

SPORT FOR CONFIDENCE



DROP-IN MULTI-SPORTS SESSION FOR **CARERS**

Come along and try something different, meet new friends and learn new skills. The session is tailored to the needs of the group. Carers are able to bring the people they care for, for free.

£2.50
PER SESSION

When: **Thursdays**
11-1pm

Where: Southend Leisure
& Tennis Centre,
Garon Park, Eastern Ave,
Southend SS2 4FA



SEATED EXERCISE FOR CARERS

This is a seated exercise session for people who have, or are caring for another person. The sessions will include activities such as seated exercise, boccia and seated ball skills.

£2.00
PER SESSION

When: **Mondays**
11.30am-12.30pm

Where: Leigh Community Centre
71-73 Elm Road
Leigh-on-Sea
SS9 1SP

These programmes are developed in partnership with an allied health professional and coaching team

For further information please contact Megan Potts
on 07394 564942 or via email at megan@sportforconfidence.com