

National Academy for Social Prescribing -
Promoting Inclusion
7th March 2023



Mixed Ability: an introduction

Nathan Webb – IMAS Trainer
Tom Beattie – IMAS Trainer
Aron Robinson – IMAS Development Manager
Mark Goodwin - IMAS Director

 mixedabilitysports.org



Today's IMAS Dream Team



Nathan



Tom



Gooders



Aron



Who we are

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



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.



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!

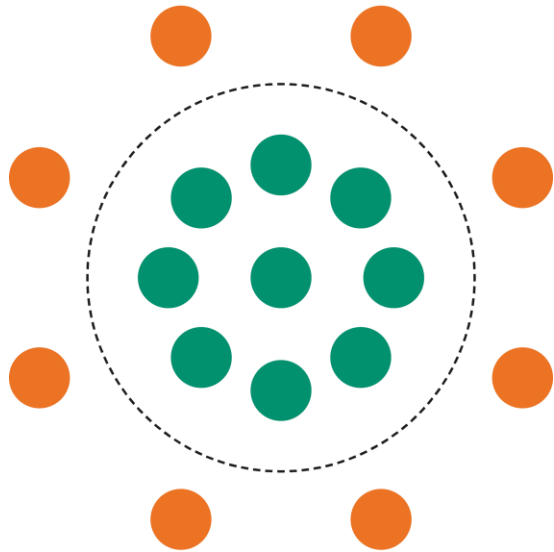
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– Anthony Brooke
Bumble Bees RUFC founder

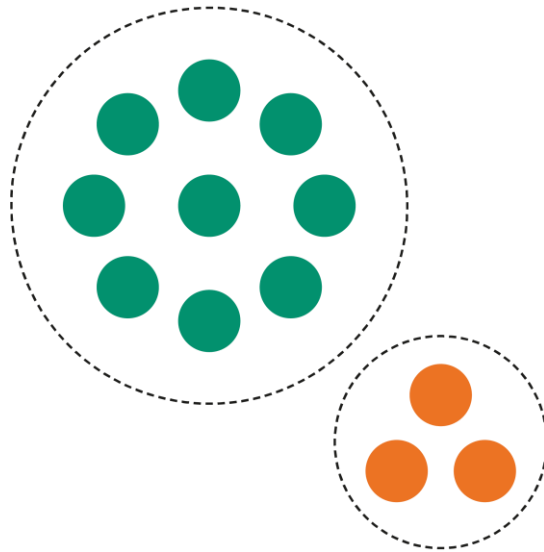


What sport historically was usually available for disabled people?

