



**CELEBRATING
10 YEARS OF IMAS**



IMAS
Suite 3, Cathedral House,
26-28 Church Bank,
Bradford BD1 4DZ

-  mixedabilitiesports.org
-  contact@mixedabilitiesports.org
-  [@IMAS_Sport4All](https://twitter.com/IMAS_Sport4All)
-  [@imas_sport4all](https://www.instagram.com/imas_sport4all)
-  [MixedAbilitySports](https://www.facebook.com/MixedAbilitySports)



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OUR VISION

We are at the forefront of a global movement challenging the orthodoxy of grassroots sports.

We believe that everyone should be able to benefit from the transformational power of sport to create healthy and happy communities and yet, many people still face significant barriers to participating in mainstream sports through, for example, disability, age, gender background, poor self-perception or established social norms

Mixed Ability sport takes an innovative approach to breaking down these barriers, revolutionising the way we think about sport participation. Our Mixed Ability model promotes social inclusion through sport, education and by encouraging players of all abilities to be equal members of mainstream sports clubs. To make this vision possible, we provide

interactive and accessible training delivered by participants from a range of backgrounds to create sporting environments that are safe, welcoming and non-judgemental.

This has been shown to overcome a huge range of barriers for people who may otherwise struggle to participate, as well as benefiting clubs and the wider community.

Our vision is to radically change the way we think of, join in and enjoy sports, leading to a fairer and more equal society. This is just the start.

Sport is leading the way in inclusion – let society follow!



RADICALLY
CHALLENGING
SPORT CULTURE!

CHANGING
PERCEPTIONS,
CHAMPIONING EQUAL
PARTICIPATION AND
CREATING BELONGING.



FOREWORD



When Mark and I helped create respectively the Bumble Bees team in Bradford, and Chivasso Rugby in Turin, we held – without knowing it – parallel experiences and similar ambitions. We both came from an educational background, supporting adults (in his case) and young people (in mine) with learning disabilities to be fully included in schools and society. We both experienced the crushing limitations of the formal learning settings, and the exhilaration and subversive power of education. Yet, despite all the advocacy, informal, creative, and experiential learning, the desire for many of our students to be part of ‘normal’, community-based sports activities, seemed something straight out of a sci-fi book.



“
**Do the best you can until you know better.
Then when you know better, do better.”**

– Maya Angelou

At least, that was the story of Anthony, in Bradford, of Enrico and Davide in Turin, and of many more as we discovered along the journey. The same aspirations, the same desires, the same assertiveness always in tatters against statements like ‘it’s too dangerous’, ‘there’s no one like you at the club’, or ‘you should play with someone like you’. What has been achieved in the past ten years, is a testament to their visionary stubbornness, and the determination of not taking no for an answer. It’s the best example that sometimes revolutions happen making the traditional systems look dull, uninspiring and obsolete.



It would be easy to look back and say we knew exactly what we were doing, that Mixed Ability is a magic formula, a cure-all potion to unlock grassroots sports to everyone. Sure, we could see the need for it. Sure, we were uncompromising making certain the voices and expertise of disabled champions could lead the way, but the reality is that we did the best with the knowledge we had, until we knew better.

And once you know better, there's no way back. There is no reason why – at a grassroots level, in all our communities – people wanting to play sport with their friends, siblings or family members should be graded, identified, excluded or segregated based on what they can't do. There is no reason why someone should make decisions about someone else's life. Certainly, people within the Mixed Ability movement refused to be patronised or spoken for. Those days are gone.

Mixed Ability has grown thanks to amazing champions all over the world. You are "believers, revolutionaries, change makers, champions, leaders, ranters and ravers, quiet campaigners, funders and volunteers, fighters and warriors and IMAS Trainers!". Mixed Ability is showing to a global audience that another approach to community sport is possible. If sport is the great catalyst for change that we all acknowledge, why – then – are there still so many people who face significant barriers to participating in mainstream sport? Why can't

they be considered equal members of their communities? Where are their voices? Why do we still use labels, categories and attitudes which belong in the past, dividing people by ability, disability, gender or background?

We believe it's time to look at the future with different eyes.

Moreover, we want to prove that there is another way to think of, join and enjoy sport. Mixed Ability wants to be a great inspiration and an invitation to democratising sport participation across the world, giving people the right to join in community sports without being identified, separated, classified, or labelled, promoting inclusion and equity through a sense of belonging and shared ownership. We believe this space is not bestowed upon us by kind concession. This space belongs to us, and we are happy to occupy it.

No one knows what the next 10 years of Mixed Ability will look like. It is a movement led by people, and in that sense the future is open. But this is happening now, all over the world, and is helping build fairer, happier, and healthier people and communities that are for us, all of us.

“

He who is not courageous enough to take risks will accomplish nothing in life.”

– Muhammad Ali



TIMELINE

BEHIND THE SCENES

1,000 kilometres apart, the wheels of Mixed Ability were picking up speed. The tales of two individuals were about to collide, creating a perfect storm of passion and dedication to radically change the landscape of sport. These moments lead to the conception of IMAS.

2008

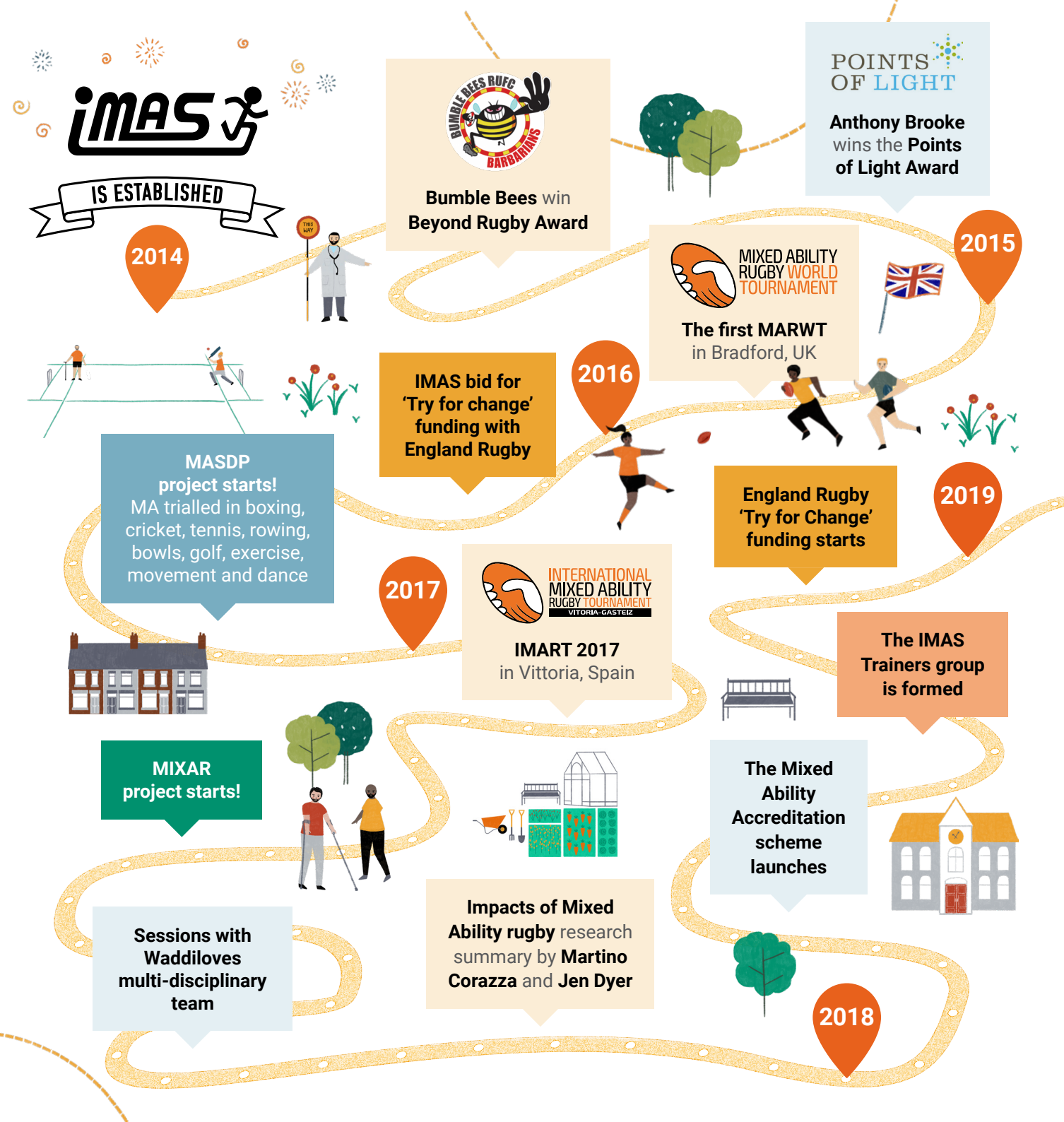
- **Workers Educational Association** (WEA) established **Inclusion in Rugby Class** (then Inclusion in Sport Group)
- **Anthony Brooke** contacts RFU as part of WEA class on assertion

