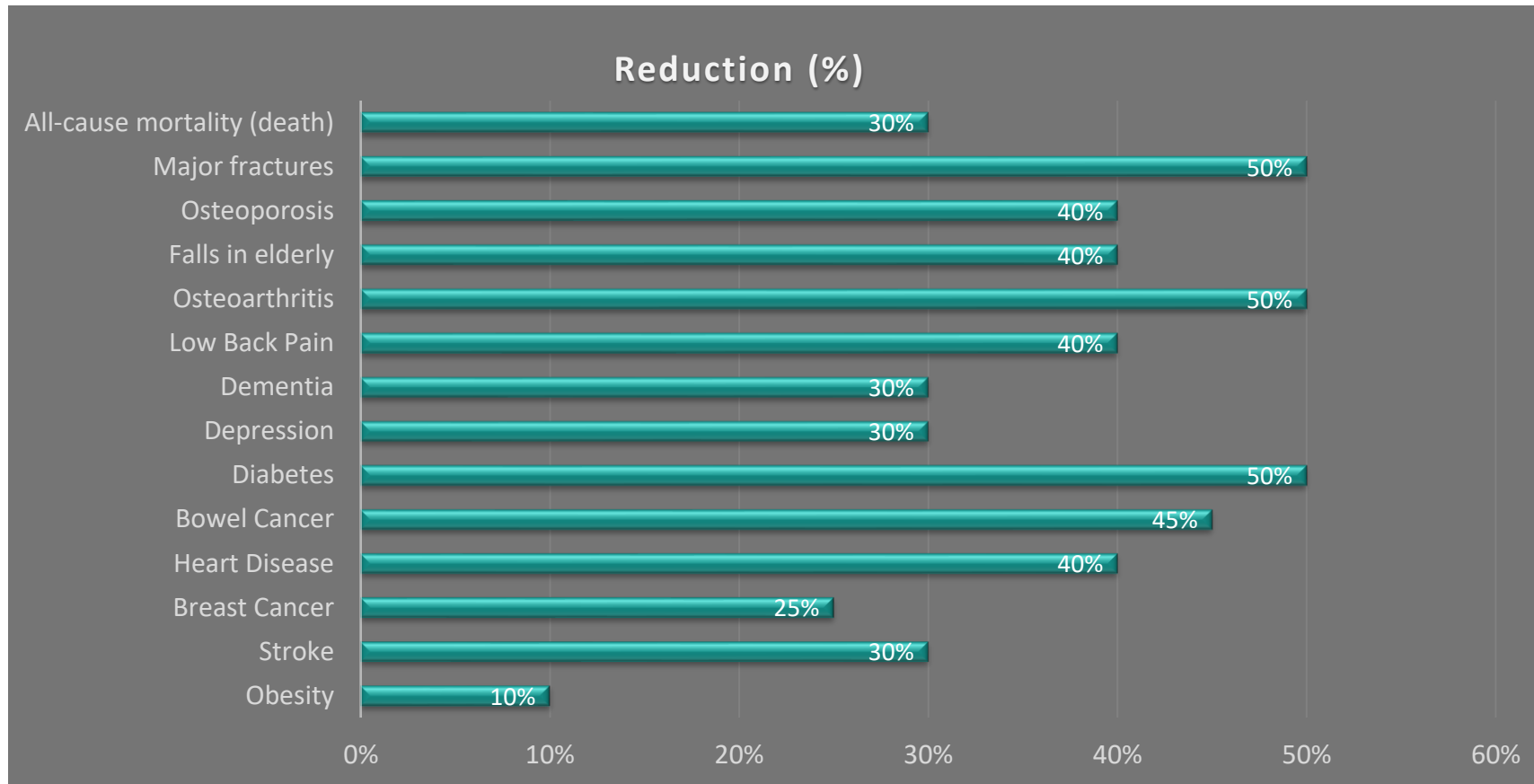
## Reflect:

Link back what people have already told you about what they do or want to do – give examples based on what they have told you they enjoy/want to do.