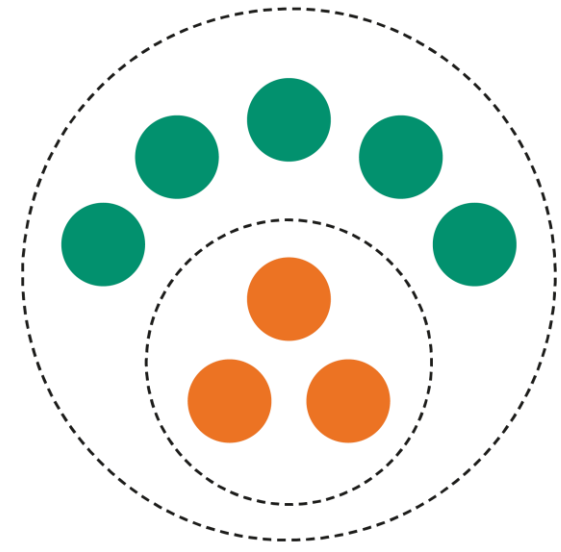
Disabled people can't play sports



Disabled people can only play disability-specific sports



Disabled people should use adapted rules or equipment



● Disabled people

○ Barriers

● Non-disabled people

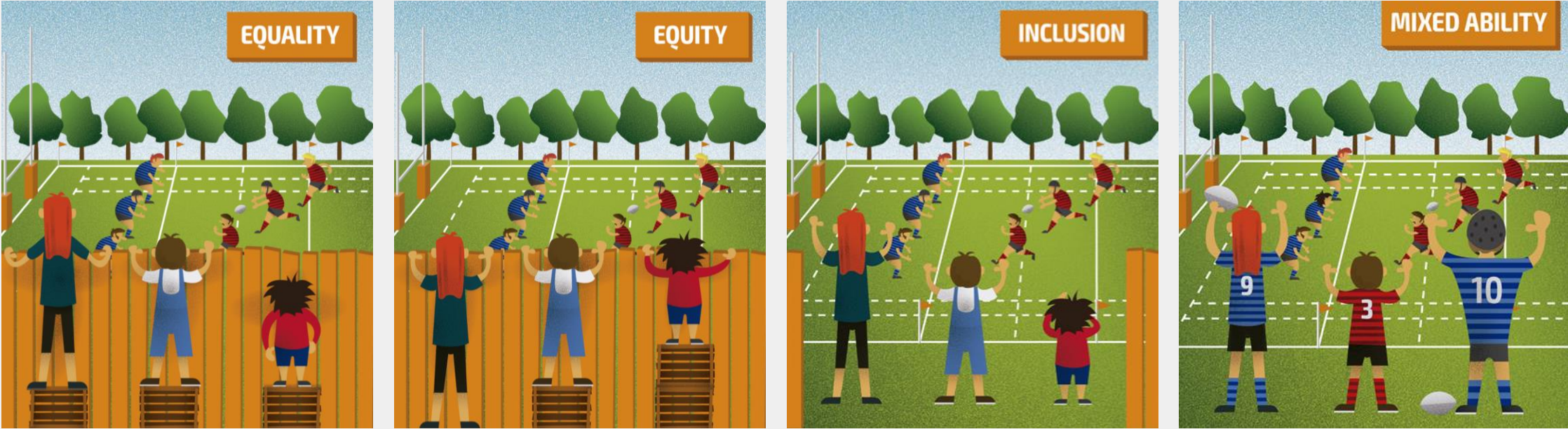
What sport is usually available for disabled people?

The Mixed Ability model starts from the assumption that anyone, at some point in life, can experience disability for a short or long term, whether due to social, physical or mental constraints.

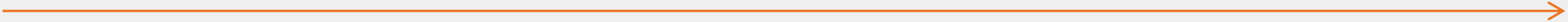


Equality doesn't mean equity

Liberation = breaking down barriers



Non-inclusive



Inclusive

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.





A problem

- Health inequalities are most marked in disabled people.
- People with learning disabilities or long term mental ill health live with more comorbidities, are limited more by ill-health and on average die earlier, often from preventable illnesses.
- Less than 33% of people with a learning disability have some choice of who they live with, and less than half have some choice over where they live.
- The pandemic has worsened challenges and increased nervousness about participation



How we don't help

- Creating and maintaining barriers to active and healthy lifestyle for people with severe enduring chronic disease and learning disabilities.
- These include attempts to categorise and pigeon-hole disabilities into a “special” category.
- Making the problem “go away” by not even recognising it is a problem.

Instead of starting with problems...

- Take an asset based approach: help people do the healthy things they already want to do
- Frame risks appropriately (risk of not taking part in exercise and benefits of participation)
- Focus on building capacity and promoting consent

Start where you are, use what you have, do what you can!

**"I'm more aware of inequalities and disadvantages within the community and able to communicate better with people. Also, having an idea of the options that are out there in the community to support patients."
Emma, 3rd Year Medical Student,
Sheffield University**



A.B.C. of IMAS for Healthcare Practitioners



AUTONOMY

Creating opportunities to make decisions, have control, have choices and a say in your life. We do this through sport and beyond, we create chances for IMAS participants to live congruent with their beliefs and values

BELONGING

IMAS promotes meaningful relationships. Our participants feel part of something (a team or family), have a sense of membership and are connected, respected and listened to. Our participants have an identity that gives them a sense of self in place and time.

