

# Reconnect

## A place-based early help and prevention service

**SPORT**  
FOR CONFIDENCE

### What Is Reconnect?

#### Community Health Service

Delivered across five Essex Alliance areas, integrating occupational therapy and physical activity to improve wellbeing and strengthen pathways across health, care, and community.



#### Who We Support

We support adults with disabilities, long-term health conditions, autism or sensory needs, and their carers.



#### Our Person-Centred Approach

Occupational therapy led model of support utilising physical activity to improve health and wellbeing.



### How Does It Work?

#### Referral

Get started by completing a referral form on the Sport for Confidence website.



#### Assessment & Person Centred Planning

An Occupational Therapist will work with you to understand your goals and create a personalised plan to support you.



#### Therapeutic Activity for Health Prevention

Occupational therapy-led activity support focused on preventing decline, reducing health risks, and embedding movement into daily routines.



### Key Outcomes

#### Move More, Live Better

Increased meaningful activity in daily life.

#### Stay Independent

Support helps people maintain or regain control over everyday tasks.

#### Feel Empowered

Individuals, families, and carers are guided to make choices that matter to them.



#### Connect with Others

Stronger ties with home, family, and community.

#### Enjoy Life

Support enhances wellbeing, confidence, and satisfaction in daily life.

#### Safe & Right for You

Care and guidance are tailored to each person's needs and goals.

