

Reconnect

A place-based early help and prevention service

SPORT
FOR CONFIDENCE

What Is Reconnect?

Community Health Service

Delivered across five Essex Alliance areas, integrating occupational therapy and physical activity to improve wellbeing and strengthen pathways across health, care, and community.



Who We Support

We support adults with disabilities, long-term health conditions, autism or sensory needs, and their carers.



Our Person-Centred Approach

Occupational therapy led model of support utilising physical activity to improve health and wellbeing.



How Does It Work?

Referral

Get started by completing a referral form on the Sport for Confidence website.



Assessment & Person Centred Planning

An Occupational Therapist will work with you to understand your goals and create a personalised plan to support you.



Therapeutic Activity for Health Prevention

Occupational therapy-led activity support focused on preventing decline, reducing health risks, and embedding movement into daily routines.



Key Outcomes

Move More, Live Better

Increased meaningful activity in daily life.

Stay Independent

Support helps people maintain or regain control over everyday tasks.

Feel Empowered

Individuals, families, and carers are guided to make choices that matter to them.



Connect with Others

Stronger ties with home, family, and community.

Enjoy Life

Support enhances wellbeing, confidence, and satisfaction in daily life.

Safe & Right for You

Care and guidance are tailored to each person's needs and goals.

