

Creating Opportunities



Sport for Confidence Report

Prevention and Enablement Model

October 2020



Inclusive Dance - Reconnect



Golf - Tendring Men's Group



Halloween Dance - Reconnect

Summary of North

During month three of the Prevention and Enablement Model, Sport for Confidence have continued to deliver inclusive Physical Activity sessions in both Colchester and Tendring Leisure Centres. The team have supported more clients back to the leisure centres and have continued to build connections with local organisations and health professionals. Nine new clients joined within October. Eight of the nine attended with a health professional or support worker for the first session. Four clients were signposted from the EPUT North East Essex Specialist Psychosis Team. The other new clients heard about SFC from a community nurse, a Dedham Community Farm OT and Colchester Gateway Club. Building new connections is supporting the outcome of creating a clear pathway to physical activity. Throughout October we have continued to create community partnerships and sharing knowledge and resources which is discussed below.

In Tendring, sessions had remained inside the leisure centre from the 28th September until the leisure centre unfortunately closed due to a Covid incident on the 16th October. The leisure centre also held a blood donor day in the centre on the 13th October, so the team were unable to deliver sessions indoors. Not having access to indoor space has a detrimental impact on the delivery of PEM, particularly for the clients being supported through the Reconnect sessions.

The team have continued to deliver the Community Physical Activity Programme in partnership with the Specialist Psychosis Team.

Total October attendances: 229 + 24 for the Community group

Number of sessions: 34 + 4 for the Community group

Summary of South

October has been the first full month of delivery after the long period of isolation. Currently what is being found is that day centres are still currently closed to many clients and are only accepting clients with mild disabilities. Therefore, we have gained a lot of new clients who wouldn't usually attend, as there are no services to support them in the current period. Also due to COVID a lot of work experience and volunteering opportunities have been put on hold, again, increasing the participation at Sport for Confidence. This shows how valuable a consistent, adaptable and inclusive service is for the community in this current time.

For the clients attending regularly, they are reporting how important the return to the leisure centre has been for them and the much-needed structure and routine has enabled them to have a more positive outlook and has increased their mental health.

There have been more connections made with health and social care OTs and social prescribers as there has been an increase in their referrals made to these services post COVID due to the lack of structure and routine. These services are therefore turning to Sport for Confidence, to enable clients to participate in activities and connect to the community in these restricted times.

Total October Attendances: 235

Number of Sessions: 24

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PEM Workstreams

Reconnect

Summary and System Change

The sessions have gained momentum and are now part of the clients regularly weekly routine. Clients have reported how important these sessions are to them and that the routine of coming to the leisure centre has been welcomed after the long period of isolation.

Last month the OTs were having difficulty with completing the surveys with clients as well as delivering the sessions. Essex County Council staff have kindly supported us in completing the surveys with the clients and have been attending on alternate weeks. As this was out of their comfort zone and wanted some guidance, a resource was created for them with information and advice on how to speak to someone with a learning disability.

Due to the day centres limiting opportunities and other community services not currently running as normal, social prescribers and social workers have reported they are finding it difficult to sign post clients to services which will help provide structure to their lives. The OTs have been liaising with social prescribers and helping them with clients and their referrals.

North

Throughout October there has been an increase in attendances and new clients within the North. In Colchester there has been a total of 193 attendances within Seated Exercise, Inclusive Dance, Health Club, Boccia, Multi-Sports and Football Fitness. In Clacton there has been a total of 36 attendances in Multi-Sports, Boccia, Inclusive Dance and Fun Fitness.

Sessions had remained in Clacton Leisure Centre from the 28th September until the leisure centre unfortunately closed due to a Covid incident on the 16th October. The leisure centre also held a blood donor day in the centre on the 13th October, so the team were unable to deliver sessions indoors. Not having access to indoor space has a detrimental impact on the delivery of PEM, particularly for the clients being supported through the Reconnect sessions.

When advised that the team had no access to space in the leisure centre, the team quickly adapted to delivering sessions outside of the leisure centre again, however, there was a clear correlation between the sessions being outside and a drop in attendances. With sessions being outdoors additional barriers are faced. Poor weather and no access to toilets, equipment or seating can be problematic particularly for those with medical conditions or at risk of falls.

