

INCLUSION 2024

LIVE

29th January - 2nd February



Beyond The School Gates

Sport, PE & PfA through the eyes of Experts by Experience

Alistair Crawford & The IMAS Team

70% of disabled people believe that sport is not for someone like them

Disabled adults twice as likely to be inactive as non disabled adults

50% OF LEARNING DISABLED PEOPLE SUFFER FROM CHRONIC LONELINESS

4 / 5 disabled people would like to be more active

Disproportionately poor health outcomes & significantly lower life expectancy

12.2 million disabled people in the UK

“Sport has the power to change the world. It has the power to inspire. It has the power to unite people in a way that little else does. It speaks to youth in a language they understand. Sport can create hope where there was only despair.”

(Nelson Mandela)

Preparing for Adulthood



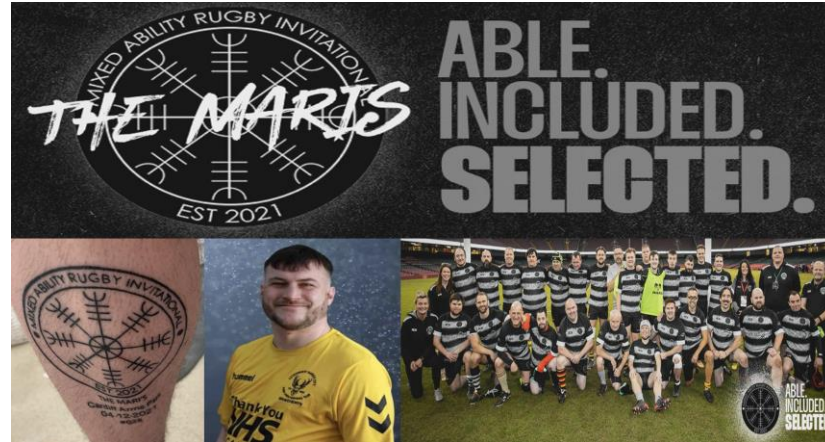
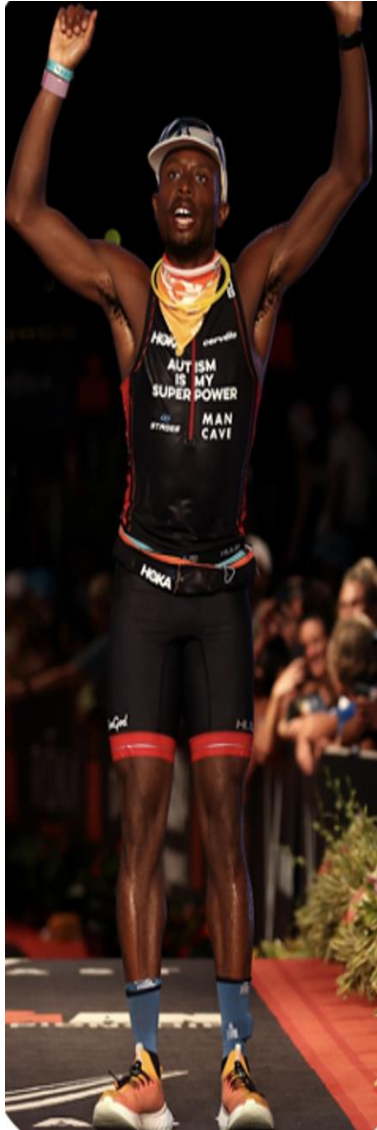
Employment

Friends, Relationships
& Community

Independent Living

Good Health

Flip the narrative



LIVED
EXPERIENCE
MATTERS

Beyond the School Gates with Mixed Ability: Beyond SEND

Youth Sport Trust

Nathan Webb, Ella Sky, Cameron Smith
Martino Corazza, Mark Goodwin & Al Crawford

 mixedabilitysports.org



Who we are

IMAS is a not-for-profit organisation (C.I.C.) promoting the Mixed Ability model around the world.



The Dream

“

I supported my local team for years. They would not let me play, they thought I would get hurt. Of course we get hurt, it's part of the game!