CONTRIBUTION

IMAS promotes recognition of all participants in Mixed Ability sports, where participants are valued for their influence. We develop chances to lead, show, demonstrate abilities and deliver meaningful outcomes. We believe in ownership, co-production and co-design.



Nathan

IMAS trainers meet weekly



Mixed Ability offers in Bradford and Calderdale

MIXED ABILITY MULTI-ACTIVITY

From arts and craft – boccia and badminton!
Something for everyone!

🕒 Wed 4-6.30pm

📍 Heaton Tennis & Squash Club,
Off Emm Lane, BD9 5PH.
Next to St Bede's school

💷 £3 per session

✉️ info@bdsl.net
laura.purcell@bdsl.net

📌 Sports clothes and trainers recommended.



MIXED ABILITY TENNIS

CHILDREN ONLY

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

🕒 Sat 4-6pm

📍 Grange Interlink Community Centre,
Summerville Road, BD7 1PX

💷 £30 per month

☎️ Call or Text **07869 578162**

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

✉️ Nalettetucker@sunnahsportsacademytrust.com



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

🚌 626 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.



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

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

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

☎️ Call **Sarah** on **07769 359612**

✉️ info@unorthobox.co.uk

🌐 www.unorthobox.co.uk

📌 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

📍 Physical Impact Kickboxing Academy,
182 Harris Street, BD1 5JA

💷 **FREE** trial session. Monthly fee

☎️ Call **Shab** on **07400 016416**

✉️ physicalimpactkickboxing@hotmail.com

🌐 www.physicalimpactkickboxing.com

@ Find us on facebook and instagram

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



MULTI-SPORT FOR KIDS

Children's (age 6-12) Mixed Ability Multi Sport
Sessions Fun introduction to different sports.

🕒 Sun 11am-12noon

📍 Grange Interlink Community Centre,
Summerville Road, BD7 1PX

💷 £15 per month

☎️ Call or Text **07869 578162**

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

✉️ Nalettetucker@sunnahsportsacademytrust.com



RACKET BALL AND PICKLEBALL

Mixed Ability Racket ball and Pickleball. Two brand new
sessions suitable for people of all ages and abilities.

🕒 New sessions, times to be confirmed.
Email Terry Wassall for details.

📍 Heaton Tennis & Squash Club,
Off Emm Lane, BD9 5PH.
Next to St Bede's school

💷 New session fees to be confirmed

☎️ call reception on **01274 541508**

✉️ terry.wassall@gmail.com



MIXED ABILITY SWIMMING

We're back and would love you to join us in the pool,
come on in the water is perfect!

🕒 Tues 7.30-8.30pm

📍 Pool at Tong Leadership Academy,
Westgate Hill St, BD4 6NR

💷 £3 for participants, carers swim **FREE**

☎️ Call **Helen** on **07966 089526**

✉️ helen@helenhowes.co.uk

@ [facebook.com/theswinhub](https://www.facebook.com/theswinhub)

📌 Welcoming non-judgmental swim for all



NON-CONTACT BOXING

WOMEN ONLY

Ladies (14+) Mixed ability Non-Contact Boxing
Boxing skills using pads and fitness based exercises.

🕒 Sun 11am-12noon

📍 Grange Interlink Community Centre,
Summerville Road, BD7 1PX

💷 £3 per session

☎️ Call or Text **07869 578162**

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

✉️ Nalettetucker@sunnahsportsacademytrust.com



IMAS TEAM DAYS

Co-produced teambuilding and Inclusion
sessions delivered by IMAS trainers.

🕒 Sessions available through
advanced booking

📍 Suite 3, Cathedral House,
26-28 Church Bank, Bradford,
West Yorkshire BD1 4DZ

💷 Sessions fees to be confirmed

✉️ contact@mixedabilitiesports.org



ACTIVITIES IN CALDERDALE

MIXED ABILITY RUGBY

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

Touch Union: Thurs 6- 7pm
Sat 12-1pm

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

£ E20 Annual Membership

Halifax Magpies 07851 487234

Carlundavan@googlemail.com

No experience required - all abilities welcome.