To resolve some of the issues stated above, management from both parties had conversations around communication to ensure clients aren't at a loss. New processes and pathways for alternative places are being considered and these conversations remain ongoing. Within the PEM model the SFC team are going to implement workshops to ensure that leisure staff are aware of the value of having the SFC model in the centre which will also be offered to others involved in the project such as council staff.

Within Colchester a meeting was held with Leisure Centre Managers, The SFC Team and Michelle Tarbun from Colchester Borough Council. This helped to ensure transparent and regular communication is occurring to enable the model to run as smoothly as possible. SFC shared a report with the leisure centre and took ideas for moving forward. Michelle then joined a session to see how

Reconnect is being delivered. Since the meeting Michelle has connected us with her team and Active Essex to create a joint application for a Pool Pod which will make the centre more accessible. As discussed in last month's report it is hoped that if the application is successful, we can add an SFC Water Aerobics session to the timetable.

The Men's Community Physical Activity Group in Clacton continued through October with activities such as Cricket, Fishing and Archery. The Men are going to be offered a follow up group where they can discuss ongoing opportunities to sustain a more active lifestyle and continue to build new connections and develop new skills. The surveys will be completed on a 1:1 basis to reduce the barriers the gentleman faced previously. The barriers reported included feeling pressure to complete the survey quickly and accurately, feeling worried about their handwriting and the staff reported it impacted upon the atmosphere of the session when completed within the group.

North PEM team delivered a presentation to the One Colchester Delivery Board to raise awareness of the PEM workstreams, particularly Reconnect. This led onto numerous discussions with other professionals and enabled us to create new links.

Plan: Gather information for the Pool Pod Proposal and send to Michelle prior to the last week of November. To offer follow up group to the Men's Group and complete the surveys on a 1:1 basis (These can be complete independently via the link, over the phone or on zoom).

South

The sessions currently running at Basildon Sporting Village are gymnastics, swimming, walking group, tennis and creative dance.

Clients have recently suggested they would like to be able to do strengthening and conditioning exercises in the pool. The team have decided that the coach will run a short 15-minute session during the swimming group for those who would like to participate, this way clients can choose whether they want to engage in this or not. This will make the swimming group more dynamic in its ability to deliver to a wider variety of needs. On reflection, the same will be completed within the gymnastics session, to offer a structured section of the session instead of an entire freestyle session.

In regards to the cycling funding bid, the application has been completed and sent to the panel for a decision on the funding. The name of the cycling project has been made in partnership with the Sport for Confidence clients. The name suggestion was Simply Cycling with the tag line of "where there's a wheel there's a way".

As part of the walking group we have been utilising the app Street Tag but have found some issues with using it such as, tracking wheelchair mileage and removing clients that no longer participate. Grant Taylor put OT in touch with Seun, the creator of Street Tag, and met and discussed the issues. Seun provided OT with advice on how to overcome these problems and said he would put extra tags in Gloucester park for the clients to get. Seun also invited OT to speak on his podcast about how OT is using the app as part of COVID rehab and integration back into the community.

OT has also been liaising with the local activity centre lead for older people as currently their centres are not open as they do not meet the criteria as a safe COVID space. Therefore, OT has been to meetings to discuss how Sport for Confidence can support the local activity centre clients in remaining physically active in these uncertain times.

Plan: To provide a short, structured section to the gymnastics and swimming sessions, to await outcome of cycling application, to record street tag podcast with Seun.

Care Homes

Summary and System change

Previously, the original plan was to deliver the care home workshops face to face. The day before the first care home workshop the government announced that Essex would move to tier 2 which meant that the OTs could not enter the care homes for the presentation. This has now meant that the workshop needs to be amended so that it can be delivered online to staff whilst also trying to encompass the same experience they would have received if it was face to face.

Once the workshop has been created the OTs are looking at delivering one in the north and one in the south. The reasoning behind this is so that we could create a link between the three care homes which may mean they are more likely to network or work together in the future, it will also provide a good number of participants to the workshop which will enable discussion and generation of ideas.