2009

- **Martino Corazza** sets up **Chivasso Rugby** in Turin with **Enrico Colzani** and **Marilena Giuliacci**
- **Anthony Brooke** creates **The Bumble Bees RUFC** with **Mark Goodwin** and training session begin in **Bradford** and **Bingley**

2012

- **Martino** moves from Italy to the UK





Health and social care placements started for GPs, Med students and physios

2020

MASDP Report is published



IMART 2020 postponed due to Covid



Partnership with Abilities Centre Canada

Anna Marie Phelps becomes first IMAS Ambassador



IMAS Trainers group goes online and goes national

2021



Partnership with SkyBet established



Baskonia basketball established in Spain



IMART 2022 in Cork, Ireland



IMAS Ireland established

2022



MIXED ABILITY WEEK 22
Mixed Ability Week 2022



Martino invited to be one of the Future XV in Mastercard campaign

Anthony Brooke awarded British Empire Medal



Planning for IMART 2025 in Pamplona, Spain



Placements for Social Workers

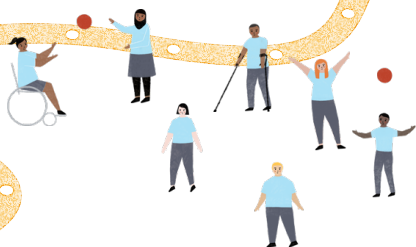
2024



Partnership agreed with Flutter



2023



HOW IT ALL CAME ABOUT

Our Mixed Ability model stems from the lack of opportunity for disabled people to take part in mainstream community sport, as equal members, without being separated, classified, or identified.



In the UK, Anthony Brooke asserted his right to play full-contact rugby. As a lifelong rugby fan, he served as the water boy at his local club. Anthony has Cerebral Palsy and learning difficulties and his club felt it was too much of a risk for him to play full contact. He had been offered tag or touch rugby as an alternative, but this did not play to Anthony's strengths. Not only did he not want to play these versions of the game, but tag rugby would have been very difficult as his Cerebral Palsy affects his coordination.

As part of a class on self-assertion he took at the Workers' Educational Association (WEA), Anthony's tutor and our very own Mark 'Gooders' Goodwin, supported him to approach England's Rugby Football Union (RFU) for advice. RFU Regional Officer Hamish Pratt suggested setting up a

training session at the Bradford and Bingley Rugby Club where Anthony could be coached to play full-contact rugby. The first training session, in 2009, was attended by four disabled players, five coaches and Gooders. The Saturday training was on at the same time as the Bradford and Bingley 'Bees' 1st and 2nd Team training and, gradually, other players and coaches who saw the training, started expressing an interest and getting involved. These players then started recruiting family members and those who had 'hung up their boots' feeling they were too old or too injured to play anymore.

More disabled players, who wanted to participate, were recruited through disability service organisations and Mark's contacts across the

educational and social services in Bradford. Disabled and non-disabled players trained and played together. Anthony never questioned whether disabled and non-disabled players should or could play together. The team became known as the Bumble Bees and Anthony won the Point of Light award in 2014 in recognition of his great work.

Gooders set up the 'Inclusion in Sport' class to support the practical provision of Mixed Ability sports, where IMAS Trainers work together to develop educational resources and presentations for others interested in being involved in Mixed Ability sports. For this, Gooders won The Sporting Chance award at the National Learning Disabilities and Autism awards.

“

I SUPPORTED MY LOCAL TEAM FOR YEARS. THEY WOULD NOT LET ME PLAY BECAUSE THEY THOUGHT I COULD GET HURT. OF COURSE YOU CAN GET HURT, IT'S PART OF THE GAME, AND IT'S MY RIGHT TO DECIDE IF I WANT TO DO SO”

Anthony Brooke, Bumble Bees' founder



BRINGING THE STORIES TOGETHER...

This combination of rugby, education and advocacy, attracted the attention of Martino 'Chico' Corazza from Italy, who had set up a similar initiative in Turin with his friends and fellow educators Enrico Colzani and Marilena Giuliacci. He secured European funding to come to the UK and spend time with the Bumble Bees and the WEA 'Inclusion in Sport' class and to share knowledge and experience between the different countries.

It was clear that this way of playing rugby and combining it with education and advocacy was having positive impacts on those involved. Mark and Martino decided to set up International Mixed Ability Sports (IMAS) as a social enterprise to promote this model more widely.

AND HERE'S WHAT'S HAPPENED SINCE!!



Education and Culture
Lifelong learning programme
GRUNDTVIG



BRADFORD, UK
53.7938° N, 1.7564° W

THEN



2009 Bumbles' first training session

NOW!



2022 Bumble Bees team at IMART Cork



TURIN, ITALY
45.0703° N, 7.6869° E



THEN



Chivasso Rugby playing in the community



2009 The first group of Chivasso Rugby

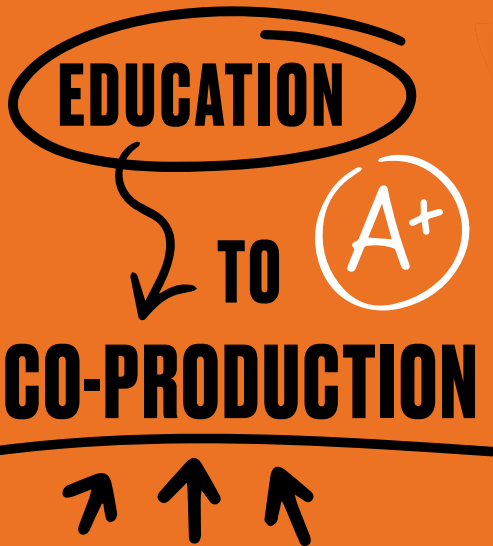
NOW!