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

£ E15 per person, per season

Call Ken on 07891 632699

kpollard2008@hotmail.co.uk

Please wear trainers or flat soled shoes.



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

£ E10 annual membership

Call or Text 07869 578162

phil.wilson@whiteroserugby.com

www.bumblesrugby.com

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



MIXED ABILITY FOOTBALL

WOMEN ONLY

Women only Mixed Ability Football
Social drop in and play.

Sat 3-4pm

Grange Interlink Community Centre,
Summerville Road, BD7 1PX

£ E5 per session

Call or Text 07869 578162

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

Nalettetucker@sunnahsportsacademytrust.com



MIXED ABILITY RACKET BALL

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

For more information contact Aron

£ E5 per session. Concessions available.
Annual membership.

Call Aron on 07794 734592

aron@caldercommunitysquash.com

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



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

£ E8 per class

Phil or Helen on 07528 959091

www.discovertaichi.uk

facebook.com/discovertaichi

Call to discuss the best class for you



MIXED ABILITY GOLF

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

Alternate Mondays 4-6pm

Bingley St.Ives Golf Club,
Harden, BD16 1AT

£ E2.50 per session

Call Alan on 07359 003287
or Graham on 07855 009540

alanthornber@yarnconsult.co.uk

Equipment is provided. All abilities welcome.



MIXED ABILITY FOOTBALL

OVER 18'S ONLY

Over 18's Football for well-being. A fun session for all abilities to enjoy playing some social football and the opportunity to brush up on your skills and drills.

Time: TBC

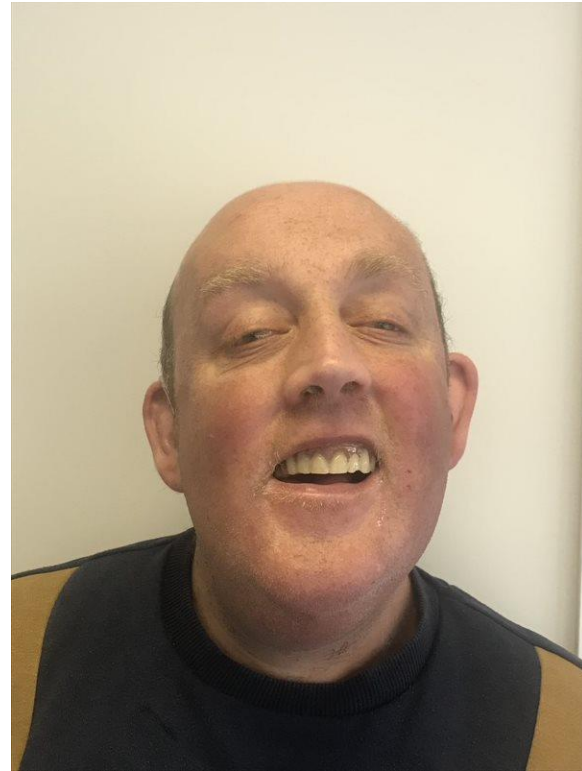
Venue: TBC

£ E3 per session

info@bdsL.net
laura.purcell@bdsL.net

Astro boots or trainers. NO studded boots. A collaboration with Mind in Bradford to offer wellbeing support for carers and participants who may be struggling





Tom

Disability Awareness.
When we deliver training to the
public we give examples of the
prejudice we have to face
everyday.