In the PEM project group, Emma Branch reported that she was also doing training for care homes within the Basildon and Brentwood area and it would be good to co-ordinate the training so that there is no overlap, but also will enable efficient signposting for the care homes to other training available to them. Also, by creating this link it will allow for communication between health and social care providers.

Below are the aims of the workshop (Content TBC):

- Increase your understanding of how physical activity can be used holistically
- Improve your confidence with using physical interventions
- Support you to increase resident's engagement in meaningful activity
- Reduce the risk of falls
- Increased independence in activities of daily living for residents'

North

All three Care Homes in the North had been contacted and booked in for face to face workshops, unfortunately due to Covid cases rising in Essex. When the virtual workshop is complete the care homes will be contacted to book in a suitable time and date.

The team have also made links with community partners to support care homes to be active during the winter months. Local partners in North Essex have teamed up to offer 31 care homes a full 24-day Activity Advent Calendar. Within the calendar, SFC have offered to facilitate a Boccia Tournament for all 31 Care Homes. An OT and Coach will provide virtual videos demonstrating how to play Boccia and they will explain how the tournament will work. Boccia has been chosen as it is the most accessible sport and can be played by anyone regardless of age, gender, ability, or disability. Physical Activities such as Boccia can be used as a therapeutic tool to encourage social and community engagement. At a time where Care Homes are most isolated, the SFC team want to ensure residents connect with others in a fun and meaningful way.

South

OT liaised with all 3 care homes cancelling the planned workshop and were informed that it will now be online training, once this training has been created the homes will be contacted again and rebooked into the online session. As part of the presentation there will be a link for carers to click on to complete the pre-evaluation survey prior to participating in the workshop.

Plan: Re-create workshop for online presentation and continue to work with local organisations to support Care Homes to be active.

OT Review

Summary and System Change

Due to the current situation of COVID it was decided that attendance to the leisure centre in high numbers of OTs would be high risk for the adult social care team. The SFC team created a new structured workshop which would be suitable for online delivery. The structure of the workshop has been co-produced with the ASC team. SFC have worked in partnership with ESCA to create an online version of the workshop whilst also trying to maintain the experience of attending a Sport for Confidence session. The first workshop has been booked for Friday 6th November 10.00am. ASC OT's will be encouraged to visit the centre in the future to observe a session and link in with their appropriate OT.

The content of the workshop includes:

- An overview of Sport for Confidence
- *Task:* Why do we use physical activity as an intervention? And how do we relate this to the care act?
- *Task:* Case study examples and discussion
- COVID and Physical Activity
- Navigating the landscape and inactivity within the UK
- How OTs can interact with Sport England and sporting NGBs.
- World federation of OT
- *Task:* Participate in physical activity and use activity analysis to assess occupational performance components
- Challenging assumptions surrounding disabled people and sport
- *Task:* Testing the concept – Identifying how ASC OTs can implement physical activity into everyday practice using the care act as guidance.
- Creating opportunities – identifying what opportunities are available to people by participating in physical activity.

Adult Social care OTs as part of the test and learn phase will be using outcome measures to evaluate the occupational outcomes for their clients and are considering using COPM and/or GAS goals.

The Facebook group has been created and is currently in the design stage before it is officially launched.

The team are currently hosting their second OT student placement from the university of Essex this month. This placement is a lead placement and involves a service improvement project.

The team are creating a formal document in partnership with Alex Laidler (Principle Occupational Therapist) outlining the importance of ASC OT's collaborating with SFC OT's in the leisure centre. The document will cover how this collaboration will enable joint working and empower OT's to embrace physical activity to achieve Care Act strategic aims. Included will be case studies from OT's who have collaborated with SFC previously to explain how joint working has influenced culture change for them and their teams.

North

OT has continued to work with ASC OT's to design OT Workshop. Links have been made with seniors from the EPUT Specialist Psychosis Group who have invited SFC OT to presentation at their November team meeting. OT had booked to attend EPUT 'Breakfast Club' which has now been rescheduled for November. An OT Assistant came to visit SFC and take part in a dance session so she could learn how physical activity can be used as an intervention. She reported that she was going to report back to the team about her experience and encourage them to attend a session. An OT from University of Essex joined us to take some imagery for her research and she took part in a Boccia session. SFC OT has been discussing system change with Senior OT's, particularly relating to the use of physical activity as a preventative intervention. For example, if a client is supported to be more active they will be less likely to get a pressure sore which will prevent them from pain and complex health issues, whilst also preventing the need for further input from ASC and equipment. Case studies are being created to share this learning.

