

NEW-HAM SCYPS OT TEAM

ROLLS OUT 2ND DCD FOOTBALL GROUP WITH HACKNEY, TOWER HAMLETS OT TEAMS AND LEYTON ORIENT FOOTBALL CLUB (PREMIER KICKS PROGRAMME)

The Occupational Therapy Service for Children has rolled out the Developmental Coordination Disorder (DCD) Football Group on 21st February 2024, which lasted for 6 consecutive Wednesday sessions and successfully ended on 27th March 2023. This has taken place at Langdon Park School in Tower Hamlets and in continuation of the 1st football group in October 2023.

We are currently working with the Occupational Therapy Teams of Hackney and Tower Hamlets and Leyton Orient Football Club under its Premier Kicks Programme. It has been a great experience for all of the children and young people with DCD and their families to partake in this programme and unleash their fullest potential in playing football with their peers.

Throughout the duration of group sessions, the football coaches used the principles of "The Cognitive Orientation to daily Occupational Performance (CO-OP)", which is the evidenced based practice for DCD, under the supervision of Occupational Therapists. These are aimed to be further embedded in the upcoming cohorts to help the children in generalizing their skills when playing football.

After the football group sessions, we have gained positive feedback from the children and young people and their families. Some of the feedback from the children are: "It has really helped built my confidence in football and it has helped me with new skills that I thought did not exist" and "I enjoyed playing with my friends during the sessions".

Some of the feedback from parents are:

"It was a relaxed group, low demand and fun environment with good staff to kids ratio", "Best things



about the group is that they all worked as a team and made the kids understand that its not about winning, it is all about having fun" and "It was very good for the OTs and football coaches to do the sports group for the children".

The football group will be up and running again for the 3rd cohort starting on the 04th June 2024, every Tuesdays, and would be ending on 09th July 2024 at Queensbridge Sports Centre.

Every after cohort, The Occupational Therapists will review the structure and delivery of the group sessions to further tailor intervention with the learning experiences and feedback gained from children, young people and families.

For further information regarding the role of **Occupational Therapy in Developmental Coordination Disorder**, kindly direct to our website through the below mentioned link:



<https://www.elft.nhs.uk/scyps/our-services/occupational-therapy/developmental-coordination-disorder>