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INSPORT + Kick off

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INSPOORT + Newsletter

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What is INSPORT + ?

- * The INSPORT+ project aims to promote the social inclusion of people with mental health illnesses and disabilities through sport ;
- * The INSPORT+ approach is to build upon the experience developed by the partners in the INSPORT project and in their local areas to improve the effectiveness of their policies to stimulate and support people with a mental health disorder or disability to undertake sport activities.

About the consortium

- * Partners : Public bodies and not for profit organisations, from 9 different EU Member States.
- * They all use sport as a vehicle to promote social inclusion of disabled people and other vulnerable or disadvantaged groups



INSFORT + kicks off with 2 interregional events in 2016

Prato (Italy) – On 30 March 2016, the city of Prato hosted the official launch of the INSPORT+ project, including representatives from 10 partner organisations of the project across 9 European countries and over 12 local associations.

Associations gathered under the leadership of Aurora, an NGO born in 1994 from the idea of volunteers, including doctors, therapists, clients and their families, to create opportunities and spaces for people with mental health disorders to socialise, mostly through sport. Football, volleyball, gymnastics, trekking and, as of 2011, rugby (with its very own “Invictus” team), have been the main sporting activities promoted by the association. Aurora also encourages other social activities within “Fuori Pizza”, a restaurant run by clients and hosting various events throughout the year (photo exhibitions, conferences, tango lessons, among others).

Partners representing mental health associations, public bodies, and NGOs from the 9 locations in the project, including Prato, engaged in a series of workshops and seminars led by experts in the fields of mental health, sport, and mentoring over the first 2 days.

The 12 associations from Prato joined INSPORT+ European partners to hear about and exchange thoughts on local experts’ testimonials on the state of mental health and the role that sport has played in improving the conditions of people with mental health conditions in Prato.



The project kick-off also stimulated a round of lively interactive sessions led by the Società Italiana di Mentoring (SIM), where participants discussed and learned about the distinct roles of mentoring, tutoring, and coaching in everyday life whilst reflecting and discussing on the role of mentoring in supporting sport and physical activity for people with mental disabilities.

The opening of the project took place at the Magnolfi theatre, an iconic cultural venue and former convent near Prato’s city centre, followed by a site visit and popular street demonstration event on the 31 March and 1 April, where the INSPORT+ delegation capitalised their visit by joining a flash-mob organised by Prato together with Aurora and local partners in the city’s main square.

Other highlights from local partnerships

Bremen (Germany) – German partners IZSR (in German, “Initiative Zur Sozialen Rehabilitation”) hosted the 8th edition of the Bremer River Cup on June 9th 2016. The River Cup is an annual football and sports tournament organised by the Institute every year since 2008 and was an excellent occasion for local stakeholders to meet and engage with IZSR and learn about upcoming INSPORT+ activities.

The event hosted nearly 100 participants and 10 teams from 7 organisations, including organisations from Bremen and farther afield, such as Hamburg and Bad Oldesloh (a small town located in the north-east of Hamburg), and generated local press attention.



Feedback on French interregional event

Redon (France) – After Prato, OFIS (France) welcomed INSPORT+ partners for its interregional event from 27th to 30th of September. 6 countries took part in the 3-day event (Spain, Germany, Bulgaria, Hungary, Italy and France, of course).

After a morning of internal work (notably on communication elements), the 6 partners took part in a “rallye photos” (orienteering course with photos). The objectives of this afternoon were :

1. To allow participants to discover the city of Redon
2. To promote exchange, sharing and inclusion

Many different people answered the invitation and took part in the event. In addition to our European partners (13 people), a total of 70 people from 5 different structures and local stakeholder organisations took part, including 40 high school students and members of the community of people with mental disabilities. Inclusion was promoted with the mixing of people with different capacities, origins and ages.

The next day, a conference called “A glance at mental disability” was organized in Rennes. After the introductory speeches from the Vice-President of the

Conseil Départemental and from the President of OFIS, French and European experts exchanged experiences about their work in the fields of sport, work (and the implication of the disabled person in the “decision-making process”) and research.

The afternoon and the last day were dedicated to sporting activities, adapted to disabled people and presented by French local structures (including OFIS) and the Italian partner (specialized in adapted dance and martial arts).



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