2022 The traditional end of match tunnel at IMART Cork



FROM



The IMAS Trainers group remains central to everything we do and the IMAS Trainers' lived experience is embedded in all of our activities. From being funded in the early days by the WEA as an educational class, it is now supported by Bradford Council and focuses on co-production of resources. We still meet weekly, now in a hybrid format, as a result of Covid, which means we have IMAS Trainers joining from across the UK. Even more excitingly, similar groups have been established in Italy, Ireland, Canada and Chile.

Some of our recent highlights from the IMAS Trainers group include Trainers Cameron and Bronte heading to the House of Lords to contribute to the National Plan for Sports and Recreation, and Anthony Brooke being awarded the British Empire Medal! More recently, the 'Inclusion in Sport Group' has won the national Learning Disability and Autism Leaders' List Award!



CO-PRODUCTION AND THE IMAS TRAINERS GROUP

Mixed Ability began when people who were previously excluded from making everyday decisions about their lives, decided to challenge discriminating assumptions about what they could do.

The Inclusion in Sport Group includes experts with lived experience of disability, who meet every week to share their experiences, and co-produce and co-deliver training, a crucial part of the IMAS work.

We recognise that co-production involves us, and we want to get involved and make changes in things that affect us!

Mixed Ability goes beyond co-production employing the voices, experiences and skills of our participants to co-deliver training and remove the barriers to participation in sport and society.





1 **HOST**
Bradford & Bingley Bumble Bees

5 **DAYS**
17th - 21st August 2015

10 **NATIONS**
Teams from across the world

400 **PLAYERS**
With and without disabilities

ENGLAND IRELAND SCOTLAND WALES ARGENTINA BELGIUM FRANCE ITALY SERBIA SPAIN

Starting in Bradford in 2015, our international tournaments have been absolutely instrumental in raising awareness about the Mixed Ability model globally!

In order to make this inaugural MARWT possible, we raised an astonishing £135K from our fantastic community, including a successful £50K crowdfunding campaign.

2015

▶ Crowdfunder Campaign



▶ youtu.be/PuA3qvwkbWg?si=H_tkzcQ36HNCBhoH

SCAN TO WATCH



▶ Looking back on MARWT 2015



▶ youtu.be/T-Fac9I9UmE?si=sjGXUBn_Xghg4hI2

SCAN TO WATCH





HELEN GRANT MP
IMAS ORGANISERS WITH THE SPORT MINISTER



PLAYERS FROM SWANSEA GLADIATORS

MARTINO WINS GOOD NEIGHBOURS AWARD FOR MARWT 2015 AT INAUGURAL BRADFORD SPORTS AWARDS



BUMBLE BEES REACH AND HOST THE FINAL AT HOME!



GAZTEDI RUGBY TALDEA WIN THE FIRST SPIRIT OF MIXED ABILITY TROPHY!



SUNDAYS WELL REBELS ARE CROWNED INAUGURAL WORLD CHAMPIONS










MARK GOODWIN WINS SPORTING CHANCE AWARD AT THE NATIONAL LEARNING DISABILITIES AND AUTISM AWARDS



2016

The Mixed Ability Sports Development Programme (MASDP) was funded by Sport England. It allowed us to trial Mixed Ability in seven new sports.

New sports:

-  **Boxing**  **Golf**
-  **Bowls**  **Rowing**
-  **Cricket**  **Tennis**
-  **Exercise, movement & dance (EMD)**



HEATON SPORTS CLUB – A 'HUB' FOR MIXED ABILITY SPORT



HEATON TENNIS AND SQUASH CLUB



UNORTHOBOX MIXED ABILITY BOXING



BINGLEY ST. IVES GOLF CLUB



BRADFORD AMATEUR ROWING CLUB (BARC)



BOWLS AT YORK INDOOR BOWLS CLUB

Bradford Open Day



youtu.be/7uUfkoJaoyo?si=r-Kyi6GkR78BLoUv

9

Open days

47

Presentations delivered

MORE THAN 1200

People trying Mixed Ability sport

MORE THAN 500

Healthcare professionals trained

5

Areas: Bradford, York, Leeds, Liverpool and Doncaster

320

New disabled and non-disabled members across 12 sports in Bradford alone





We also commissioned research from the University of Leeds and Loughborough University to evaluate the MASDP. Through the research, we found that:

“ MIXED ABILITY HAS TRANSFORMED OUR CLUB CULTURE. IT MAKES ME WONDER HOW WE CAN MAKE THE REST OF SOCIETY MORE LIKE THIS!”

Mixed Ability participant



mixedabilitiesports.org/wp-content/uploads/MASDP_EvaluationReport2019.pdf



SCAN TO READ

Mixed Ability sport has the potential for positive impacts at the individual, club and societal level

INDIVIDUAL



- Physical health benefits
- Mental well-being
- Self-confidence
- Belonging
- Self-determination

CLUB



- Inclusive club culture
- New members
- More accessible infrastructure
- Coach development
- More representative of local community

SOCIETAL



- Shifts in perceptions of dis/ability
- Reduction in fear of communication with those who are seen as 'different'
- Meaningful inclusion of disabled participants in mainstream sport



CASE STUDY

ARGENTINA



Daniel Fernandez, Head Coach,
Pumpas XV and MAS South America

I am pleased to express my warmest congratulations on this tenth anniversary to the entire IMAS family.

We have shared achievements thanks to the effort, perseverance, love and dedication of all of us who make up both Pumpas and IMAS.

I have directly witnessed IMAS's effort to spread its transformational message of 'we change the world through Mixed Ability'. At Pumpas XV in Argentina we understand that rugby is a means to have fun, meet new people but above all to educate ourselves. That's how we live and enjoy it every moment. That was the reason why during these years the word of mouth from person to person, from family to family, from team to team, has supported a remarkable growth, leading Mixed Ability to spread on a larger scale across our country.

In 2011, I set up the first rugby school for people with intellectual disabilities in Argentina, a project based on values, for and with my 6-year-old son, Joaquín. It was also a project based on respect. All the players with intellectual disabilities were required to train with a family member or friend. That rugby school where people of any age and gender participated as equal was a novelty for Argentinian rugby and prompted everyone's curiosity. It also allowed us to discover new horizons, giving real opportunities to a part of society that was living in the shadow.

In 2014 we got an invite by IMAS (Martino) to discover Mixed Ability rugby. The truth is that we didn't know this movement existed. So, we embarked on the wonderful journey to discover it and get to know what would change our minds in knowledge, possibilities and opportunities. We played, as guests, our first World Cup in Bradford, England. That's how we started talking about coexistence and not inclusion. We participated in IMART 2015 as guests of Chivasso Rugby (Italy) and Gaztedi RT (Spain), living the experience and acquiring the knowledge of Mixed Ability to never stop again.



In Argentina, Mixed Ability rugby grew rapidly across the country. The first team of Pumpas was made up mostly of siblings with different abilities who until then were unable to play together. That meant the level of rugby of the squad has always been of high performance. Clubs welcomed us with a great desire to actively incorporate people with intellectual disabilities into their schedule, working hard to overcome the barriers imposed by the fear of the unknown.