”

– Anthony Brooke
Bumble Bees RUFC founder





Cameron

My experience of sport, membership and belonging.

Cascading that learning

How Cameron woke up the House of Lords!



Baroness Blower said “I am pleased that Bronte and Cameron were able to join us and make a valuable contribution. They are both indeed experts by experience.”

Lord Willis of Knaresborough said “Let me assure you, and especially Bronte and Cameron that their contributions yesterday were excellent and demonstrated to the Committee the value of reaching out to speak to those for whom we seek to improve services.”

Our vision & mission

VISION

To radically change the way we think of, join in and enjoy sports, leading to a fairer and more equal society.

MISSION

Bringing people of all abilities together to play sports and learn from each other, giving everyone the opportunity to fulfil their potential.





What is Mixed Ability

Mixed Ability is a social movement within sports, actively promoting inclusion and equality through a sense of belonging and membership to a group, team or club.

Mixed Ability enables people of all abilities and life experiences to take part in community sports, without being separated, classified or labelled.



Our participants

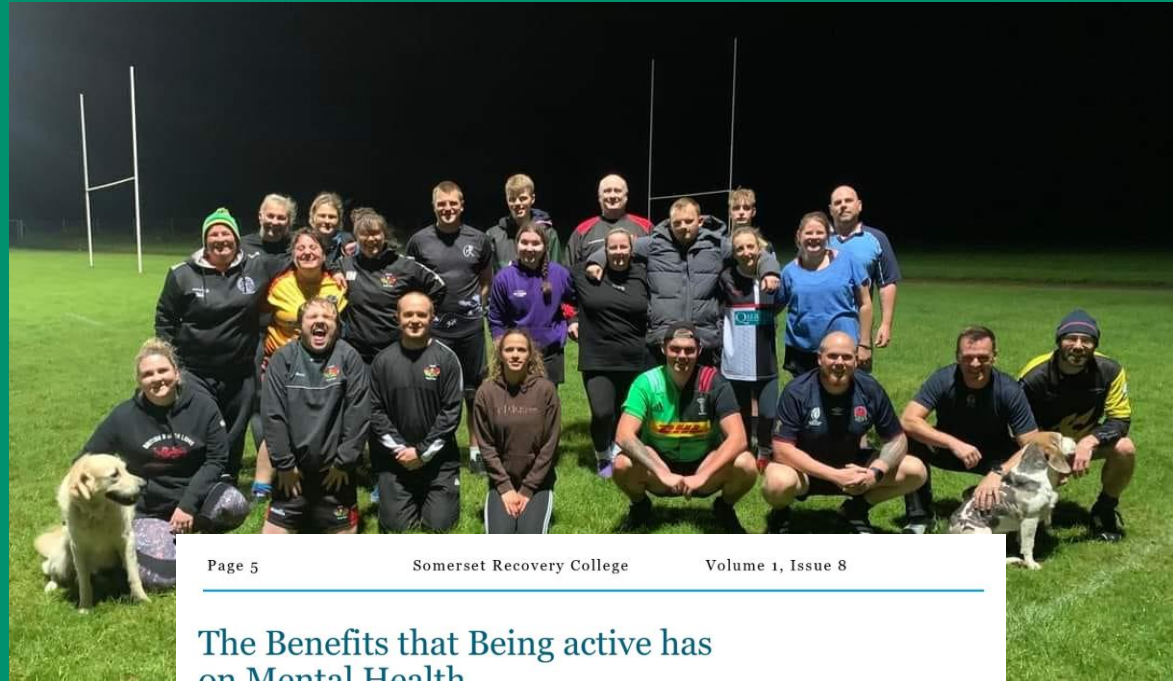
Currently in MA activities there are participants with:

Learning Difficulties and Disabilities, Autism, Downs and Asperger Syndrome, Cerebral Palsy, Diabetes, Physical Disabilities, Mental health conditions, Blind or Visually Impaired... as well as participants without Disabilities!





Ella & Physical Education in Mainstream Schools



The Benefits that Being active has on Mental Health



Exercise has repeatedly demonstrated to have a positive impact on mental health. The benefits can include:

Reducing symptoms of depression and anxiety: Exercise can create changes in the brain that help to reduce symptoms. In some cases regular exercise has been found to be as effective as medication in treating the symptoms of depression and anxiety.