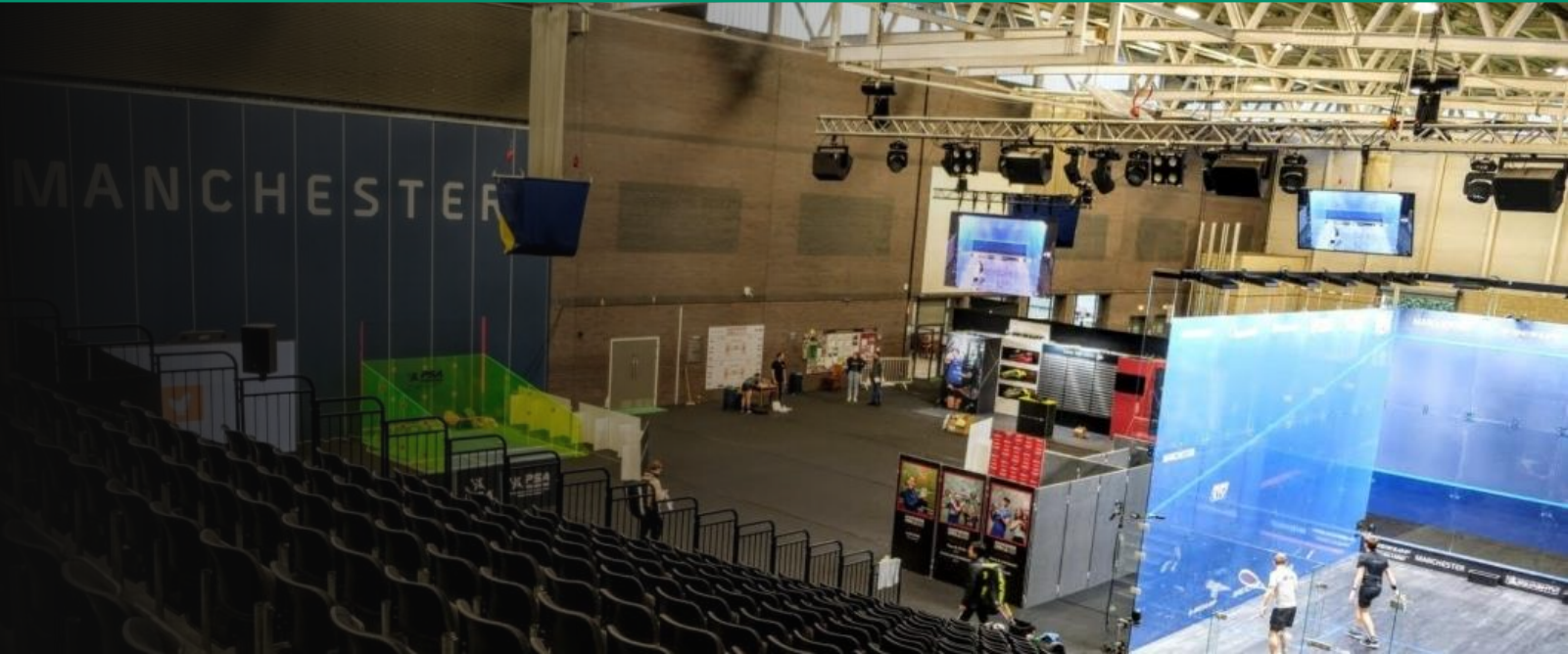
Mixed Ability training through play



IMAS Trainers working with NGB's to raise awareness of the Mixed Ability Model



Mixed Ability Squash at the National Squash Centre, Manchester



More than a Game

MENS WELL-BEING SESSIONS

HEALTH CENTRE
LOWER GEORGE ST
TODMORDEN
OL14 5RN

Free weekly well-being sessions in Todmorden for men 50 and over.

Every Wednesday at Todmorden Group Practice 10.30-12.30pm, beginning 21st of September.

Activities include - Gardening, scenic walks, gentle aerobic movement and classes in cooking & nutrition.



FOR MORE INFO AND TO BOOK YOUR PLACE PLEASE CONTACT - ARON
info@caldercommunitysquash.com



CALDER COMMUNITY SQUASH

SQUASH FROM THE MOSQUE

Every Monday from 5pm - 6.30

OLD CROSSLEYANS, HALIFAX, HX3 0JE

FUNDED BY COMMUNITY FOUNDATION FOR CALDERDALE

WE SEE YOU!

