



Inclusive United Community Interest Company

Impact together

On your side



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

Our weekday daytime sessions support young adults with learning disabilities 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 positive.

Our Sport England backed inclusive sport and employability programme provides 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.

Our inspiration



Our inspiration is Thomas Light, a 20-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.



On your side

Be the Difference in Inclusive Sport

We currently deliver six weekly sessions, supporting over 70 participants each week.

Demand is growing, and with the support of like-minded organisations, we can reach even more individuals with learning disabilities, learning differences, neurodivergence, and additional needs.



£110 - can fund one inclusive sport session for 20 participants.

£45 - can fund one tracksuit for a participant with sponsor logo



£50 - can fund one wellbeing session for 8 participants

£500 pm - could fund a part-time project manager

£25 - can fund one sports shirt with sponsor logo

We are already working with the following organisations:



Join us on our journey...



On your side



To discuss sponsorship opportunities and how to get involved with
Inclusive United Community Interest Company

Contact: Tracy Light on 07746 155110 or contact@inclusiveunited.co.uk

www.inclusiveunited.co.uk

Follow us @inclusiveunitedcic



Awarded
The Sport for Good Award
High Sheriff Hertfordshire
March 2025