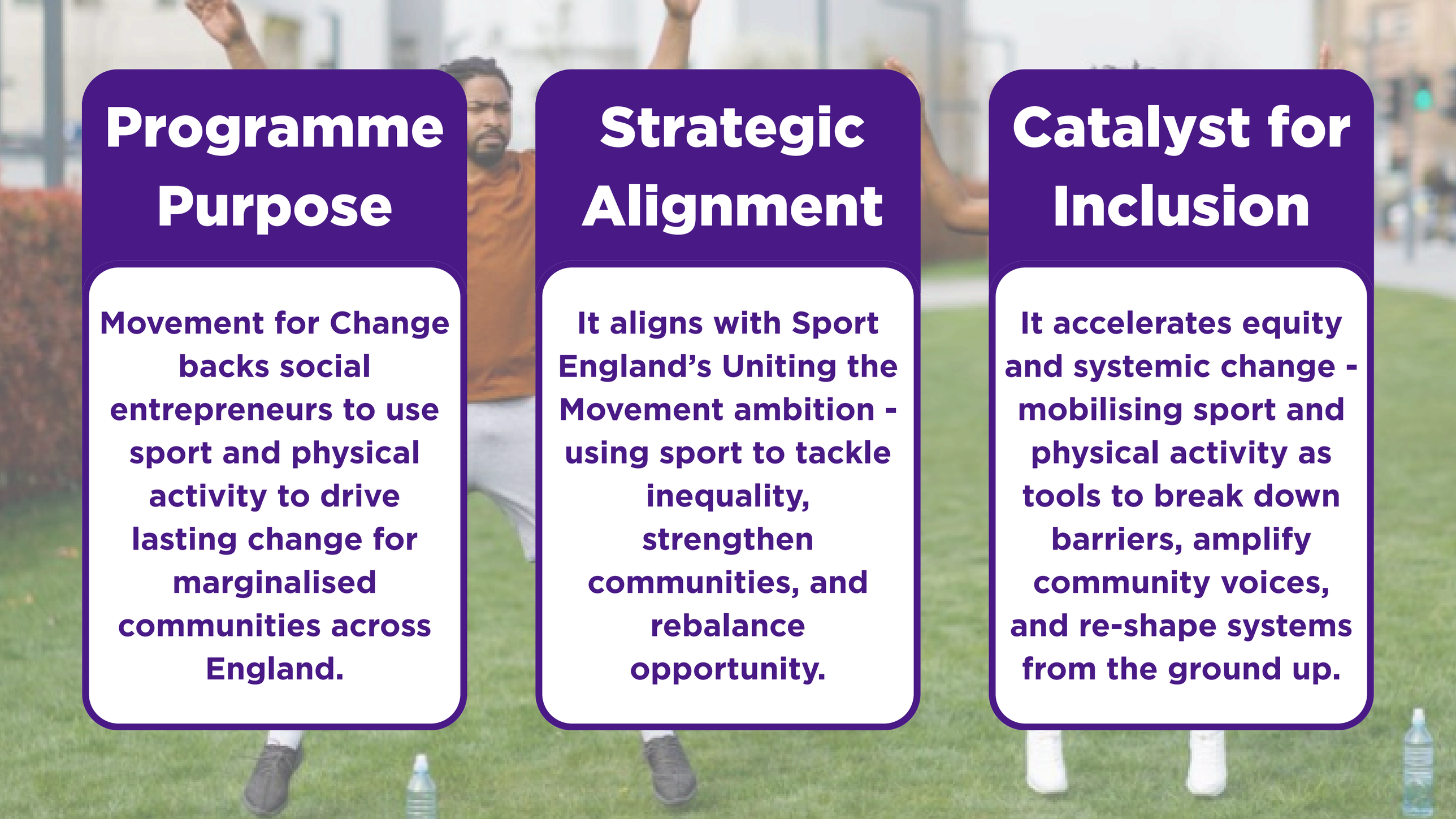
Movement for Change 2022-26: Impact Summary

UnLtd

SPORT ENGLAND



Programme Purpose

Movement for Change backs social entrepreneurs to use sport and physical activity to drive lasting change for marginalised communities across England.

Strategic Alignment

It aligns with Sport England's Uniting the Movement ambition - using sport to tackle inequality, strengthen communities, and rebalance opportunity.

Catalyst for Inclusion

It accelerates equity and systemic change - mobilising sport and physical activity as tools to break down barriers, amplify community voices, and re-shape systems from the ground up.

What we set out to achieve (Four Years On)

From the outset, Movement for Change was designed to shift power, scale impact, and embed equity through sport and physical activity.

Grow Diverse Leadership

Increase representation and influence of under-represented leaders - ensuring decisions in sport better reflect the communities they serve.

Build Sustainable Social Businesses

Enable community-rooted social enterprises to grow, thrive, and deliver long-term impact through sport and physical activity.