The clubs had the desire, and Pumpas XV brought the passion for this new movement spreading the word, encouraging the start of Mixed Ability rugby in every place they visited, giving talks for clubs, families, committee members, local authorities, athletes, coaches, professionals, teachers and players, communicating through lived experience, clinics, training sessions and matches.

In four years Pumpas XV visited 9 provinces, 40 clubs and 3 countries. We played with Jaguares, Los Pumas, Los Pumas Seven, Argentina XV and first division clubs from all over the country. We played in the stadiums the preliminary match to Los Pumas vs England, vs Australia, vs South Africa and vs All Blacks and with whom we also had the pleasure of training. That's how we arrived, Los Pumpas XV, at IMART 2017 achieving the title of World Champions.



2024 GROWTH



IN ARGENTINA

There are more than 50 clubs/ teams playing Mixed Ability rugby, plus 10 clubs/teams playing Mixed Ability hockey.



ACROSS SOUTH AMERICA



There are now more than 2,500 players active on a weekly basis.

PUMPAS XV



PLAYED 40 CLUBS



ACROSS 3 COUNTRIES



VISITED 9 PROVINCES



WORLD CHAMPIONS IMART 2017





**INTERNATIONAL
MIXED ABILITY
RUGBY TOURNAMENT**
VITORIA-GASTEIZ **2017**

The growth of the Mixed Ability rugby movement is highlighted by the success of the second IMART, hosted by Vitoria-Gasteiz in Spain.



600 PLAYERS



13 NATIONS



16 TEAMS



354,640 REACH



348 PRESS ARTICLES

▶ Changing the World through Mixed Ability



▶ youtu.be/c-ymxqAcojY?si=Fvz0jsbiKSr9qBl4



2017

MIXED ABILITY MANIFESTO

2017 saw us launch our Mixed Ability manifesto, which was co-produced with our international network and embodies the values and the vision of IMAS.



MEMBERSHIP AND BELONGING



Mixed Ability recognises the right of everyone to participate in community sports without being separated, classified or labelled.

EQUAL PARTICIPATION



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.

BREAKING DOWN BARRIERS



In breaking down these barriers Mixed Ability Sport creates opportunities for marginalised communities to challenge the established status quo and affirm their right to equal participation.

RULES AND REGULATIONS



Mixed Ability Sports follows the same rules and regulations of mainstream sports without adaptations, and only minor adjustments to take into account individual participant needs.

HEALTH AND HAPPINESS



Sport has the power to transform lives making us healthier and happier, and yet there are people excluded or segregated because of stigma, prejudice or personal perceptions of their capability.

INCLUSION AND EQUALITY



Too often sport is seen as the prerogative of elite athletes or established majorities. Grassroots sport can also be responsible for excluding minorities allowing access only to charitable or segregated activities.

ACCREDITATION SCHEME

2018 saw the launch of our accreditation scheme in the Houses of Parliament. Our accreditation allows community clubs, coaches and National Governing Bodies to be recognised for their commitment to the Mixed Ability model.

“The biggest impact on me has been the change in my attitude to all people I come across now... I do not worry about whether I’m saying or doing the right thing... I see the person first.”

Jonny Myers, *Bumble Bees player*

▶ IMAS Mixed Ability accreditation

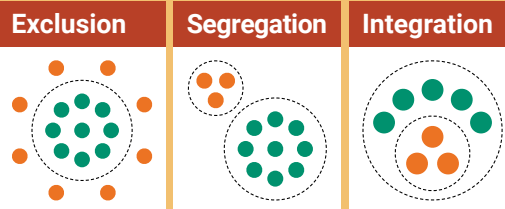
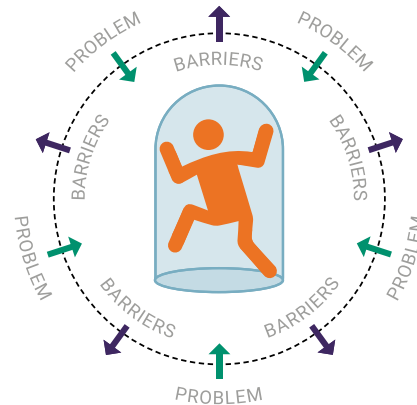


▶ youtu.be/KFc7VKxA-AA?si=ikvdWy756zU32KZs

Why is the model needed?

Too many people are still excluded from sport and physical activity. We believe disability is a social construct resulting in exclusion, segregation and adapted integration. People with impairments are not “disabled” until they experience barriers created by society. Anyone can experience disability at some point in life due to social, physical or mental constraints. It is important to fight ableism!

Disability social construct

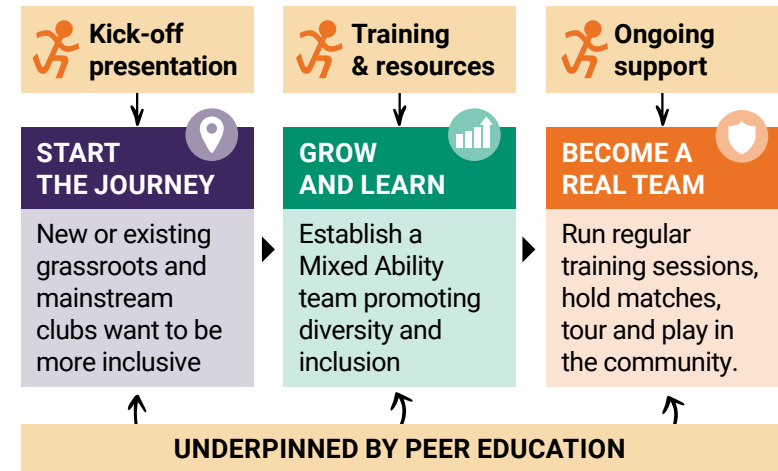
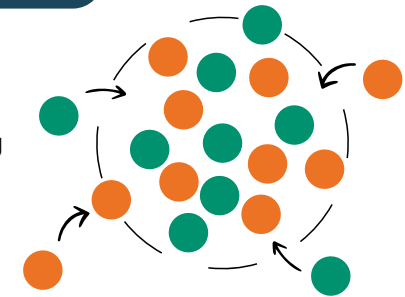


What’s the purpose of the model?

The role of Mixed Ability is to create safe, welcoming and non-judgemental environments free from societal barriers so that everyone can enjoy mainstream sport in a non-adapted setting.

How does the model work?

Mixed Ability participants lead the change, sharing their experiences and co-producing resources and education to ensure individuals, clubs, coaches and governing bodies see the person first.



2018

MIXED ABILITY MODEL



We also secured Erasmus+ funding for an exciting European collaborative partnership to promote Mixed Ability rugby across 5 countries:

-  BELGIUM
-  SPAIN
-  IRELAND
-  UK
-  ITALY

▶ **The Erasmus+ MIXAR project**



▶ youtu.be/clMiTmZWQR4?si=mD9h9plnukJwJ1ND



Co-funded by the Erasmus+ Programme of the European Union

THE LEGACY OF MIXAR IN BELGIUM



Mixed Ability Sport found its way to Belgium thanks to the MIXAR Erasmus+ project.