# Impact on health

Evidence suggests that by doing the recommended level of exercise, you could reduce the risk of developing the following conditions...



Info from: Academy of Medical Royal Colleges (2015). *Exercise: The miracle cure and the role of the doctor in promoting it*

# Explore

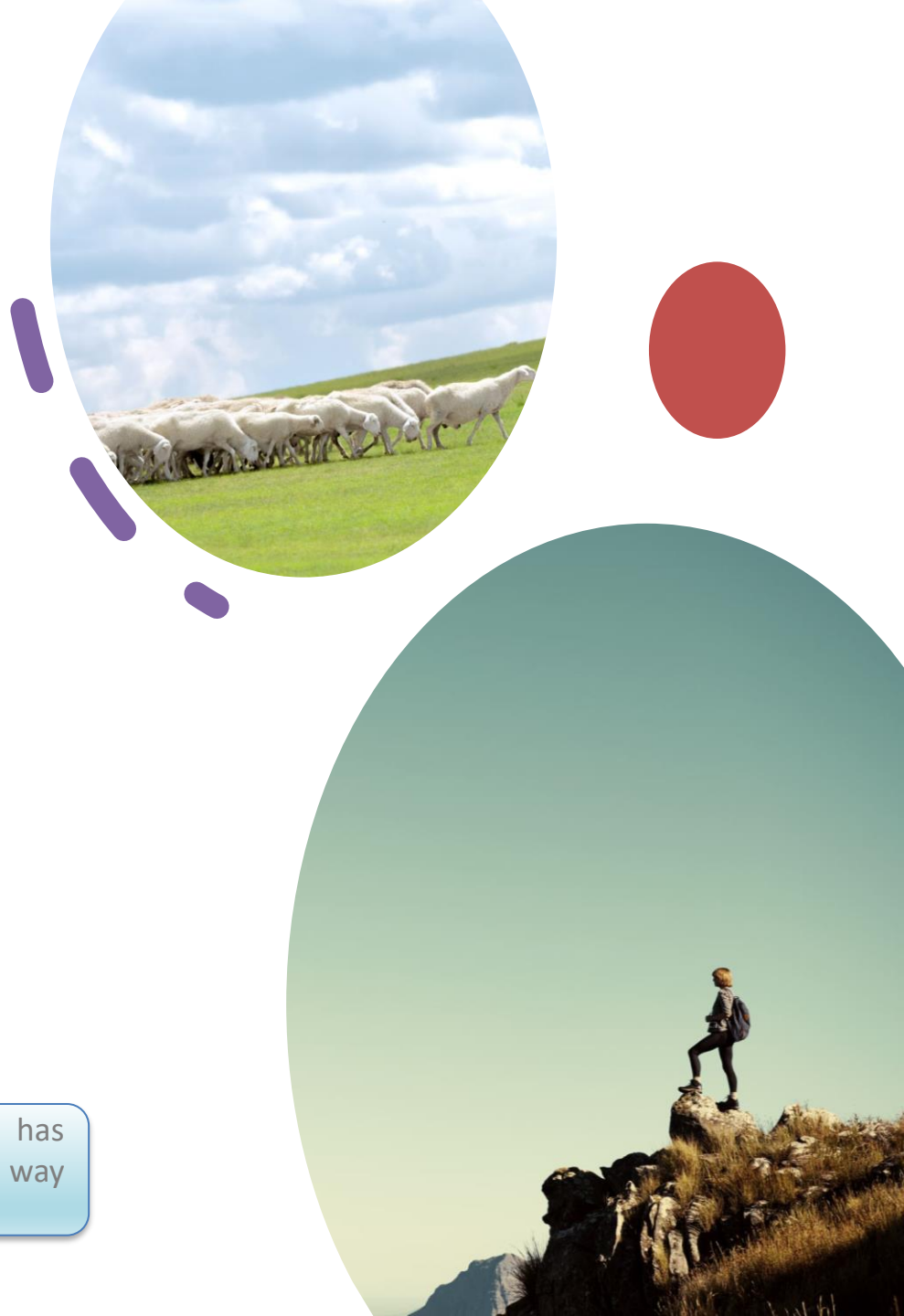
If people aren't doing much physical activity in their daily lives it can help them keep healthy and feel better to do a bit more, but be sensitive and make sure you don't make them feel bad about what they are doing – this could reduce motivation even more.