Expand Inclusive Participation

Break down barriers to physical activity - bringing marginalised and underserved communities into movement, at scale.

Improve Health Outcomes

Use targeted, community-led sport initiatives to improve physical, mental, and social health in underserved communities.

Alignment with Sport England's work

Sport England	Movement for Change contribution
Uniting the movement Tackling inequalities	Backed **79 social entrepreneurs** rooted in lived experience, reaching marginalised communities
Leading the movement Building sector leadership	**83%** of founders reported increased confidence to grow and sustain their business at the end of their Award; **94%** felt equipped to overcome challenges
This Girl Can Increasing participation among women	**48%** founders female; ventures like **Project Female** and **Women That Hoop** engage women and girls

Headline Achievements

Financial Support Distributed

Movement for Change has awarded **£874,480** through **93 grants to 79 social entrepreneurs**.

Community Impact Reach

Each social entrepreneur has reached an average of **517 beneficiaries**, expanding physical activity access to marginalised groups.

Inclusive Founder Representation

59% of founders are from underrepresented groups, and **48%** identified as female or non-binary.

Capacity-Building Initiatives

Movement for Change has facilitated **68 mentoring connections, and run 25 workshops and 20 peer support sessions**.

Social Value

Beneficiary Wellbeing Outcomes

86% of beneficiaries found their experience meaningful, with **68% of those with access needs** reporting strong wellbeing benefits, according to our Impact Measurement Tool.

“I was virtually in a wheelchair all the time. Now, I can walk around my house without using my crutches.”

Suzanne
Beneficiary of Mobilates

Our Impact Measurement Tool

Our tool helped **17 ventures** analyse beneficiary data to reveal meaningful wellbeing and participation outcomes.

“We put in a funding application, and without using the Impact Measurement Tool, I don’t believe we would have been successful.”

Pauline Williams
Founder of Transition to Excel

Social Value and Investment

The programme delivered a high amount of social value, showing the need for investment in equity-led, impact-focused ventures.

“There’s been significant financial growth, which aligns with our impact growth.”

Kieran Joseph
Founder of Guardian Ballers UK

Case study: Leanne English

Founder of Mobilates

After years of being excluded from jobs and exercise classes due to multiple health conditions, Leanne saw first-hand how inaccessible fitness spaces can be.

That experience inspired her to create Mobilates, which delivers highly accessible movement classes designed for people who have been persistently overlooked.

Informed by her personal experience of systemic barriers, Leanne has created a safe, welcoming community where people can reconnect with movement, often for the first time in years.

With UnLtd's support, Leanne is now helping hundreds of people who were previously excluded from exercise classes.



"You know how a lot of companies say 'we're inclusive' but they don't follow through? With UnLtd, from the very beginning, I felt openly welcomed as a person with disabilities. UnLtd literally are living accessibility."

Beneficiary case study: Kimberlee, Mobilates



Inclusive Opportunities in Sports

Mobilates has changed the lives of hundreds of beneficiaries. One beneficiary, Kimberlee, described trying to find a supportive fitness class as an “absolute nightmare”. This all changed when she discovered Mobilates.

Physical and Mental Wellbeing

Mobilates commitment to accessibility ensures that no one is left behind in improving their physical and mental wellbeing. For beneficiaries like Kimberlee this has led to tangible changes including fewer hospital stays and marked improvements in mobility and mood.