David Vyncke, IMAS Belgium

IMAS, Federazione Italiana Rugby (FIR), University of Salamanca's, Instituto Universitario de Inclusión en la Comunidad (INICO), Sunday's Well Rebels Rugby Football Club, Per Formare Associazione, Federación Española Rugby (FER), and Rugby Vlaanderen got together to transfer the learning from IMAS to other European contexts.

Alongside the development of a transferability toolkit, this project was also used as a lever to get Mixed Ability off the ground in Belgium. A roadshow through the Flemish provinces in 2018 was used to reach out to the clubs, gather interest and show that a Mixed Ability team is 'just another team' within a community club, nothing more, nothing less.



In 2019, the Belgian champions organised a Mixed Ability international showcase at the world-famous Open Flanders tournament, hosting teams from Sundays Well Rebels (Ireland), Chivasso Rugby (Italy), IMAS and the brand-new Flanders Barbarians to stage the first-ever 10-a-side Mixed Ability rugby tournament!

Following this event, Rugbyclub Mechelen (Rugby Mechelen 3) and Rugbyclub Hasselt (Hesselse Hertem) started training with a Mixed Ability team. The first real Mixed Ability rugby fixture was played in November

between Hesselse Hertem en Straffe Ketten, a Brussels-based team with an inclusion towards the LGBTQIA2S+ community. February 2020 saw the second fixture between Rugby Mechelen 3 and Straffe Ketten, only two weeks prior to the lockdown in Belgium.

After Covid, Flanders Open Rugby acted again as a catalyst, attracting the interest of even more clubs that started to host Mixed Ability teams: Diabolos Rugby Club Schilde (Diabolocos), Dendermonde Rugby Club (Knaptanden), Namur XV, (Rugby Club Saint-Ghislain and Boitsfort Rugby Club).

A Belgian contingent travelled to IMART22 in Ireland, and toured to Edinburgh, Enschede, Leicester, and Pamplona. We were also host of the first 'continental' match for the Mixed Ability Rugby Invitational Club (MARIs) and the Malone Tornados.



Crucially, other sports started to discover the social power of Mixed Ability and seek information. Communities and local NGOs were interested in the 'how did you do it?' and are now willing to change their perspectives on sports and leisure. University and college students discover the existence of Mixed Ability and placements already took place in teams across the country. After all, participating in sports surpasses any experience of just talking about the theoretical aspects! So, what's next in Belgium? After 'training the trainers' to upskill our coaches we aim to 'teach the teachers' (go into local schools and show that Mixed Ability is not just a theory) and 'lead the future leaders' – influencing students and young adults at a key stage of their educational journey. Wouldn't it be nice to shape the future we want and get more inroads in the local thinktanks, becoming a centre for expertise in the IMAS family?

This year saw our experiential learning opportunities with health and social care students and professionals blossom.

Social workers, Occupational Therapists, Physiotherapists, Medical students, Nurses and GPs report that working with us in this way equips them with the knowledge, skills and confidence to work with disabled patients and involve them in their own care.

“It’s important for social workers and health staff to hear that, actually, you really need to hear what people are saying about their lives ... You don’t know better because you’ve had a textbook on it.”

Social Worker, Bradford Community Learning Disability

Health and social care professionals also better understand the value of sport as a treatment option and are able to signpost people to our Mixed Ability sports through social prescribing.

“[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.”

3rd Year Medical Student, Sheffield University

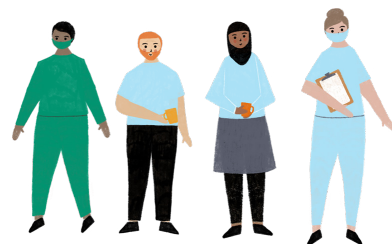


“ I THINK EVERYONE SHOULD BE GIVEN THIS TRAINING – FROM DOCTORS TO PHYSIOS AND ALL HEALTHCARE AND EDUCATION PROFESSIONALS.”

Bradford University Physiotherapy student



2019



SCAN TO READ



www.mixedabilitysports.org/wp-content/uploads/HealthcareSummary_Dev5_Digital.pdf



CASE STUDY

CHILE



At Fundación Tarucas we have been working with Mixed Ability sport as a tool for social transformation since 2019. 2023 was a year of incredible growth, both in terms of the number of athletes, sports activities and staff training.

Tarucas today offers six sports activities, rugby, hockey, figure skating, cycling, climbing and trekking. We currently have more than 180 athletes, men and women, with and without disabilities from the age of 6 onwards. All the new activities have been set up according to needs, aspirations and motivation of different people who are part of Tarucas. At the organisational level, the board of directors of Tarucas is made up of four people, we have ten coaches in total and four people in charge of the Communications Area. People with and without disabilities make up our management team and coaches, because we believe in and trust the Mixed Ability model, not only in our teams, but at the decision-making and planning levels.

With time, we have realised that the general sport offer in Chile was scarce, as sports are usually practiced in homogeneous groups and the options

for people with disabilities are usually segregated. For this reason, Tarucas has broken with the separatist paradigm, through the Mixed Ability model, achieving exponential growth. Under this model we work firmly under the IMAS Manifiesto transmitting its values day by day, in Santiago and in different regions of Chile. For instance, Mixed Ability rugby is currently played in four cities, and we hope in 2024 there will be more.

2023 was a very special year for us, as we opened our 'Tarucasa', an open space for our community, with an office to study and have meetings, as well as a gym. It is well equipped and allows our athletes to train during the week, occupying their free time in a productive and engaging way. In Chile there are not many offers for people with disabilities, that is why 'Tarucas' provides also a space for community development. It is our common place to meet, share, transmit the values and sense of belonging of and by Tarucas.

At Tarucas we are **confident in the transformative power of sport**, which is why we will continue working to impact the wider society. **Our aim is to reach more people in our country and to open more Mixed Ability sports spaces throughout Chile.** We hope to reach **250 athletes by the end of 2024**, consolidating the six activities we currently offer, as well as **develop sports competitions to continue promoting the additional opportunities for our participants!**



MIXED ABILITY SPORTS IN CANADA

In 2020, we were thrilled to announce an exciting new partnership with Ontario-based organisation, Abilities Centre. They were one of the earliest organisations to sign the Mixed Ability Manifesto back in 2017 and since then they have supported the growth of Mixed Ability sports in Canada.



Mixed Ability
Sport

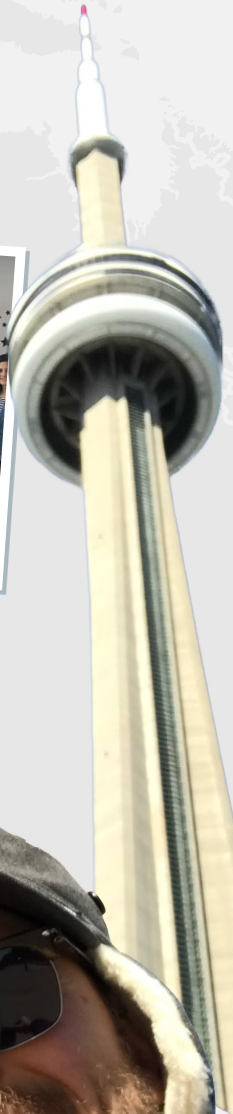
2020



After a couple of years of exploring potential avenues, IMAS and Abilities Centre signed a partnership to promote Mixed Ability in Canada. Abilities Centre is an organisation committed to building inclusive and accessible communities, just like us! Using their multi-award winning, fully accessible 125,000 square foot facility in Whitby, Ontario as an inclusion incubator, they develop evidence-based programmes and services that can be scaled locally, provincially, and nationally.