Boosting mood: Exercise stimulates and releases endorphins, which are neurotransmitters that can improve your mood and reduce feelings of pain and stress.

Reducing stress and improving self-esteem: by providing a sense of accomplishment, improving physical fitness, enhancing body image.

Improving sleep: Regular exercise has been found to help improve the quality of sleep, which is important for your overall well-being.

Increasing cognitive function and reducing the risk of cognitive decline: Exercise has been linked to improving cognitive function, including better memory and attention, and may reduce the risk of cognitive decline and dementia.

Promoting social connection: Group exercise provides a social outlet and can promote connection and social support.

Overall any form of exercise can have numerous benefits for your mental health, including reducing symptoms of depression and anxiety, boosting mood, improving self-esteem, enhancing cognitive function, and promoting social connection.

To help improve my own mental wellbeing I play mixed ability rugby (for Yeovil mixed ability rugby team). Mixed ability rugby is a form of rugby that is designed to be a fun sport that includes players of varying physical abilities including those with physical or intellectual disabilities, mental health issues, older players. This type of team sport helps to promote social inclusion by the nature of the inclusive and welcoming environment, improves confidence and self-esteem by working as part of a team and achieving success together can help players feel valued and capable, reduces social isolation and loneliness as mixed ability rugby facilitates the formation of social connections. Rugby is an intense physical activity that requires moments of explosive energy, along with other team sports a sense of camaradery is built with team mates, and can be the perfect recipe for better mental health for participants of all abilities and fitness levels.

In conclusion, exercise and sports can offer significant and unique benefits for people's mental health. Specifically playing rugby and other team sports offer social and physical mental benefits. It promotes social inclusion, builds teamwork skills, and fosters a sense of community among participants. The physical exercise helps to produce the 'feel good' hormones and reduce stress. While the social component helps to build confidence and reduce social isolation and improving your overall mental health.

By Ella

IMAS trainers meet weekly





Glossop Rugby Union Club hosts first ever mixed-ability training session

Glossop Rugby Club organised their first ever mixed-ability training session recently.

The club invited students from New Bridge school in Hollinwood, and Springbrook School in Oldham to take part in their

'Mixed Ability Rugby Festival', The session was set up to give those with disabilities and learning difficulties the

chance to take part in sport, in a safe and comfortable environment.



Nathan
“making
Mixed
Ability
massive in
the
northwest”

The Beyond SEND Project



Beyond SEND - Funders



18-25 years - SEND Students
over 2 academic years

Capacity building communities
partnership – consultation process
Delivery over 4 years.



11-17 years SEND Pupils



Beyond SEND takes students out of PE sessions in the school hall or on the school playing field

MIXED ABILITY RUGBY

Mixed Ability Rugby with the Bumble Bees. Inclusive rugby for all abilities. Coaching is energetic and enjoyable.

- Training:** Sat 11am-12.30pm
- Matches:** Once a month on Weekends
- Baildon Rugby Club or Bradford & Bingley Rugby Club
- £10 annual membership
- Call or Text **07850 602096**
- phil.wilson@whiteroserugby.com
- www.bumblesrugby.com



- No experience required - all abilities welcome. Matches on weekends and additional touch rugby sessions.

MIXED ABILITY GOLF

Be active and make new friends in the beautiful surroundings of the Bingley St Ives club.

- Alternate Wednesdays 4.30-6.30pm
- Bingley St Ives Golf Club, Harden, BD16 1AT
- £2.50 per session
- Call **Alan** on **07359 003287** or **Graham** on **07855 009540**
- alanthorner@yarnconsult.co.uk
- Equipment is provided. All abilities welcome.
- Facebook:** IMAS Golf at Bingley St Ives



MIXED ABILITY BOWLS

Learn to play with our welcoming team and experienced coach Ken. Gentle exercise for all abilities.

