



# Inclusive United

Project Summary Report:  
successes, key data and  
case studies

A COLLABORATIVE PROJECT  
TO ENGAGE AND SUSTAIN THE  
PARTICIPATION OF DISABLED  
PEOPLE IN FOOTBALL  
ACROSS LONDON.



“ For a child that enjoys physical activity but is often humiliated and excluded in team games at school, these football sessions have been enormously beneficial. ”

Mother of daughter with  
Developmental Coordination Disorder

## About

Less than **35%** of disabled Londoners lead a physically active life.\*

The Inclusive United project was launched to address this, by bringing together a range of partners, to offer more opportunities for disabled people to play football.

In 2012, 15 of the capital's professional football clubs' community trusts came together for the first time to make a positive difference across London, forming the London United partnership.

\*Percentage of disabled Londoners meeting the minimum activity guidelines of 5 times 30 minutes of physical activity each week, Active People Survey, 2014

## Funders

£430,000 invested across London over three years from:



## Strategic advice and project management



## Delivery partners

London United: Professional Football Clubs' Community Trusts



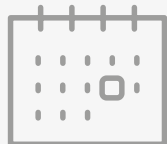
## County Football Associations



# Inclusive United 2013-2016 Outcomes

## Programmes

**150**



**TWENTY-WEEK  
FOOTBALL  
PROGRAMMES**  
delivered across

**12 PRO CLUBS**

## Participants



**81  
NEW  
TEAMS**

**3,057  
DISABLED  
INDIVIDUALS**



**TOOK PART**



**166** OTHER  
IMPAIRMENT\*

**54** UNKNOWN  
IMPAIRMENT

**907**



**LEARNING  
DISABILITY**

**220**



**MENTAL  
HEALTH**

**177**



**PHYSICAL  
IMPAIRMENT**

**110**



**HEARING  
IMPAIRMENT**

**65**



**VISUAL  
IMPAIRMENT**

Information from 1,699 out of a total of 3,057 participants

\*Such as Development Coordination Disorder and Autistic Spectrum Disorder





## Attendances



Over **30,000**  
**ATTENDANCES AT SESSIONS**  
with each player on average  
taking part in more than

**10 FOOTBALL SESSIONS**

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## Training and development



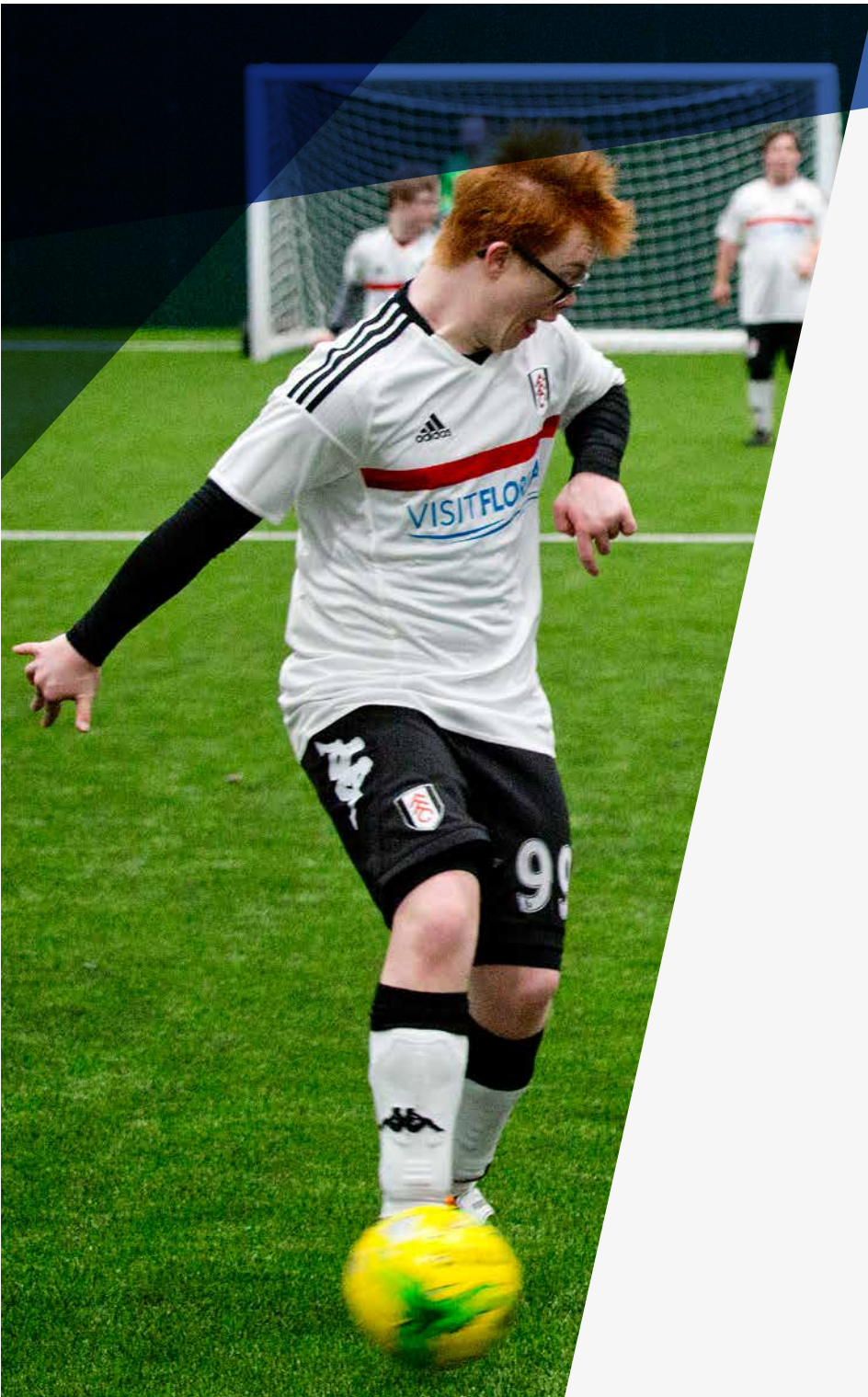
**53** ORGANISATIONS  
**INVOLVED IN TRAINING**