SQUASH SESSIONS FOR REFUGEES AND PEOPLE SEEKING ASYLUM

Every Thursday between 2pm & 3pm
Old Crossleyans Squash Club
Broomfield Avenue
Halifax
HX3 0JE

CALDER COMMUNITY SQUASH

Hopeful Families & Calder Community Squash present fun and friendly squash sessions for women.

Every Monday from 1pm- 2pm at Old Crossleyans, Savile Park. Beginning on the 16th of May.

Join us for a twelve week course and try something different. Learn the basics, have fun, meet new people and feel great!

GREAT STRIDES

SQUASH SESSIONS FOR WOMEN

To book your place, please contact Lisa Connelly on 01422 347392 or email: lisa.connelly@reggan.org.uk

Hopeful Families is part funded by the National Lottery Community Fund & European Social Fund

CALDER COMMUNITY SQUASH PRESENTS BOUNCE BACK

Free weekly squash sessions for men in Halifax to help improve mental health and build resilience. Starting Thursday 22nd September.

FUNDED BY COMMUNITY FOUNDATION FOR CALDERDALE

Fun and friendly squash sessions for people of all standards and abilities. Thursdays 12-130. Old Crossleyans Squash Club HX3 0JE

FOR MORE INFORMATION AND BOOKINGS PLEASE CONTACT: info@CALDERCOMMUNITYSQUASH.COM

CALDER CROCS

MIXED ABILITY SQUASH 57

SATURDAY 25TH JUNE 1-2PM

Old Crossleyans' Squash Club
Broomfield Av.
Halifax
HX3 0JE

Come and join us for the launch of the Calder Crocs: the UK's first Mixed Ability racketball team

Everyone Welcome

Mixed Ability sport is welcoming, safe and non-judgmental

IMAS INTERNATIONAL MIXED ABILITY SPORTS

Growing Mixed Ability Activities in the North West



SQUASH UNITED! BEGINNERS MIXED ABILITY SESSION

MONDAY 4TH APRIL
2-4 PM

AT
BIRMINGHAM NEW
STREET STATION



**FUN, INCLUSIVE
AND FREE
COACHED
SESSIONS**



IMAS  **INTERNATIONAL
MIXED ABILITY
SPORTS**

squash **57**

BEGINNERS INCLUSIVE TASTER SESSION

Join us at Birmingham New Street
Station and try Mixed Ability Squash 57

RULES

1. Pick up ball
2. Hit ball against wall
3. Have fun
4. Repeat

Equipment provided, just wear comfy clothes and trainers

contact@mixedabilitysports.org for further info'