- Mon 10.30am-12 noon
Playing Season April to September
- Myrtle Park, Bingley, BD16 1HJ.
Behind the Lidl on main street
- 662 bus
- £15 per person, per session
- Call **Ken** on **07891 632699**
- kpollard2008@hotmail.co.uk
- Please wear trainers or flat soled shoes.



MIXED ABILITY TAI CHI

Discover Tai Chi. Experienced instructors take into account your mobility and access needs.

- Daily classes, various times
- Various locations in the Aire Valley
- £8 per class
- Phil** or **Helen** on **07528 959091**
- www.discovertaichi.uk
- [facebook.com/discovertaichi](https://www.facebook.com/discovertaichi)
- Call to discuss the best class for you



MIXED ABILITY ARCHERY

Segregated session for women and men

- Tues 6-7pm (women), 7-8pm (men)
- Faith Cave, 2 Ingleby Rd, Bradford BD7 2AT
- £2 per session
- Call or Text **07869 578162**
- Nalette@sunnah-sports.com
- Please wear sports clothes and Trainers. Equipment is provided. All abilities welcome.



MIXED ABILITY FENCING

Mixed ability fencing for women and girls aged 12+

- Thursdays 7.30-8.30pm
- Faith Cave, 2 Ingleby Rd, Bradford BD7 2AT
- £2 per session
- Call or Text **07869 578162**
- Nalette@sunnah-sports.com
- Please wear sports clothes and Trainers. Equipment is provided. All abilities welcome.



MIXED ABILITY TENNIS

GIRLS ONLY

Children's Mixed Ability Tennis Academy (age 6-16). Teaching racket and ball skills to progress from beginner to competition.

- Sunday 10-11.30am
- Lister Park Tennis Courts, Bradford BD9 4NS
- £1 session
- Call or Text **07869 578162**
- Nalette@sunnah-sports.com
- Please wear sports clothes and Trainers. Equipment is provided. All abilities welcome.



MIXED ABILITY LEVEL UP

Movement for Health. Led by qualified personal trainers we let your interests guide our fun sessions. Sessions can include boxing, weights, yoga, clubbercise and gym equipment. Ages 8+

- Thursdays 5pm
- Pinnacle Performance
First Floor, City Exchange,
1 Nelson St, Bradford BD1 5AX
- £25 for 10 sessions
- Contact **Lucy** on **07547 799826**
- summatcreative@gmail.com
- Wear clothes you can move in and comfy trainers.



MIXED ABILITY ROWING

Mixed Ability Rowing at Bradford Amateur Rowing Club (BARC). Learn to row in a friendly environment.

- Rowing weekly or alternate Sun 11am-12noon. Possible extra land fitness sessions during the week
- End of Coach Rd, Lower Baildon, Riverside, BD17 5SP
- 662 bus
- Concessions available. Annual membership.
- adrianjuliefosterian@gmail.com
- The club is currently oversubscribed please contact for further details on how to register on our waiting list.



WALKING GROUP

AGE 16+ ONLY

Walks for all abilities; each route has a more challenging route and an accessible route, led by experienced walk leaders.

- Last Friday of the month
- Starting from Skills Kitchen, Saltaire
- FREE**
- Contact **Lucy** on **07547 799826**
- summatcreative@gmail.com
- We can provide walking boots and waterproofs.



With at least one session each half term to community sports clubs to participate in various activities

NON-CONTACT BOXING

Unorthobox, non-contact Boxing skills and fitness, punch bags and pads but not each other.

Age 7-16 yrs: Tues 5-6pm
Open age (7 yrs+): Tues 6.30-7.30pm

Location: Heaton Tennis and Squash Club,
Off Emm Lane, BD9 5PH

Cost: First session **FREE**, then...
£6 over 18's, £5 under 18's.

Contact: Call Sarah on **07769 359612**

Email: info@unorthobox.co.uk

Website: www.unorthobox.co.uk

Equipment: Equipment is provided. All abilities welcome.
Also available in Leeds - contact Unorthobox for details.



MIXED ABILITY KICKBOXING

Suitable for all abilities. Non-contact and contact sessions to suit participant needs. We will support you along your journey.