Doing more is often best done gradually – in small steps.

Also, suggest, they try doing things they are currently doing in different ways (like walking at different speeds or to different places).

## Reflect:

Explore how doing physical activity has impacted on their life in a positive way previously/currently.



# Collaborate

Once you have found out about the person, what they need and want to do, and built a relationship with them, you can ask if they would like to set goals around being active.

Remember to think about what matters to and motivates them.

## Reflect:

Give examples of non-physical goals, for example how doing things differently in their everyday life might also build social skills and self-esteem.



# Collaborate

“You treat a disease,  
you win, you loose.  
You treat a person,  
I guarantee you win -  
no matter what the outcome”.

Patch Adams



# Activity

In pairs start a conversation using these example questions and note down the following:

1. Physical activity mentioned (light, moderate or vigorous).
2. Did you hear any sustain talk?
3. Did you hear any change talk?
4. What advice would you give them about incorporating more physical activity into their daily lives?

1. What is a typical day like?

2. What activities are important to you?

3. How do you feel about the way you spend your time?

4. What do you need and want to do in your life?

5. What would help improve your wellbeing?

# Plan

When discussing and agreeing goals remember to be realistic and fully explore what options are available to the person.

You will need to discuss things such as their environment (what is their housing situation like? Do they have outdoor space? Do they live with other people? Are they able to mobilise and travel independently? Is the cost of some physical activity sessions a barrier? Is there an identified risk or health need to consider?

There are lots of things to think about and explore and this may take some time. Just one thing going wrong or not being considered can stop someone being active.



# Support

There are lots of organisations that can offer support.

Consider: does the person has access to the internet?  
There are live classes, activities and lots of future information about activity, health and wellbeing at: [www.activeessex.org](http://www.activeessex.org) and [www.sportforconfidence.com](http://www.sportforconfidence.com).

Using outdoor space for activities (remaining compliant with guidelines), e.g. walking, jogging, running, cycling.

Clubs and groups might not be on at the moment but most are still happy to talk about what they offer and what to expect when they return.

If no internet access, and a postal address is provided please share offline resources for physical activity ideas. Or email: [administration@activeessex.org](mailto:administration@activeessex.org) for further information.



# Celebrate

Celebrate achievements

However small they seem –  
managing to do the same as  
last week is still an achievement!



# References and resources

Academy of Medical Royal Colleges (2015), Exercise: The miracle cure and the role of the doctor in promoting it: [http://www.aomrc.org.uk/wp-content/uploads/2016/05/Exercise\\_the\\_Miracle\\_Cure\\_0215.pdf](http://www.aomrc.org.uk/wp-content/uploads/2016/05/Exercise_the_Miracle_Cure_0215.pdf)

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Care Act (2014), UK General Public Acts: <http://www.legislation.gov.uk/ukpga/2014/23/contents>

Department for Digital, Culture, Media & Sport (2015), Sporting Future – A New Strategy for an Active Nation: <https://www.gov.uk/government/publications/sporting-future-a-new-strategy-for-an-active-nation>

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NHS (2017), Five Year Forward View: <https://www.england.nhs.uk/five-year-forward-view/>

NHS (2019), Why we should sit less: <https://www.nhs.uk/live-well/exercise/why-sitting-too-much-is-bad-for-us/>

Public Health England (2014), Everybody Active, Every Day. An evidence-based approach to physical activity: <https://www.gov.uk/government/publications/everybody-active-every-day-a-framework-to-embed-physical-activity-into-daily-life>

# SPORT FOR CONFIDENCE

Thank you for Listening!