



Inclusive United Community Interest Company

On your side



Impact together

Award winning, Inclusive United is a UK CIC founded in September 2023, provides inclusive sport opportunities for underrepresented groups.

Our weekday, daytime sessions support young adults with learning disabilities, SEN to get active through inclusive football, futsal, multi-sports, and yoga and pilates inspired wellbeing sessions.

We tackle social isolation, improve physical and mental health, and help individuals feel part of something meaningful and positive.

Our recent Sport England backed inclusive sport and employability programme provided young adults with the opportunity to increase their confidence and work on the foundation skills to help them find suitable volunteering or work placements within sport. The impact was huge and more inclusive sport and employability and leadership programmes are planned for 2026.

Our inspiration



Our inspiration is Thomas Light, a 21-year-old with Down's Syndrome and a passion for sport. After struggling to find inclusive sport opportunities post-school, Thomas co-founded Inclusive United to change that—for himself and others. Today, he's a coach-in-training, gaining work experience, and showing what's possible. He embodies our mission: empowering young adults to lead, belong, and thrive through sport.



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Be the Difference in Inclusive Sport



We currently deliver weekly sessions across Hertfordshire, Bedfordshire, and the surrounding areas, supporting more than 100 participants each week. The demand for inclusive sport is immense and our ultimate goal is to be offering opportunities across the UK with our own venue one day.

With the support of like-minded organisations, we can reach even more individuals with learning disabilities, learning differences, neurodivergence, and additional needs and really change lives.



£14 can pay for two sessions for a participant who is unable to pay.

£65 can pay for one hour of astro pitch or sports hall hire.

£70 can fund one wellbeing session which is Yoga & Pilates inspired.

£100 can fund one inclusive sport session for 25 participants.



£400 per month from a corporate partner can fund a one session of an inclusive sport per week which includes two experienced coaches.

£900 can provide 20 participants with a sponsored shirt.

Join our fantastic group of supporters including:



Funded by
UK Government





Join us on our journey...

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To discuss our flexible and bespoke sponsorship or
corporate partnership opportunities with
Inclusive United Community Interest Company

Contact: Hannah Coote. 07746 155110 or contact@inclusiveunited.co.uk



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Awards



Awarded

The Sport for Good Award
High Sheriff of Hertfordshire
March 2025



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