IMAS and Abilities Centre share the passion to enhance the quality of life and active citizenship for people of all ages and abilities by providing inclusive and meaningful opportunities. Through collaborative work with Rugby Ontario and the Oshawa Vikings over the past 3 years, a Canadian contingent travelled to Ireland to participate in IMART 2022, reaching the men's tournament final.





Thanks to this incredible work, several sports disciplines have now started to offer Mixed Ability activities in Ontario and beyond, paving the way for the growth and establishment of an IMAS Canada, just like similar organisations in other countries. **Watch this space!**



PANDEMIC POSITIVITY

We worked with our community on the pandemic positivity campaign to reduce isolation and build resilience. The impacts of this were clear!

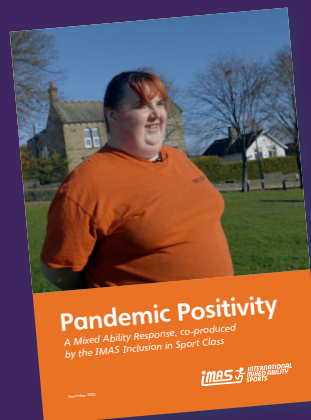
WHAT WE DID:

-  Moved to online delivery
-  Delayed IMART 2020
-  Created motivational resources
-  Covid response funding

For more information read our report **Pandemic Positivity: A Mixed Ability Response**, co-produced by the IMAS Inclusion in Sport Class

https://www.mixedabilitysports.org/wp-content/uploads/Appendix-C-IMAS_Pandemic_Positivity.pdf

SCAN TO READ



▶ Tom's story



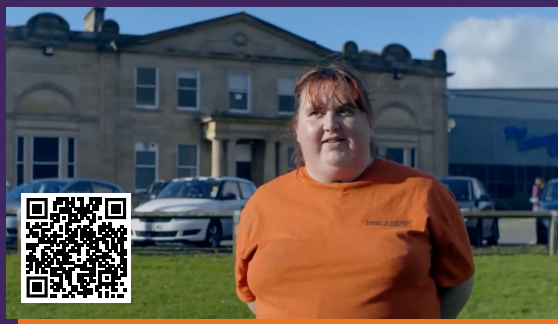
youtu.be/n382JvCG7X0?si=ofsj1Ap08NXUB386

▶ Paul's story



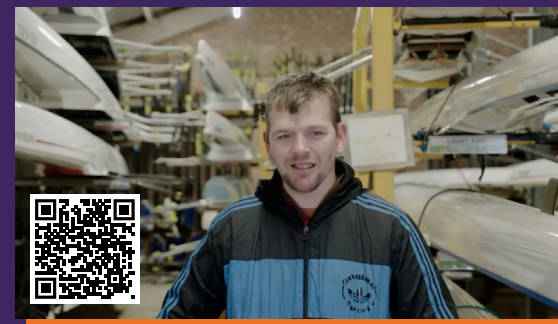
youtu.be/aIUCwL4R5_4?si=GPkyQDkbY8momLnE

▶ Katrina's Story



youtu.be/Hp9DLokUswM?si=LM4sSLyWzpyZLk97

▶ Michael's Story



youtu.be/Wt2t1W4mYUcY?si=OYVG3e0ZgULwYE3p



ESTABLISHED:**BASKONIA MIXED ABILITY BASKETBALL TEAM**

We supported the Euroleague Baskonia basketball club to open up its successful Down's Syndrome team to a Mixed Ability model. The club now has two successful teams, one men's and one women's, who regularly play matches against other community teams in the Basque Country.

INFLUENCING POLICY

Advocacy is embedded in everything we do and in 2021, our fabulous Trainers Cameron and Bronte were invited to contribute to the House of Lords national plan for sports and recreation.

2021

Saski Baskonia, one of the most prominent basketball clubs in Europe, remains firm in its commitment to social inclusion through basketball. Baskonia has been developing the Mixed Ability model for four seasons, with the creation of two men's teams and one women's team, fostering a broad impact in the community at local, national, and European level. Approximately 80 people with and without disabilities are part of Baskonia Mixed Ability, embodying an innovative project in basketball and beyond.

“

The fantastic thing about basketball and Mixed Ability is that all people with different life situations help each other and provide one another with mutually beneficial opportunities. We have achieved a two-way social project. We share the same love for basketball and for Baskonia, we are committed to participating as equal, respected, and valued members, giving one another the opportunity to be athletes in equal conditions and rights.”

- Nuria Zapatero





ALL IN THE SAME BOAT

THE JOURNEY OF MIXED ABILITY ROWING

Bradford Amateur Rowing Club (BARC) was the first to embrace MA rowing as part of the MASDP.

The club is known for being friendly and welcoming but wanted to become more inclusive and better represent the local community.

There were early concerns around the risks involved and how to resource Mixed Ability rowing, as well as nervousness around disability.



SCAN TO FIND OUT MORE



Mixed Ability Rowing

<https://youtu.be/6znAf6KuJis?si=jgBPiC-QPHwKExGs>

“I think, I’ll lay my cards on the table and say I think I’d find it very difficult to coach someone with learning difficulties. Physical difficulties I can cope with, but learning difficulties is a bit tricky.”

BARC Committee member,
MA coach and volunteer coordinator

However, as it progressed, Mixed Ability rowing at BARC challenged perceptions of (dis)ability and assumptions that Mixed Ability beginners would be less able than other rowing beginners:

“I’ll be honest and say I was expecting [the MA beginners] to be slower to get to this level. One thing I wasn’t sure about was how good their coordination and balance would be. And with both of them their balance is superb which makes a huge difference. As I’ve got to know them, I can see they spend every day being very active - probably much more so than an adult with a desk job.”

Member of the Mixed Ability rowing squad

Mixed Ability rowing also raised awareness of social difference and encouraged reflection on barriers others may face in society as well as reducing fears of communication with those perceived as different to oneself:

“I did feel [a bit uncomfortable] but once I started becoming personally involved and being in a boat with [the MA participants], all that went away ... And I just thought “It’s done me some good really, being part of this training session” ... For me it has made it easier to be around people when I don’t understand what they’re saying.”

Member of the Mixed Ability rowing squad

Mixed Ability rowing also promoted a ‘culture of accessibility, vulnerability and openness’ at the club. For example, the more flexible, ‘sessional’ payment model for MA has allowed others to start conversations about struggles with affording annual membership.

CONTINUED GROWTH

Mixed Ability rowing has since grown very organically following the success of BARC. In 2019, we delivered training to the Yorkshire Rowing Committee and recruited our first Ambassador – British Rower and former Olympian, Annamarie Phelps. **Our first international Mixed Ability rowing regatta took place as part of the Mixed Ability Week in Cork, 2022 and has been replicated twice since in Turin. In October 2023, 45 Mixed Ability rowers attended from Italy, England and Ireland!**



**INTERNATIONAL
MIXED ABILITY
RUGBY TOURNAMENT
CORK 2022**

We did it again!

And even

BIGGER!



CORK ALSO HOSTED THE FIRST INTERNATIONAL MA REGATTA



EL SALVADOR RUGBY JOINED WITH BOTH WOMEN'S AND MEN'S TEAMS.