Plan: Deliver OT workshop during OT Week and write Case Studies to share with OT's.

South

OT has liaised with Guy Montague-Smith and is invited to the OT hub in the south in November to speak about physical activity and Sport for Confidence. OT will use this opportunity to encourage OTs to attend at least one zoom session and promote the online session for ASC OTs desk yoga on a Tuesday morning. OT has also liaised with Debby Heath has been invited to the mid OT hub as well, also in November to promote SFC and physical activity.

OT has also linked in with Gracie Moore an OT in the community forensic team. We will jointly be working together to work in both Chelmsford and Basildon to assist with a streamline service into community transition, through enabling clients to access SFC, supporting volunteers and creating a community resource from previous experiences. OT and coach to visit 2 secure service units and speak to clients.

OT has liaised with an EPUT OT who stated that EPUT is currently focusing on a physical intervention sequin within the trust. OT to research this further and liaise with Glen Westropp.

Plan: Attend OT hub meetings, continue to work alongside Gracie, contact Glen Westropp.

Strength and Balance

Summary and System Change

No changes from previous month. Two OTs and two coaches have completed their training for love2move. OT is organising love2move sessions on zoom for clients and for assessment. Once established OT to inform Louise Catling.

North

SFC Coach has taken part in the Love2Move training and is due to complete the course in November. Clients continue to work on strength and balance skills within the sessions. Some clients who have deconditioned have benefitted from attending Boccia as a set up group which gradually incorporates movements such as sit to stands to improve balance skills. Clients who attend Health Club have been taking part in a weekly circuit which focuses on areas such as strength, balance and coordination. Each week the clients have the option of having their time to complete the circuit measured which allows them to track their progress. Each week the client's times have improved as they develop new skills and become more confident. It is envisaged that working with the Care Homes to implement the Boccia Tournament will encourage strength and balance activities.

South

Two OTs and one coach in the South has completed love2move training. To complete assessment to be signed off officially.

Plan: Organise Love2move session on zoom for assessments and long-term use.

Measurement	Month – October 2020
Number of attendances at reconnect – Basildon	235
Unique number of attendances at reconnect – Basildon	55
Individual carers/ support workers attending reconnect – Basildon	111
Number of attendances at reconnect – Colchester	193
Unique number of attendances at reconnect – Colchester	32
Individual carers/ support workers attending reconnect – Colchester	36
Number of attendances at reconnect – Tendring	36
Unique number of attendances at reconnect – Tendring	6
Individual carers/ support workers attending reconnect – Tendring	4
Number of referrals from EWS	2
Number of referrals to EWS	0
Number of OT hub meetings	0
Number of Facebook Group members	0
Number of interactions on Facebook	0
Webinars delivered	0
Professional attendance at Webinars	0
Number of visits made to local OT's	2 North
Local OT visits to LDP sites	2 North
Number of workshops delivered to OT's	0
OT attendance at workshops (develop awareness of PEM and Physical Activity)	0
Number of attendees to networking conference	0
Number of visits from hospital staff to leisure centres	0
Number of big health days delivered	0
Community partner sessions delivered (increasing confidence in signposting physical activity)	0
Number of adult social care staff trained (OT's, Care Home staff, social workers, MDT's)	0
Please breakdown where new participants/ users have heard about PEM from, or been referred from	EPUT North East Essex Specialist Psychosis Team, Community nurse, Dedham Community Farm OT and Colchester Gateway Club, Stay connected, Community LD team south.

OT Reflections

North

What? Clients have continued to work on specific goals to increase independence and improve quality of life. One Gentleman called Lee has recently started attending sessions in Colchester. Lee initially attended the leisure centre with his OTA for a chat with the SFC OT about the support available to him. The initial visit included a tour around the centre, a chance to observe one of the sessions and Lee had the opportunity to discuss his short- and long-term goals. The client and his OTA reported that he particularly wanted to work on having structure, purpose and routine within his week. Lee was then supported to attend the sessions with his OTA before feeling confident enough to attend independently. Lee is very active and now engages in six sessions a week.