Junior 7-12 yrs: Sat 1-2pm & 2-3pm
Teens: Tues 7-8.30pm, Thurs 7-8.30pm & Sat 1-2pm

Location: Physical Impact Kickboxing Academy,
182 Harris Street, BD1 5JA

Cost: **FREE** trial session. Monthly fee

Contact: Call Shab on **07400 016416**

Email: physicalimpactkickboxing@hotmail.com

Website: www.physicalimpactkickboxing.com

Social: Find us on facebook and instagram

Locations: 3 locations across BFD call for further details.
Other classes and PT session available.



COMBAT CLUB

CHILDREN ONLY

Children aged 7-16 1hour of Mixed Ability non contact boxing followed by 1 hour of archery. Segregated groups.

Time: Saturday 4-6:30pm

Location: Faith Cave, 2 Ingleby Rd,
Bradford BD7 2AT

Cost: £20 per month

Contact: Call or Text **07869 578162**

Email: Nalette@sunnah-sports.com

Equipment: Please wear sports clothes and Trainers. Equipment is provided.
All abilities welcome.



MIXED ABILITY CRICKET

Adults with disabilities playing alongside and with members of the cricket club, staff, volunteers and personal assistants.

Time: Weekly throughout
July and August

Location: Baildon Cricket Club,
Heygate Ln, Baildon,
Shipley BD17 6RS

Cost: Free

Contact: Call Lou on **07583247118**

Email: Louise.Richardson@unitedresponse.org.uk



ACTIVITIES IN CALDERDALE

MIXED ABILITY RUGBY

Join Halifax Magpies and enjoy competitive, exciting and inclusive Rugby.

Skills rugby training: Tuesday 6-7pm
Touch rugby: Thursday 6-7pm
Ad hoc games: Normally at the weekend

Location: Halifax RUFC, Ovenden Park,
Keighley Road, Halifax, HX2 8AR

Cost: £40 Annual Membership

Contact: Contact Ange on **07709 605787**

Email: angela.wain99@gmail.com

Equipment: No experience required - all abilities welcome.



ACTIVITIES IN THE CRAVEN DISTRICT

MIXED ABILITY MULTI ACTIVITY

From crafting to club nights and baking to board games. Emphasis on fun, friendships and community connection.

Time: Various times and locations across Craven

Contact: Contact Katie on **07746523647**

Email: exclusivelyinclusive@gmail.com

Social: [facebook.com/exclusivelyinclusivecraven](https://www.facebook.com/exclusivelyinclusivecraven)



MIXED ABILITY SQUASH

Fun and friendly racket ball sessions.
Join us for a social and a knock about!

Info: For more information contact Aron

Cost: £5 per session. Concessions available.
Annual membership.

Contact: Call Aron on **07794 734592**

Email: aron@caldercommunitysquash.com

Equipment: No experience necessary! All equipment provided. Comfy clothing and sports footwear required.



MIXED ABILITY KIN-BALL

Fun and supportive sessions for all abilities

Time: Various times and locations across Craven

Cost: £2 per session

Contact: Contact Katie on **07746523647**

Email: exclusivelyinclusive@gmail.com

Equipment: Please wear comfortable clothing and trainers



Benefits to individuals and clubs



Membership
A sense of belonging



Feel good factor
Being a part of a wider community team or club



Wellbeing
Being more representative of the local community.



Local recognition
Strengthen the club position in the community.



Club heritage
Re-engage founding members.



Sustainability
Re-engage and retain new and returning members.



Motivation
Older participants want to get involved.

IMAS support for clubs, demystifying disability

Help recruit new participants
with and without disabilities.

Build relationships with local
schools

Simple and
comprehensive guides.



Training from participants with
lived experience of disability

Create links with disability
service providers.

Referrals from social
prescribers

Signposting from health
services and social workers

International Growth

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|  SCO |  IRL |
|  WAL |  ESP |
|  ARG |  ECU |
|  NED |  BEL |
|  ITA |  URU |
|  CAN | |



Any questions?



