



CASE STUDY

Since September 2021

SEND Club Islington

SEND Club Islington provides an inclusive, welcoming space for d/Deaf, disabled and neurodivergent young people aged 8–17 to enjoy sport and physical activity in a safe, supportive and no-pressure environment. Sessions take place at Sobell Leisure Centre in Islington, and are open to all abilities with the opportunity for young people to use sports to get social through sports.

Since September 2021, Pulse Social has supported 87 young people in the borough and giving each one a safe place to be themselves, build confidence and enjoy sport on their own terms.

A member's journey

One of our members is an 11-year-old boy from Islington who has been part of Club Islington since September 2021. He has autism and, like many families during the pandemic, his world was turned upside down: he missed over a year of school and outside activities due to a vulnerable family member, and the impact on his mental health was severe.

His anxiety grew, he became nervous around his peers, and his communication and social skills and along with his overall growth suffered. When he joined Pulse Social, his challenges were clear: socialising, understanding language, following instructions, health and safety awareness, and making friends. But with patient, consistent support, things began to change.

GLL
better for everyone

Higgins
PARTNERSHIPS



The difference the sessions have made

His mum told us:

"Thank you, Pulse Social. My son has come on leaps and bounds since joining in September 2021. He has made loads of new friends, which has helped with his anxiety issues. His communication, listening and social interactions have improved and he has learned new skills — all of this has been done by him, whilst he has been having fun, getting fitter and healthier, and has gained a lot more confidence in the process. Thank you, Coach Marlon, you have been a fantastic role model and a superstar."

The sessions have helped him improve his fitness, health, listening, communication and social skills, and have lowered his anxiety levels. Today, he is a happier boy — growing in confidence, engaged with his peers, and making new friends every week. It is lovely to see him happy, and his mum's next hopes for him are simple ones: to stay happy, more engaged, less anxious and more independent.

Thanks to our partners

Club Islington would not be where it is today without the support of partners who share our belief in inclusive community sport.

- Higgins Partnerships — we are incredibly grateful to Higgins Partnerships for their support in helping Pulse Social launch in Islington. Their backing gave us the foundation to start delivering sessions in the borough and begin changing young lives, and we thank them sincerely for believing in our mission.
- GLL — we are delighted to deliver our sessions at Sobell Leisure Centre and look forward to GLL's continued support as we grow Club Islington and welcome more young people through our doors.

Creating a Sporting Smile

Every session at Club Islington is built around one goal: putting a Sporting Smile on every participant's face and giving parents the peace of mind of knowing their child is safe, included and thriving.

Club Islington is one of several inclusive sports clubs delivered by Pulse Social, a not-for-profit community sports social enterprise. To find out more, visit: <https://pulsesocial.co.uk/send-sports-clubs>

www.pulsesocial.co.uk