

SFC Connect Service

An Occupational Therapy-led pathway connecting Westminster residents to physical activity, community and independence

SPORT
FOR CONFIDENCE

What Is SFC Connect Service?

Referral into SFC Connect

People are referred when barriers prevent them from participating in community life.



Referrals from:

- Adult social care
- Health partners
- Community organisations
- Leisure teams
- Voluntary sector partners

Common barriers:

- Reduced confidence
- Social isolation
- Health changes
- Loss of routine
- Reduced independence
- Difficulty accessing opportunities

Understanding the person

Holistic Occupational Therapy assessment considers the person, their environment and their occupations.



What matters to you?

- Goals
- Interests
- Aspirations
- What gives your life meaning?

What is getting in the way?

- Physical barriers
- Environmental barriers
- Confidence
- Previous experiences
- Pain or fatigue

What would help you?

- Support
- Adjustments
- Connections
- Skills
- Information

Creating the right participation plan

Together we identify opportunities that match the person's needs.



- Goals and interests
- Abilities and confidence
- Lifestyle and routine
- Support needs
- Community opportunities

This may lead to:

- Physical activity sessions
- Community groups
- Social opportunities
- Movement opportunities
- Peer connection
- Leisure activities

Supported introduction

We don't just signpost – we support the person's journey.



- Introduction to environments and people
- Meet coaches and staff
- Build confidence gradually
- Identify reasonable adjustments
- Provide ongoing support as needed



How Does It Work?

Partnership with Everyone Active

Working together to make activity accessible for all.



- **Existing opportunities**
Connect people into activities that already exist
- **Adapt and adjust**
Work with coaches to adapt sessions and environments
- **Create new pathways**
Co-design new opportunities when something is missing



Key Outcomes

Building confidence and belonging

The goal is long-term participation, independence and wellbeing.



- Confidence
- Routine
- Relationships
- Independence
- Wellbeing



To be referred in to the service, please complete a [referral form](#)

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