



CASE STUDY

July 2022 - June 2024

Inclusive Boccia at the Emirates Stadium

Pulse Social was invited to headline a sports-coaching session at My Way Day, a disability inclusion event held at the Emirates Stadium over a three year period.

The event was organised by Islington Council in partnership with Community Catalysts and Arsenal Community, bringing together people with learning disabilities to discover opportunities, services and activities supporting health, wellbeing, education and community participation.

Delivering an inclusive boccia session:

Pulse Social led an accessible **boccia coaching session**, introducing participants of all ages including adults to a sport that can be adapted for different abilities and levels of experience.

The session encouraged participants to:

- Try a new sport in a welcoming environment
- Develop coordination, focus and tactical thinking
- Build confidence through supported participation
- Engage with other attendees
- Enjoy an inclusive sporting experience at a major London venue

The activity was designed to be fun, adaptable and accessible, ensuring that participants could take part at their own pace.

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Participant feedback

A participant interviewed after taking part described the experience positively:

"I like sports and all that... very entertaining."

When asked whether their time with Pulse Social had been useful and beneficial, the participant responded:

"Yes."

Why the session mattered

My Way Day created an opportunity for people with learning disabilities to connect with organisations and discover activities that could support their independence, health and wellbeing.

Pulse Social's boccia session demonstrated how inclusive sport can help people feel involved, build confidence and experience the benefits of physical activity in a safe and supportive environment.

The impact

- Pulse Social delivered an inclusive boccia coaching session at the Emirates Stadium.
- Participants were encouraged to try a new sport and take part at their own pace.
- The activity supported confidence, engagement and social connection.
- The session showcased how boccia can be adapted for people with different abilities.
- Pulse Social contributed to a wider disability inclusion event delivered by Islington Council, Community Catalysts and Arsenal Community.

Pulse Social creates inclusive sporting opportunities for people of all ages and abilities. If you would like to hire Pulse Social to deliver an inclusive sports session, visit <https://pulsesocial.co.uk/community-outreach>.

www.pulsesocial.co.uk