So What? Lee and his Psychosis support team have reported an improvement in mental health since joining SFC due to meeting his goals and building new connections. After reaching his short-term goal around having structure and routine, Lee and the SFC OT discussed opportunities to gain more purpose within the sessions. The SFC OT observed that Lee was finding it hard to maintain focus within Boccia compared to the higher impact sessions such as Badminton. Lee had also reported lacking purpose since losing his job, it was felt that he would benefit from taking on a role within his weekly Boccia session. For the last three weeks he has taken on the role of score keeper which requires a high level of focus and encourages cognitive stimulation.

Now What? Lee has reported feeling more positive within the group and his level of participation have increased.

Below is a quote from Lee about his experience so far:

"I wish to say thanks! For enabling us to do this- to the founders who created this. If I didn't have SFC I wouldn't be here. Please don't stop it's been the base for structure in my life..... I had nothing, no friends I've gone from nothing to everything my mood has improved tenfold.SFC gives me something to look forward to everyday, allows me to meet people and I know I can trust the tutors they have a lovely caring nature".

Lee also reported feeling more supported and less dependent on other services. There have since been discussions about further opportunities such as Service User Group roles which will continue to be explored. The Psychosis Team continue to work alongside the SFC Team and have also invited the OT to their next team meeting to discuss further opportunities for physical activity in practice.

South

- A new client has attended this month. He has come from out of area and received no change over of care. He has recently been referred to a variety of health care professionals such as Learning disability OT and Physio, epilepsy nurse, social worker, advocate and a carer. He has epilepsy which has previously interrupted his activities of daily living due to the risk. HE now attends swimming sessions support by SFC, who work closely with the lifeguards and the carers that support him. This has boosted his confidence and he now attends creative dance. On his first session in dance he stood in the middle of the freestyle circle and danced to his chosen song in front of all his new peers and left with a big smile on his face. From coming from such a complex family environment and transitioning from other services the family are happy that he has somewhere consistent to go and be supported no matter what barriers he faces.

- OT has noted that the gymnastics sessions have been working well as there is a community feel to the sessions developing. The centre is full of gymnastic coaches who consult with the OT and follow the OTs advice and guidance, which shows the value of having an OT within the session.
- A reflection that has been made, has been about risk assessments and risk taking. From experience of being in the NHS there is a big importance of minimising risk and creating safe interventions, something like swimming with a client who has frequent seizures is not an activity that an OT would usually tend to recommend in the NHS. From my experience of working within Sport for Confidence I now believe this isn't something we should be afraid of doing. If the client wants to engage in an occupation, is aware of the potential outcomes and risks have been minimised and plans have been made, then we should be encouraging positive risk taking otherwise there will be no opportunities for people to engage in activities and fulfil their potential as occupational beings.
- Currently it is looking like the government is going to impose a second lockdown. OTs have spent the last few days helping clients work out how to stay active over lockdown and how to get them online to be involved in zoom sessions. On reflection, this could have been done after the previous lockdown but unfortunately did not have the time to set people up accordingly and we were also unsure if the lockdown would happen again. On retrospect, we should have acted quicker in supporting clients to use technology.

Reflections from Essex County Council Visits

Ben Page (Integration and Partnership Locality Lead) - "For me it is seeing the comradery, support and pure joy that the participants bring not only to each other but their carers, support workers, coaches and OT's. Seeing the sessions impact physical and mental health in a tailored and targeted way is phenomenal."

Andrew Graham (Integration and Partnership Locality Lead) - "What struck me during my visit was how the SFC sessions empowered the individual and their carers to explore the possibilities of sport in a fun inclusive manner. Take the gymnastics for instance, a group warm up inspired the confidence for participants to explore the gymnastic course set out before them with their carers at their own pace. Some of the strength and technique displayed by participants was phenomenal. The SFC staff (coaches and OTs) were on hand to support the participants throughout the session in a bespoke manner. The smiles, the laughter as well as the positive atmosphere that was created within the hour session really brightened my day and clearly positively impacted the participants."

