



On your side



INCLUSIVE UNITED COMMUNITY INTEREST COMPANY

September 2023 to August 2024

IMPACT REPORT

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

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

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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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RAPID

ELECTRICAL



**HIGHFIELD
WEALTH**

**Thank you
to our
sponsors**

CGI

**Thank you
for your
support**



**The
Inclusion
Project**



Grovehill Adventure
Playground



HERTFORDSHIRE  SPORTSVILLAGE

+ 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."





On your side



**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



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