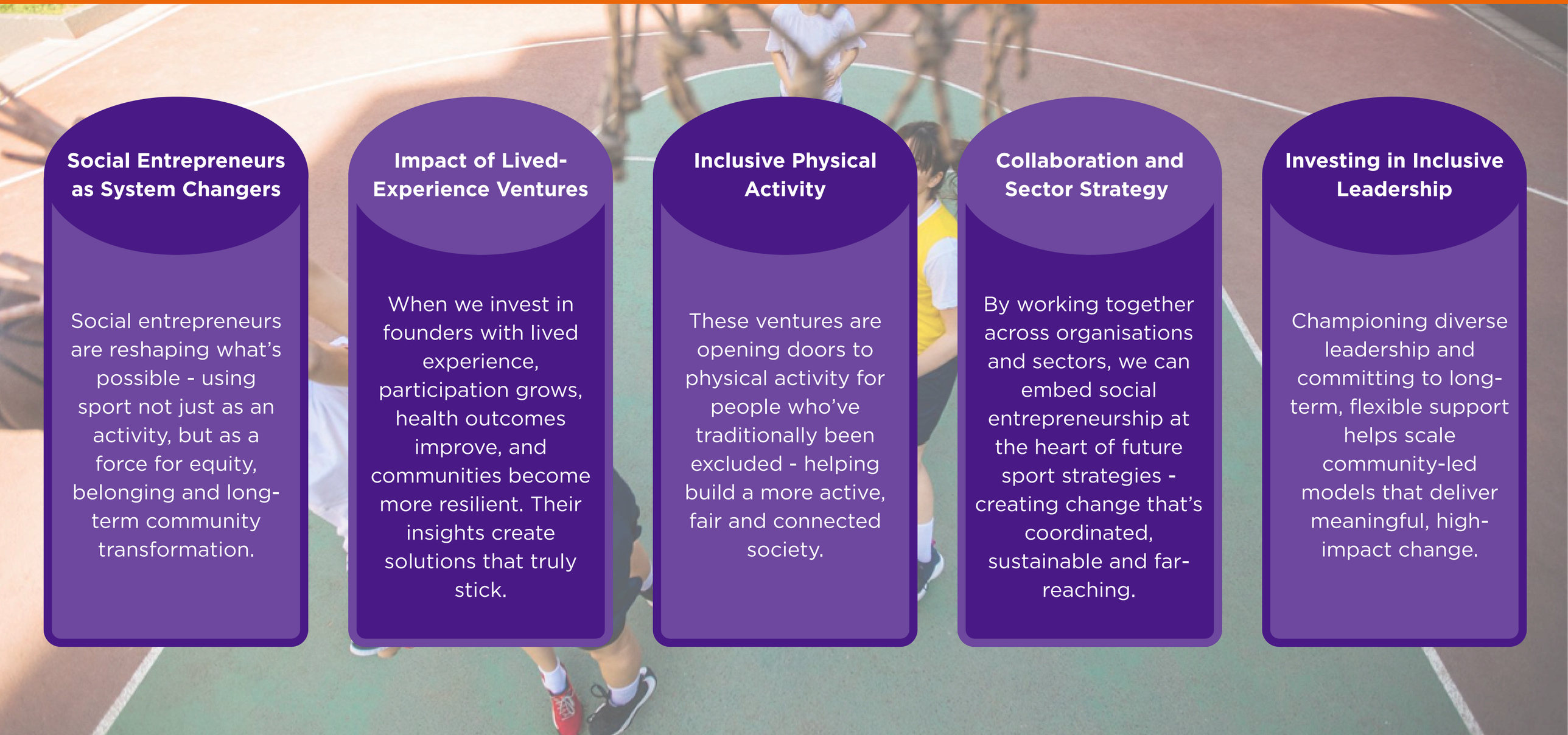
Community-led Social Change

Kimberlee also highlighted the importance of her newly found community, which has inspired members to become volunteers, lead classes and train to become instructors themselves.

Key Learnings

Tailored Support	By meeting each **social entrepreneur** where they were and tailoring our support to their needs, we helped them unlock their potential, strengthen their leadership, and grow with confidence.
Culturally Relevant Interventions	We saw that supporting social entrepreneurs to design **culturally grounded** activity programmes led to higher trust and deeper **community engagement**.
Inclusive Impact Measurement	By offering simple, accessible approaches to measuring social and business value, we empowered social entrepreneurs to **articulate their stories** and **amplify their success**.
Peer Connection and Resilience	We created intentional spaces for **peer connection** and saw how successfully it reduced isolation, and sparked powerful collaboration and shared learning.
Flexible Funding	We offered **flexible funding** which allowed ventures to innovate, cover core costs and adapt quickly to emerging needs.

Why Movement for Change Matters



Social Entrepreneurs as System Changers

Social entrepreneurs are reshaping what's possible - using sport not just as an activity, but as a force for equity, belonging and long-term community transformation.

Impact of Lived-Experience Ventures

When we invest in founders with lived experience, participation grows, health outcomes improve, and communities become more resilient. Their insights create solutions that truly stick.

Inclusive Physical Activity

These ventures are opening doors to physical activity for people who've traditionally been excluded - helping build a more active, fair and connected society.

Collaboration and Sector Strategy

By working together across organisations and sectors, we can embed social entrepreneurship at the heart of future sport strategies - creating change that's coordinated, sustainable and far-reaching.

Investing in Inclusive Leadership

Championing diverse leadership and committing to long-term, flexible support helps scale community-led models that deliver meaningful, high-impact change.

We're just getting started ...

The demand for impact and innovation in sport is growing - and the Movement for Change programme has built a powerful foundation. Now, we're ready to imagine the next chapter. Here's what we hope to do next:

Scaling Social Entrepreneurship

We want to support 80 new social entrepreneurs over the next three years, expanding the reach, creativity and impact of community-led sport.

Flexible Funding Models

We aim to grow multi-year, flexible funding so ventures can build sustainably and innovate with confidence.

Championing Diversity and Inclusion

We want to remove systemic barriers and widen access to leadership - so the sport sector better reflects and serves its communities.

Improving Support and Impact Measurement

We plan to make our support even more accessible, and to sharpen the tools that help ventures measure their impact and tailor their interventions.

Together, we can build a more inclusive, sustainable future for sport - one where community-led innovation and diverse leadership create lasting change.