

Westminster Connect Service

Starting with what matters to you

Sport for Confidence Connect Service (SFC Connect) is an Occupational Therapy-led early help and prevention service delivered in partnership with **Everyone Active**. It brings together Occupational Therapy assessment, community partnerships and physical activity to create meaningful opportunities for participation, prevention and belonging.

What is SFC Connect?

SFC Connect embeds Occupational Therapy expertise into everyday community spaces across Westminster.

The service provides an assessment pathway that supports Westminster residents to engage in physical activity and community opportunities in ways that are meaningful, personalised and relevant to their lives.

Who is the service for?

SFC Connect is designed for adults in Westminster who are furthest from participation, including people who may be experiencing:

- Disabilities or long term health conditions
- Mental health challenges
- Social isolation or life transitions
- Low confidence, identity changes or previous negative experiences
- Environmental or systemic barriers to participation



How we work

Occupational Therapists work alongside individuals and community partners to:

- Understand personal, social and environmental factors affecting participation
- Identify strengths, aspirations and barriers
- Create personalised, meaningful opportunities for engagement
- Apply reasonable adjustments to ensure inclusive experiences
- Build confidence in local spaces and strengthen pathways into community life

Occupational Therapists play a central role, using holistic and occupation focused assessment, applying personalised approaches and reasonable adjustments, and working collaboratively with community partners.

Our focus is not simply on increasing activity levels – it is about enabling people to experience meaningful choice, trusted relationships and long term participation.

What this may include

- Connecting people into physical activity opportunities
- Supporting access to community spaces and peer networks
- Building confidence to engage in everyday life
- Strengthening wellbeing, belonging and social capital over time

This may include connecting someone into physical activity opportunities, community spaces, peer support or wider local networks.

Our purpose

SFC Connect creates the conditions for people to belong, participate and thrive through meaningful opportunities, relationships and connection.

At its core, SFC Connect is about understanding what matters most and connecting to the right support.

For further information email info@sportforconfidence.com

Interested or know someone that would be?
Please scan the QR code!

