

# INCLUSIVITY

## WHAT MAKES YOU FEEL INCLUDED?

We asked what truly makes you feel part of the action in sport and physical activity. Here's what stood out:

- **Safe & Respected Spaces:** You want to feel safe, trusted, and unjudged, in an atmosphere that's supportive and welcoming, even for women's only sessions.
- **Engaged Leaders:** Coaches need to be interactive, understand why you're there, and guide you individually so everyone feels included.
- **Your Voice Matters:** Feeling included means good communication, being listened to, feeling valued, and having a say (like picking music in dance!).
- **Pure Enjoyment:** And of course, it needs to be fun and inclusive, with plenty of laughs.

**Quick Takeaway:** True inclusion starts with feeling safe, heard, and having fun!

## INCLUSIVE ACTIONS: MAKING A REAL DIFFERENCE

We then asked for examples of inclusive practices that actually worked. Here's what you shared:

- **Easy Entry Points:** Things like beginners' classes, activities for all levels, and letting people just watch first are key to easing apprehension.
- **Tailored Support:** It's vital to recognise different abilities, provide staff training, and offer activities at convenient times (like during school hours for parents).
- **Community-Minded Programs:** Examples like "Walk and Talk" for mental health, and understanding people can still be part of a team even as a supporter, encourage people to get involved and take a step closer to taking part.
- **Building Connection:** Practices that build confidence, trust, and teamwork through a mentoring approach also came up.

**Quick Takeaway:** Real inclusion comes from smart, practical choices that adapt to everyone's needs.



# BUILDING MORE INCLUSIVE SPACES: YOUR IDEAS

Finally, we looked to the future: How can we create more inclusive spaces for people of all abilities? Your ideas are a powerful blueprint for action:

- **Listen & Collaborate:** It's all about co-creating what people want, truly listening to their needs, and networking with local groups. We should also speak to clubs, coaches, gyms, and local PTs about their approach and consider collaborating with local mental health services.
- **Accessible for All:** This includes making venues wheelchair accessible, ensuring adjustable equipment is available, offering activities free for those with limited income, providing them in different locations, and being flexible with options.
- **Programs for Everyone:** Design activities like gentle exercise for pregnant women, ladies-only options, and offerings that support individual needs. Think about activities where everyone starts at similar levels.
- **Wider Reach & Open Minds:** This means advertising in diverse communities, not setting unrealistic standards, promoting women's sport, and offering childcare-friendly classes. It would be beneficial to include training in mindfulness – this could open up new ways for both those leading and participating to engage with physical activity.
- **Community First:** Remember, money isn't always the only barrier. Projects like "Move It Skem" show that building community and using several approaches together to encourage participation, linking in with other organisations doing it well, are key.

**Quick Takeaway:** Building truly inclusive spaces needs everyone's input, flexibility, a commitment to listen, and a holistic approach that goes beyond just facilities.

## A POWERFUL TAKEAWAY:

ONE RESPONSE TRULY RESONATED:

**"I don't think I have ever felt included in sport, since school."**

This stark feedback reminds us why these conversations are so important. It's a powerful call to action for **all of us to work towards creating spaces where everyone feels a genuine sense of belonging, regardless of their past experiences.**

