



Summary Report – Lyndsey Barrett

Lyndsey Barrett received the 2018 Constance Owens Liverpool Award for Service Development from the Royal College of Occupational Therapists to support her service development entitled: ‘Collaborating with People First Lambeth to develop meaningful service user involvement within Sport for Confidence’.

The service development project enabled Sport for Confidence service users and staff to work together to plan how current and future service users would be meaningfully involved in the running of the organisation, at both a strategic and management level. Sport for Confidence is a unique social enterprise, which forms partnerships between health care professionals, leisure centres and local sports clubs. Such partnerships place occupational therapists directly alongside sports coaches and leisure Centre staff, to make adjustments that create truly accessible sports opportunities. At present Sport for Confidence delivers 28 sessions across five venues every week, offering a range of inclusive activities including boccia, swimming and trampolining. These sessions are open to everyone, not just those identified as having a disability.

The service development project involved Sport for Confidence collaborating with People First Lambeth, who provided expert advice and support in relation to meaningfully involving people with learning difficulties in the running of an organisation. This is because people within People First Lambeth have lived experience of a learning difficulty and two individuals are also part of the advisory board at Shaping our Lives, a national network of service users and disabled people. The service development project then involved the facilitation of two development groups, which People First Lambeth held in collaboration with Sport for Confidence service users at Basildon Sporting Village in the summer of 2018.

Following completion of the development groups and the sharing of the ideas and comments that were gathered, Sport for Confidence has adopted several of the suggestions: Plans are underway to establish a service user-led steering group within the Organisation and this is informing future work in other new centres and localities as Sport for Confidence expands, such as Pitsea. It is intended that service user preferences for the steering group to meet 4- 6 weekly, for it to involve both staff and service users, and for it to be a democracy, are being upheld. In order to continue to generate ideas and suggestions from service users Sport for Confidence has decided to install a ‘my voice’ and ‘bright ideas’ box at each of its five centres, so that potential and current service users can provide suggestions and feedback. Additionally, the Organisation is pursuing funding opportunities to enable the appointment of an additional ‘outreach’ therapist who focuses on supporting service users to connect with and utilise other resources within their local community.

Lyndsey Barrett would like to thank the Royal College of Occupational Therapists and the Constance Owens Trust for their support with this service development.