



Join our Include to Improve Lived Experience Network

What is Include to Improve?

Include to Improve is two-year programme led by Sport for Confidence and Activity Alliance, funded by Sport England.

We are working together with disabled people to improve opportunities for disabled people to take part, volunteer and work in sports and activities.

What is a lived experience network?

A lived experience network is a community of people who share their views, experiences and knowledge to help improve services.

We are setting up a new network for the Include to Improve programme. We want to hear from disabled people about their lived experiences of being active, volunteering and working in the sport and physical activity sector.

Through the network, we will listen, learn and work together with disabled people and organisations to influence change and design inclusive solutions to improve opportunities for disabled people in sports and physical activities.

Who can join the lived experience network?

You can join the network if:

- You are a disabled person (or consider yourself to be disabled) aged 18 and over.
- Have a long-term physical or mental health condition or impairment.
- Are neurodivergent.
- Are a family member or carer of a disabled person, who may need support to share their views and experiences.

What will be involved?

There are lots of ways to get involved and share your views, experiences and knowledge. Examples include:

- Filling out a survey or questionnaire
- Writing down your thoughts
- Joining focus groups or online meetings
- Taking part in forum discussions
- Joining practical workshops
- One to one discussions
- Making a video

We welcome any other ideas that you might have about ways to share.

I'm interested in taking part, what should I do next?

Please complete this short online survey. It should take less than 10 minutes to complete. It includes an option to join our Lived Experience Network. If you do not wish to join, you can still complete the survey to share your views with us.

[Click this link to go to the Include to Improve survey on Survey Monkey](#)

Or you can scan the QR code to take you to the survey:



If you require support to complete the survey or would like it in a different format, please contact us:



Send an email to includetoimprove@activityalliance.org.uk



Call 0808 175 6991 and select option 3



Write to Activity Alliance – Include to Improve, Trafford House,
Chester Road, Manchester M32 0RS

If you choose to join the Lived Experience Network, you will receive confirmation, and we will be in touch with further information about the next steps.