

Inclusive United

Easy read version of a report about our project



Inclusive United



The Inclusive United project helps disabled Londoners to play football.



Only a third of disabled Londoners are taking part in any physical activity.



The project is being supported by London's professional football clubs and community trusts.

What we did in 2013 - 2016



Programmes

We ran 150 football programmes in 12 professional football clubs.



Each programme was for 20 weeks.



People

We set up 81 new football teams.



Nearly 3000 disabled people took part.

Of these people:



- Three quarters were men and one quarter women
- Nearly 1000 had a learning disability
- Over 200 had mental health problems
- 177 people had a physical impairment
- 110 had a hearing impairment
- 65 people had a visual impairment

Each player on average came to more than 10 football sessions.

Training

The project had 53 organisations involved in training.

The project trained over 600 people in how to coach and help disabled people to take part in football.



Carrying on



Because of this project we now have:

- 81 football teams of disabled people
- 15 regular football training sessions that people can go to
- Ways that disabled people can take part in football competitions

We also have:



- Training for people who work for football clubs around how to involve disabled people
- Ways to share good ideas across football clubs
- Ways that disabled people can support each other in football teams



The organisations that took part will carry on working together to keep disabled people playing football.

Good examples

Some parts of the project focus on certain types of people:



The Amputee Football Programme

This programme works with people who have lost a limb.



People who have lost a limb often have pain and suffer from depression.



Inclusive United can inspire and help people to have the confidence to feel good about themselves again.



Powerchair Football

People who have difficulty with moving and are in a wheelchair find it difficult to get involved in sport.



The Powerchair Football sessions help people make new friends and have fun.

It helps people feel more confident.



Upbeats Programme

The Upbeats Programme helped to set up football teams for people with Down's Syndrome.

Inclusive United helped Charlton Upbeats enter a team into the Kent Adult Disability League. they played 16 games.



Players have more confidence and feel better about themselves. They have made good friends in the team.

For more information

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