

SPORT FOR CONFIDENCE

# SUPPORT FOR CARERS

Are you an unpaid Carer and live in or care for someone aged 16+ who lives in Southend-on-Sea? Come and join our carers community whilst trying out a new activity!

Join our sessions to get fit yourself or bring the person you care for to increase their physical activity levels in a fun and relaxed environment.

These sessions are led by an Occupational Therapist and specialist coach.

All levels and abilities are welcome; all activities are adapted to suit each participant.

## MONDAY GROUP ACTIVITIES



**10.00am**  
**FOCUS FITNESS**

**VIA ZOOM**

A strength-based workout using every day objects



**12.00pm**  
**SEAFRONT WALK & TALK**

**CHALKWELL BEACH**

**Meeting Point:** Tides of Chalkwell/Surf Café

## THURSDAY GROUP ACTIVITIES



**10.00am**  
**LOVE TO MOVE**

**VIA ZOOM**

Age & dementia friendly seated gymnastics programme



**11.30am**  
**NATTER IN NATURE**

**SOUTHCHURCH PARK**

**Meeting Point:** Southchurch Park Café

## TIME FOR ME

Sport for Confidence, Southend on Sea provide **FREE 1:1** consultation with an Occupational Therapist and specialist coach to discuss you and your loved one's physical activity needs, help you to identify appropriate goals and support you along your journey.

**What can we help with?**

- Advice about staying active with a long-term condition.
- Help you to incorporate physical activity into your everyday life
- Help you to problem solve how to balance your caring roles with your own needs
- Help to signpost you to other appropriate services

To find out more or register for any of our sessions please contact Siobhan on 07719 557 862 or via email at [siobhan@sportforconfidence.com](mailto:siobhan@sportforconfidence.com)

**ALL SESSIONS  
ARE FREE**