



# TIME FOR ME

**Are you an unpaid carer?**

**Do you support your family member, friend, or neighbour with daily tasks such as cleaning, cooking, personal care or shopping?**

**Do they need help because of a physical or mental health illness, disability or frailty?**

**Would the person you support have difficulty managing on their own if you could not provide regular support to them?**

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.

**Where?**

**Zoom or face to face sessions available**

**FREE  
SESSIONS**

**What can we help with?**

**Looking after you:**

- How can I get more active?
- I am new to physical activity – where do I start?
- I have a long-term condition – help me to stay active.
- How can I balance my care role and my own needs?
- I'm recovering from COVID 19 – how can I get active again?
- I have recently had surgery – how can I stay active?

**Looking after your loved one:**

- How can I keep my loved one active?
- My loved one has a long-term condition – how can I best support them to stay active?
- How can I motivate my loved one to stay active?
- Help us to access physical activity for mental health and social benefits.

**To find out more or book a consultation please contact Siobhan on 07719 557 862 or via email at [siobhan@sportforconfidence.com](mailto:siobhan@sportforconfidence.com)**