Issues, Risks and Mitigations with Delivery

- A few surveys have now been completed with clients and it has been found that some of the questions are not appropriate for wheelchair users. There is a question surrounding physical inactivity and measuring it in terms of being seated. At SFC we have very active wheelchair users in our session and this question doesn't best represent their level of inactivity as they are seated for them majority of the day but will travel miles and take part in a variety of sport. Secondly the surveys are also difficult to complete of a clients first visit as it can interrupt with the flow and disrupt rapport and developing that therapeutic relationship, therefore the questionnaire is often completed a few weeks after starting the sessions and is completed in retrospect.
- Sessions had remained in Clacton Leisure Centre from the 28th September until the leisure centre unfortunately closed due to a Covid incident on the 16th October. The leisure centre also held a blood donor day in the centre on the 13th October, so the team were unable to deliver sessions indoors. Not having access to indoor space has a detrimental impact on the delivery of PEM, particularly for the clients being supported through the Reconnect sessions.
- Due to the change into tier 2 we are no longer providing the workshops face to face, we are initially concerned that that workshops will not have the same impact as they would if they were face to face as we would have liked to involve service users and experience the sessions first hand. The online workshop has been adapted to try and encompassed this as much as possible, but it will not have the same impact as walking into a leisure centre and feeling the atmosphere.
- Recently we have had difficulty with a local service in the south who has been signposting clients to sport for confidence with a limited handover, rather than attending the first session with the client and creating a smooth transition. One client from this service reported feeling low because "I have been passed from service to service". This is not the outcome we want for the client and want to promote a more positive experience, therefore we will continue to promote joint working with all partners and encourage attendance from health care professionals.
- In the last week of October there were government announcements which appeared to be suggesting there may be a second lockdown. This is particularly problematic for our clients as we would have to restructure our sessions again and place them on zoom. Also, the change of coming back to the leisure centre and then back into lockdown causes a lot of occupational disruption, especially for our clients who do not cope well with change and prefer routine.
- Due to social distancing we are having to limit the amount of clients we can have in a sessions, this is can cause problems as we promote an inclusive model but may end up having to turn people away due to reaching capacity numbers, which goes against the Sport for Confidence ethos.
- On Monday 2nd November the pool pod was broken and was awaiting an engineer to fix it, therefore the highly attended swimming session was cancelled. In true sport for confidence style we put on a one-off session in the sports hall, the same time as swimming, for people who still wanted to attend the leisure centre and remain physically active.

Communications

Draft document of communications created by Sport for Confidence needs to be structured with appropriate language.

OT's to identify potential case studies for publication

Plan: SFC Team to review language used in communication document, identify case studies.

Directors Reflection

This month has been a time of building and learning as the PEM model continues to deliver exciting outcomes across the whole system. Despite spending the majority of my time giving client examples and reflections, a personal highlight for me was the PEM Project Group meeting. I was apprehensive chairing a meeting of this size with such significance in terms of doing justice to the sheer volume of partnership contributions that make up PEM but I was both encouraged and enthused to bring together all the developments across workstreams which were directly impacting on the quality of life for citizens across Essex.

Moving forward, I am more conscious than ever of the need to evaluate and capture what I am seeing on a daily basis and the whole plethora of benefits that physical activity is providing for people who are seeking new opportunities with a focus on what they 'can' do rather than what they can't.

Action Plan for November

- Gather information for the Pool Pod Proposal and send to Michelle prior to the last week of November.
- To offer follow up group to the Men's Group and complete the surveys on a 1:1 basis (These can be complete independently via the link, over the phone or on zoom).
- Continue to work with One Colchester Board to facilitate Care Home Boccia Tournament.
- To provide a short, structured section to the gymnastics and swimming sessions.
- To await outcome of cycling application.
- To record street tag podcast with Seun.
- Re-create workshop for online presentation and continue to work with local organisations to support Care Homes to be active.
- Deliver OT workshop during OT Week.
- Write Case Studies to share with OT's.
- Attend OT hub meetings.
- Continue to work alongside community forensic team.
- To contact Glen Westropp regarding physical intervention sequin.
- Organise Love2move session on zoom for assessments and long-term use.
- Identify Case Studies.

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