



*On your side*



## **INCLUSIVE UNITED COMMUNITY INTEREST COMPANY**

**September 2023 to August 2024**

# **IMPACT REPORT**

***PROVIDING INCLUSIVE SPORT  
OPPORTUNITIES TO  
UNDERREPRESENTED COMMUNITIES***

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**[WWW.INCLUSIVEUNITED.CO.UK](http://WWW.INCLUSIVEUNITED.CO.UK)**

**A Community Interest Company registered in England.  
Registration no. 14962587**



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**220  
inclusive  
sports  
sessions**



**40 to 50  
participants  
per week  
taking part**



**Supported  
Intern course  
completed +  
School Student  
work experience  
placement.**



**Inclusive  
Futsal**

**Inclusive  
Football**

**Inclusive  
Multisports**

**Inclusive  
Wellbeing**

**Employability**



Young adults with learning disabilities, neurodiversity, SEN, additional needs.

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Improving mental wellbeing, health & fitness, confidence, self-esteem.



Reducing social isolation, creating a safe space to make friends & make connections.



A supportive place to learn and work.





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**Thank you  
to our  
sponsors**



**Thank you  
for your  
support**



Grovehill Adventure  
Playground



+ All our friends who support us ❤️

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Thank you to our  
Co-Founders & Directors, Hayley  
Caine, Hannah Coote, Martina  
Hardy, Tracy Light, Nick Light



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Community Interest Company  
Est. 2023



**Thank you  
to our  
Team!**

Thank you to our Head of Comms,  
Karen Marshall,  
& to all our coach team!



Thank you to our Co-  
Founder Thomas Light –  
for your inspiration to  
start Inclusive United  
and your continuous  
ideas and support!



**Thank you  
to our Ladies  
Walking  
Footballers!**

**45 hours +  
of Womens  
Walking  
Football so far**

Our Women's Walking Football sessions were created with the goal of making a positive impact in women's football, and they've done just that! These sessions not only offer a fun and inclusive way for women to stay active, but they also bring a great sense of community and support to our work.



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## Testimonials

***S was one of the first participants at Inclusive United. S doesn't know what he would do during the week without Inclusive United.***

***S loves football and has also been offered a volunteering role at one of the venues after making connections during our sessions.***

***A expressed to us that Futsal is "my favourite exercise". Furthermore, the social benefits of mixing with others including new people is something her carers were very pleased to see. A continues to also develop fitness, coordination, and futsal ability and is learning new skills and techniques. A's confidence has grown, and A displays evident trust amongst the coaches.***

**Thank you  
to our  
participants -  
its fantastic to  
work with you.**

***A loves the Yoga and Pilates inspired wellbeing His interest in our sessions has encouraged social interactions. A's positive attitude is proven in a recent comment he made, saying "Let's do this! I'm great at it now". It is very rewarding to see the boost in his self-esteem and the feeling of self-achievement. One of his peers engaged in a conversation with him and suggested "you should do yoga in the morning. I do."***





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**See more  
@inclusiveunitedcic**

**We have more exciting projects  
planned for the next year of  
Inclusive United CIC**

**Join us! Get in touch:**

**[contact@inclusiveunited.co.uk](mailto:contact@inclusiveunited.co.uk)**



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