**613** TRAINED PEOPLE

Including coaching, mentoring and more, to help increase and improve opportunities for disabled people to take part in football





# A lasting legacy

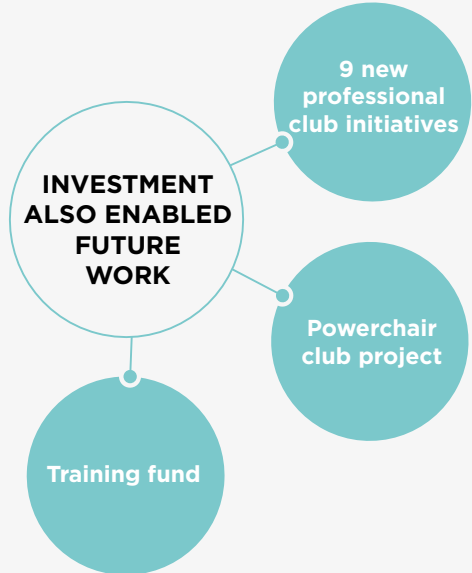
Sustainable football opportunities for disabled people



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## Building capacity in the workforce and sharing good practice

- Training for professional and grassroots football clubs and third sector organisations
- Sharing best practice across the network
- Peer mentoring, buddying and coaching





## **Tried and tested partnership for future football in London**

A collaborative partnership now exists with those involved from the start; London United, London, Middlesex, Surrey, Essex and Kent FA's and London Sport, creating a future model that works.

A future legacy has been created, with other partners, including Local Authorities, North East London Foundation Trust and grassroots clubs, as well as an ongoing strategic disability football group to drive collaborative working.



Setting up the Red Dragons Football Club for children with Developmental Coordination Disorder with Leyton Orient Trust has been an incredible journey for our Occupational Therapy team, from the initial idea of the club to winning the Inclusive Sports Award at the Waltham Forest Sport Awards. The club has brought enormous benefits to the children and their families and demonstrates how interagency working and the bringing together of expertise, really helps to meet the needs of this vulnerable group of children.



**Fiona Kingsley,**  
Children's Occupational Therapy Clinical Lead



# How has Inclusive United helped disabled Londoners?

## Amputee Football Programme

J is a 31-year old amputee after a serious accident in 2012. Before the accident, J considered himself as a masculine role model for his community. After the accident he felt ashamed and suffered with anxiety.

When first attending an Amputee football session, J was anxious, shy and uncomfortable.

After overcoming these fears, J has gone on to play competitively with his team, qualify as a level 1 coach and now encourages other disabled people to join the game. J is now able to talk to others about his amputation and is really proud of his achievements.

“

I was suffering from depression and in considerable pain after the amputation. I felt like giving up and stopped attending rehab. Seeing other amputee footballers inspired me to try it. Football has given me confidence and self-belief and being part of a group has changed my life for the better and now I feel good about myself.

”







## Powerchair Football

Kieran, 12, has spina bifida, and he goes to a mainstream school. Before going to a Powerchair football session, Kieran wasn't always able to get involved in sport and physical education. Now he attends regular Powerchair football sessions and is part of the team.

“ I enjoy the sessions as the coaches make it fun and exciting. It gives me a chance to make new friends. ”

Kieran

“

He is always excited to come to the sessions and it provides him the chance to make new friends with similar impairments, as he doesn't get the chance at school. It gives Kieran a confidence boost and he always leaves with a smile on his face. ”

Kieran's mum

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## Upbeats Programme Down's Syndrome Football

Because of the Inclusive United project, Charlton Upbeats, a Down's syndrome Football Club, were able to create a senior squad and enter a team into the Kent Adult Disability League. They played 16 games, as well as some one-off tournaments and finished an impressive second in the league.

“ To see my son play football has been a major step. But to actually play competitively in a league, I would have not thought that this would have ever been possible. ”

One parent

Charlton Upbeats team players have shown improved self-confidence and self-esteem and better physical wellbeing. Players have also developed friendships that have carried on beyond the team environment.

For further details about the Inclusive United project, please get in touch with any of the following partners:

**The FA:**

Carol Isherwood, Senior Regional Manager London

**Wembley National Stadium Trust:**

Stewart Goshawk, CEO

**County FAs:**

Leigh O'Connor, Middlesex FA Deputy CEO

**London United:**

Joseph Lyons, Foundation Chief Executive,  
West Ham United Foundation

**London Sport:**

Josef Baines, Disability Development Officer

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[londonunited.org.uk](http://londonunited.org.uk)  
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“  
The sessions taught me that even though I am disabled I should be treated the same as everybody else, but I also need to help myself to become more independent.”