PLAYERS FROM BALLINCOLLIG TRAILBLAZERS AT IMART.



CHIVASSO RUGBY V WORCESTER MA RUGBY



SPECTATORS AT MUSGRAVE PARK



SUNDAYS WELL WON THE MEN'S TOURNAMENT.



CORK HOSTED THE FIRST-EVER WOMEN'S MIXED ABILITY RUGBY WORLD CUP!



2022

THE NUMBERS



1,100 PLAYERS AND



28 TEAMS FROM



15 NATIONS PLAYED



82 MATCHES SUPPORTED



BY 25,000 SPECTATORS



AND 53,000 STREAMERS

FIRST WOMEN'S TOURNAMENT



▶ IMART and MAW 2022



▶ youtu.be/qSATnK1hHUE?si=2PXTjClbf4lv_0Kr

NEW SPORTS

- ⊗ MIXED ABILITY ROWING
- 🥊 MIXED ABILITY BOXING
- ⚽ MIXED ABILITY FOOTBALL
- 💡 KINBALL
- 🌀 FLOOR CURL

€1M RAISED, INCLUDING CO-FINANCING FROM ERASMUS+

OVER €280K IN PRESS AND DIGITAL MENTIONS IN IRELAND

SOCIAL MEDIA REACH +42 MILLION PEOPLE

MORE THAN 6M DIGITAL AD VIEWS

GENERATED MORE THAN 100K INTERACTIONS





THE FUTURE OF MIXED ABILITY: **FOR SPORT AND BEYOND**

A crucial part of the Erasmus+ Sport funded Mixed Ability Week 2022, was the international conference 'The Future of Mixed Ability: For Sport and Beyond'. The conference ran alongside the 3rd International Mixed Ability Rugby Tournament and aimed to showcase the transformational power of Mixed Ability in changing lives, communities, and our wider society.

The conference brought together experts with lived experience of disability, academics, practitioners, policymakers, sports participants and National

Governing Bodies alongside representatives from the disability, advocacy, healthcare, civil society and private sectors.

It was important to draw attention to the fact that disabled people and other groups facing barriers to participation are still disproportionately affected by the stark increase in health inequalities, isolation, exclusion and lack of connectedness, and try to collectively find a way to tackle these injustices and move forward together. The event received the patronage of UNESCO.

“
IF WE WERE TO START SPORT AGAIN, WE WOULD PROBABLY USE THE MIXED ABILITY MODEL TO RESHAPE IT”

Catherine Carty, UNESCO Chair in Inclusive Physical Education, Sport, Fitness and Recreation, MTU.





“ This week has been amazing! The amount of people I’ve met... the other day this player from El Salvador – I’ve never met her – she comes up to me and says: “I’m a huge fan of yours!” She wanted to have a photo with me because I’m the Ballincollig Trailblazer captain.”

Marie Healy,
Ballincollig Trailblazers

KEYNOTE SPEAKERS



RICHARD PHILPOTT
MA Participant



SAM PROWSE
MA Participant



MARIE HEALY
MA Participant



PIER MARCELLO CORRADO
Policy Officer, European Commission and Directorate, General for Education & Culture



CATHERINE CARTY
UNESCO Chair Project Manager, Munster Technological University MTU



DR. JEN DYER
University of Leeds, SRI & Centre for Disability Studies



DR. MARK PURVIS
Head of School of Primary Care for Yorkshire and the Humber



ANNE MARIE HUGHES
IRFU Spirit of Rugby Programme Manager



FABIAN SAINZ MODINOS
INICO, University of Salamanca



NIGEL GREEN
International Physical Literacy Association



BARRY HORNE
Chief Executive of Activity Alliance



Following the global success of IMART 2022, Mixed Ability Sports Ireland was created to provide interactive and accessible educational, and training opportunities, as well as specific support for coaches, clubs, accredited partners, or national governing bodies of sport on their Mixed Ability journey.

Mixed Ability Sport Ireland also provides diversity and inclusion programmes to help schools, charitable and private organisations harness the power of inclusion and make a real impact on the communities we serve.

Building on the experience, skills and competencies of Sundays Well Rebels and its founder Alan Craughwell, MASI has supported the growth of Mixed Ability rugby across the island of Ireland, creating new partnerships in rowing, boxing, the Gaelic Athletic Association (GAA), and promoting a groundbreaking approach to assisted employment for people with disabilities!

To know more email: a.craughwell@mixedabilitysports.org



MATCH DAY SUNDAY WELLS REBELS
VS BUMBLE BEE BARBARIANS



ALAN CRAUGHWELL AND
MARTINO CORAZZA

“

HAVING GIVEN UP SPORT IN MY TEENS, I NEVER THOUGHT I WOULD BE BACK PLAYING SPORT AGAIN LET ALONE BE TAKING UP A NEW SPORT.”

Ciara Ahern, Ballincollig Trailblazers



MARIE HEALY, RUBY HARDIE-BROWN
AND CIARA AHERNE



OUR COMMITMENT TO SUSTAINABLE DEVELOPMENT

In 2022 we released a summary of several case studies showing our commitment to the United Nations Sustainable Development Goals.

The 17 United Nations Sustainable Development Goals (SDGs) represent an urgent call for action and are at the core of the 2030 Agenda for Sustainable Development. There are clear links between IMAS work and the SDGs. Exploring these links is important given the SDGs represent a useful and well-recognised framing for how IMAS contributes to a more sustainable future!



<https://issuu.com/imascic/docs/themixed-abilitymodel-contributingtothesdgsandamore>

Through research, we have illustrated the direct impacts and positive change as a result of IMAS' work. The Mixed Ability model contributes directly to:

-  **SDG 3:**
Good health and wellbeing
-  **SDG 4:**
Quality education
-  **SDG 10:**
Reduced inequalities
-  **SDG 11:**
Sustainable cities and communities
-  **SDG 17:**
Partnerships for the goals

In doing so, the Mixed Ability model has indirect impacts for:

-  **SDG 1:**
No poverty
-  **SDG 8:**
Decent work and economic growth
-  **SDG 5:**
Gender equality
-  **SDG 16:**
Peace, justice and strong institutions

IMAS work is further underpinned by:



- 1. No Poverty ✓
- 2. Zero Hunger
- 3. Good Health and Wellbeing ✓
- 4. Quality Education ✓
- 5. Gender Equality ✓
- 6. Clean Water and Sanitation
- 7. Affordable and Clean Energy
- 8. Decent Work and Economic Growth ✓
- 9. Industry, Innovation and Infrastructure
- 10. Reduced Inequalities ✓
- 11. Sustainable Cities and Communities ✓
- 12. Responsible Consumption and Production
- 13. Climate Action
- 14. Life Below Water
- 15. Life on Land
- 16. Peace, Justice and Strong Institutions ✓
- 17. Partnerships for the Goals ✓

CASE STUDY ITALY



Mixed Ability has a strong Italian heritage, as Chivasso Rugby – one of the pioneer experiences that help create the Mixed Ability movement – was established near Turin in 2009.

The idea behind it, was to link up the school sector with grassroots clubs, opening participation to all those individuals and groups who had been excluded from regular memberships and mainstream activities, rejecting the use of special or adapted rules.