Thank you!

 mixedabilitysports.org

 contact@mixedabilitysports.org

 [@IMAS_Sport4All](https://twitter.com/IMAS_Sport4All)

 [@imas_sport4all](https://www.instagram.com/imas_sport4all)

 [Mixed Ability Sport](https://www.facebook.com/MixedAbilitySport)





#SHOUTaboutSEND

**Over 160 participants for the 5k / 2.5k
 Youngest participant aged 2 / Oldest participant aged 79

**PMLD through to elite runners competing as equals*

**350+ attendees across the day*

**12 clubs / organisations showcasing inclusive opportunities*

**Multiple employment opportunities for learners with SEND*

**Multi regional event (Newcastle to London & most places inbetween!)*

**The largest mixed ability, inclusive sports event since the pandemic began!*



#SHOUTaboutSEND



Resources to support the wider staff team



Teacher Handbook: SEND



Your essential interactive companion to support staff with understanding their role in effective practice for SEND

Sections include:

- Knowledge of the learner,
- planning inclusive lessons,
- creating an inclusive environment,
- subject-specific guidance,
- graduated approach
- strategies to scaffold learning

Find in 'Resources and publications'

<https://www.wholeschoolsend.org.uk/teacher-handbook>

The Mixed Ability Manifesto



MIXED ABILITY manifesto



Sport has the power to transform lives making us healthier and happier, and yet there are people excluded or segregated because of stigma, prejudice or personal perceptions of their capability.



Mixed Ability is a social movement within sports, actively promoting inclusion and equality through a sense of belonging and membership to a group, team or club.



Too often sport is seen as the prerogative of elite athletes or established majorities. Grassroots sport can also be responsible for excluding minorities allowing access only to charitable or segregated activities.



Mixed Ability Sports follows the same rules and regulations of mainstream sports without adaptations, and only minor adjustments to take into account individual participant needs.



Mixed Ability recognises the right of everyone to participate in community sports without being separated, classified or labelled.



In breaking down these barriers Mixed Ability Sport creates opportunities for marginalised communities to challenge the established status quo and affirm their right to equal participation.

Belonging & Authentic Inclusion



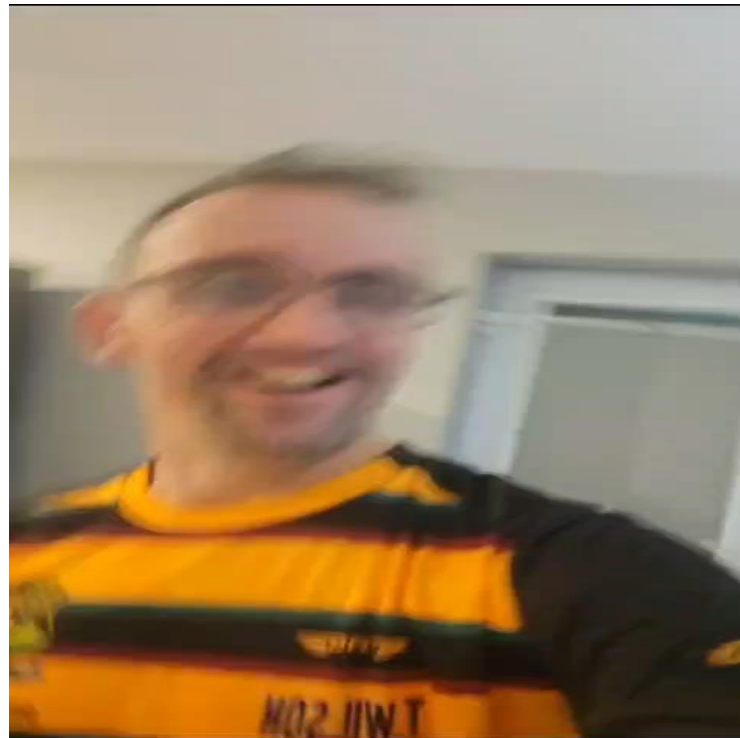
Mike Rugby
Dunno about you chaps but I'm still buzzing 😂 22:15



~ Nelly +44 7885 895948
It was awesome today lads, immensely proud of all the lads. Days like today are what keep me playing! 18:46



~ Craig +44 7961 378310
Bloody loved that match, very proud of the team. We did it! Sweet win. 18:54



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