IMAS  **INTERNATIONAL
MIXED ABILITY
SPORTS**

IMAS support and education

Research

Healthcare placements

Accessible resources



Ongoing advice and support

Club networking

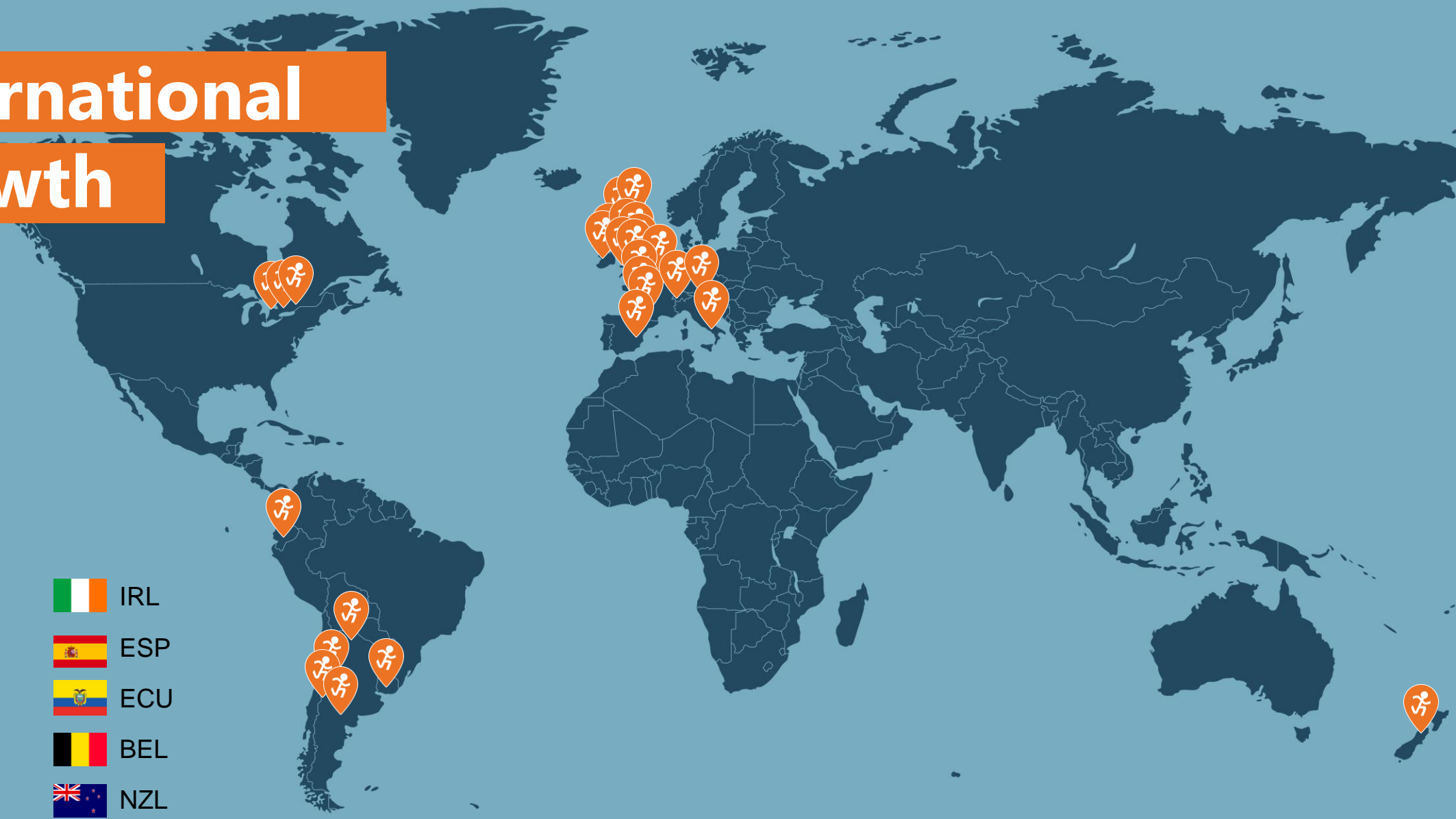
Regional Development Managers

Disability awareness training

International

Growth

- | | |
|---|---|
|  ENG |  IRL |
|  SCO |  ESP |
|  WAL |  ECU |
|  ARG |  BEL |
|  NED |  NZL |
|  ITA | |
|  CAN | |



Introduce IMAS to relevant partners

Share our research on the benefits of Mixed Ability

Add IMAS to the Thriving Communities programme

Try one of our Mixed Ability taster days

Plan with us to map who would be receptive to new Mixed Ability activities



**What can
you do to
support the
movement?**



Sign our manifesto

1. HEALTH AND HAPPINESS



Transforming lives through exercise and social interaction.

2. INCLUSION AND EQUALITY



Allowing everyone to enjoy sport without being separated, classified or labelled.

3. MEMBERSHIP & BELONGING



Building a culture of belonging through community groups, teams and clubs.

4. EQUAL PARTICIPATION



Creating opportunities for marginalised groups to participate on a level playing field.

5. RULES & REGULATIONS



Adopting the same rules as mainstream sports with only minor adjustments for individual participant needs.

6. BREAKING DOWN BARRIERS



Challenging the elitist norms to overcome segregation and prejudice within sport.

Thank you, we're happy to take any questions...

 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)