Even after Martino’s move to the UK, Chivasso Rugby kept growing, with an ever-increasing number of games played, players involved, tours, scrums, tackles, injuries, projects and presentations, achieving a third place at Bradford’s first Mixed Ability World Cup in 2015, and a fourth place at the second in Vitoria-Gasteiz 2017.

This extraordinary journey and the contribution made to the international Mixed Ability movement, made Chivasso the bedrock for the development of a separate organisation, Italia Mixed Ability Sports. IMAS Italy has promoted education and the replication of activities across other regions, with MA rugby teams now in Brescia, Padova, Alessandria and Rome. But, also, a groundbreaking Mixed Ability rowing projects at Società Canottieri Armida – that is spearheading the growth of the MA rowing network internationally!

“WE TEND TO SAY THAT THERE’S ONLY ONE FAMILY, BUT SINCE I HAVE PLAYED RUGBY WITH CHIVASSO, I CAN TRULY SAY I NOW HAVE TWO BIG FAMILIES. IN THIS WAY I WILL NEVER FEEL ALONE.”

Gianmarco Lippolis,
Chivasso Rugby Player

To know more email: e.colzani@mixedabilitiesports.org



In 2023, IMAS and England Squash partnered to develop the Mixed Ability model for squash and squash 57.

The Mixed Ability Squash programme aims to deliver regular and sustainable activities, as well as club membership for everyone. It is intended to be mainstream and situated within the core participation offer of a grassroots sports club. The programme is designed to reach new audiences and attract new players who are less likely to take part in traditional club activities, but also to increase court usage and associated income at clubs or venues. This national partnership diversifies club membership whilst also fostering greater inclusivity across the wider community!

To date, this programme has involved more than 25 clubs across England.



Mixed Ability Squash



youtu.be/E2SPdeFhTYc?si=5m20fqd-jgCZJExl



LEARN MORE AT ENGLAND SQUASH

englandsquash.com/club-toolkit/want-to-attract-more-adults/england-squash-participation-programmes/mixed-ability-squash



DRIVING MIXED ABILITY FORWARD

We continue to innovate and break into new sectors! In 2023, we announced a corporate partnership with Flutter International to help accelerate our scale and impact around the world.

Flutter™

Over the course of the partnership, Flutter's contribution will go toward achieving IMAS' strategic targets, which involve growing their presence to within **30 countries** worldwide; **positively impacting 275,000 Mixed Ability participants**; and **increasing the amount of Mixed Ability clubs to 225**. Flutter will also support IMAS' transition toward a social franchise model, whereby national affiliated entities operate under a new global parent organisation.

2023

30

COUNTRIES

225

CLUBS

275,000

PARTICIPANTS



SCAN
TO READ

bit.ly/4bdhCAI

GROWTH

“

The IMAS model represents a radical approach to societal transformation through sport and much like our own workplace culture, aims to create a safe, welcoming, and non-judgemental environment for people to achieve their full potential. This strong alignment underpinned our decision to deepen our partnership with IMAS, and we look forward to our colleagues working with them to deliver real global impact. ”

Kerry McNally,

Group Head of Communities
at Flutter Entertainment



MASTERCARD 'FUTURE XV'

The recognition for the Mixed Ability model was celebrated during the Rugby World Cup in France. In September 2023 Mastercard launched its Future of Rugby report and Future XV squad: A celebration of the remarkable individuals from around the globe who are shaping the future of the sport, ahead of the France 2023 Rugby World Cup.

On the 200th anniversary of the sport, the Future of Rugby report identifies five ways rugby is positively impacting society, acting as a 'force for good' through inclusivity, health, education, the fan experience, and sustainability. The report forecasts a 10% growth in global followers and fans of rugby by 2025. For each social impact trend identified, the report suggests a focus for the future, led by the current examples making a difference today. Mixed Ability featured heavily in the campaign!

Martino was included in the Future XV team as the creator of the International Mixed Ability Rugby Tournament, and Mixed Ability went global thanks to the Mastercard video.



► The Future of Rugby



📄 youtu.be/bg7UTaj8HRU?si=pKvoyb06pz0Ynaib



SCAN TO READ

📄 mastercard.com/news/media/bnpxmexcp/mastercard-future-of-rugby-2023.pdf

How can rugby unite people?



“A competition like the Rugby World Cup can unite people, can show them that we’re all wearing the same shirt, under the same flag and striving for the same outcome - that’s really important right now.” – **Safi N’Diaye**



WE ARE 10!

We are promoting the Mixed Ability model in even more clubs and even more countries across the world.

“

All this is only possible because of believers
Revolutionaries, change makers, champions, leaders
The ranters and ravers, the quiet campaigners
The funders and volunteers, the IMAS trainers

The fighters and warriors that are changing perceptions
And making a mockery of the preconceptions
There's more to do, and never forget

You're changing lives and we're not done yet!"

▶ **We're changing lives and we're not done yet!**



▶ youtu.be/2rVHJIZLo-A?si=tQ3pU7dnSvekBYow



WHAT'S NEXT

✓ GROW THE MIXED ABILITY
MOVEMENT GLOBALLY



✓ BECOME THE **BIGGEST** SPORT
REVOLUTION SINCE THE PARALYMPICS
AND SPECIAL OLYMPICS



✓ SPREAD THE WORD OF OUR MANIFESTO TO
NEW COMMUNITIES FOCUSING ON PEOPLE

✓ ADVOCATE FOR DIVERSITY AND INCLUSION
THROUGH EDUCATION AND INFLUENCE



✓ PUSH OUR COMMITMENT TO A
SUSTAINABLE FUTURE TO THE NEXT LEVEL



AWARDS

2015

- Mark Goodwin wins Sporting Chance Award at the **National Learning Disabilities and Autism Awards**
- Martino wins Good Neighbour award for MARWT 2015 at inaugural **Bradford Sports Awards**

2016

- IMAS highly commended in Breakthrough Award at **Third Sector Awards**
- IMAS wins **RFU President's Award - Try for Change**

2017

- Mark Goodwin wins National Social Impact award at the **Festival of Learning**
- IMART 2017 shortlisted at the **European Diversity Awards** (Community Project of the Year)

2019

- IMAS Trainers group highly commended at the **Bradford Sports Awards**

2023

- IMAS wins Diversity and Inclusivity award at the **Bradford Sports Awards**
- IMAS shortlisted for **National Diversity Awards**
- IMAS Trainers group wins **Times Educational Supplement** poetry competition
- Martino invited to lead inclusion panel at the **EU Sport Forum**
- Martino invited to be on of the **Future XV in Mastercard** campaign
- Martino is a finalist in the **European Commission's #BeActive Awards (Local Hero)**
- Anthony Brooke awarded **British Empire Medal**

2024

- The IMAS 'Inclusion in Sport Group' win the **Learning Disability and Autism Leaders Award**










IMAS
Suite 3, Cathedral House,
26-28 Church Bank,
Bradford BD1 4DZ

- 🌐 mixedabilitysports.org
- ✉ contact@mixedabilitysports.org
- ✂ @IMAS_Sport4All
- 📷 @imas_sport4all
- 📘 MixedAbilitySports



CELEBRATING 10 YEARS OF IMAS

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Suite 3, Cathedral House,
26-28 Church Bank,
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-  [@imas_sport4all](https://www.instagram.com/imas_sport4all)
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