



Quotes from the IBI (Inclusive Movement Islands) newsletters "We are on the move"

Voices of carers and partners on the operation of already installed inclusive movement islands 2024

Raues Haus Hamburg

The exercise island is currently used by a fixed sports group every fortnight for 1.5 hours on Fridays. The participants improve their mobility here and start the weekend in good shape. In the meantime, the participants have become more confident with the equipment and are becoming more daring. Their mobility and dexterity have also improved thanks to the sports programme. That's great to see. The equipment is used in the afternoons by people in the neighbourhood who come and exercise on their own. **Pia Scharnweber, team leader**

Hilda Heinemann House Berne

The IBI team with Krish Luthra, Tassilo Schulze and Melodia Munoz has been encouraging many people with physical and mental disabilities to exercise since the opening of the inclusive exercise islands on the grounds of Hilda Heinemann Haus on 5 July 2023. There are three groups of users who train outdoors on three different days of the week. The training lasts one hour with a warm-up and a final game. Assistance is available for those who need it. The highlight is the Oktoberfest with the equipment.

"WE HAVE MADE A DIFFERENCE! IBI is firmly integrated into everyday life. As a result, movement, play and the joy of it are also a normal part of everyday life. We have therefore taken a good step towards strengthening inclusion. The mobility of many users has improved. Exercising together contributes to the feeling of belonging to a group. Moving together and having fun gives people a sense of achievement and boosts their self-confidence."

Melodia Fernandez Munoz, trainer

"So far, I've noticed that the active participants enjoy the sports lessons at the Bewegungsinsel. Motivation is not a problem for those who take part. With the IBET sports bag, I've noticed what a positive effect balls have. The other small pieces of equipment are also very popular and I often use them to make the exercises on the equipment more varied and give the training a playful character."

It is pleasing to note that two residents will now begin training as assistant trainers.

Tassilo Schulze, trainer

Elbe workshops Harburg

The exercise island is close to the workshop and is regularly used by employees. Three courses take place every week. These courses are in high demand. Employees now use the exercise island independently during their breaks.

The focus of our work is on participation in working life. This includes many sporting activities to promote skills such as teamwork and body awareness. We have a good internal sports programme: cooperation with Special Olympics and the inclusive movement islands, among others. I am confident that together we will find a key to networking with the associations and clubs.

Diana Otto, Specialist Service for Training and Development

Living with a disability Hamburg

We are long-standing project partners of Brücken für Kinder e.V. and support the project

"IBI Inclusive movement islands at facilities for the disabled as a bridge to club sport". Since the start of the project in 2022, we have been involved in Allermöhe, among other places, and have been actively involved in setting up individual exercise islands. Clients from various residential facilities and the day support programme have already been able to gain their first practical experience on the equipment. We therefore expressly welcome the project and will continue to support it to the best of our ability. We look forward to further co-operation.

Mathias Westecker, Managing Director of Leben mit Behinderung e.V.

Jörg Schudmann, Managing Director of the BGW.

"The importance and impact of sport - especially for people with disabilities. Sport can help them to experience community, connect with others and no longer feel socially isolated. What's missing are the right accessible programmes."

Excerpts from the 2023 newsletters

Newsletter 6 - March 2023

Prof. Dr Hans Jürgen Schulke

The Special Olympics World Games are an important stopover! By the spectacular opening on 17 June 2023 in Berlin, the whole of Hamburg should know what the IBIs are, that everyone can take part at the locations and that they will be Hamburg's contribution to the inclusive World Games. What we are a little proud of: IBI will be present in Berlin. An IBI will be set up by playfit® at the exhibition centre to provide information about exercise options, and a group of students and their professors will present it at the international congress. We are also delighted that the sports-orientated upper school classes from the Gretel Bergmann School want to get involved

Newsletter 8 - April 2023

Anja Oettinger, Headmistress of the Gretel Bergmann

School Land in sight: External opinions on the IBIs project

"I am pleased that there are initial interested parties, and I have also received very positive feedback from the pupils. We are also interested in expanding our cooperation with you and look forward to taking the first steps."

General information - Save the Date: Practical introductory event at the IBIs The first practical introduction to the IBI devices will take place for all supervisors on 8 June 2023. Carsten Peckmann from VTF will explain functions and risks for approx. 3 hours and give many inspiring practical examples. In addition to sharing previous experiences, Carsten will introduce the devices in detail and discuss further implementation (Where should we go? How far can I push and encourage each individual? Playful movement on and between the equipment).

Newsletter 9 - May 2023

Michael Grau, entrepreneur

"I very much welcome the initiative for inclusive movement islands, it's a great concept. Respect for the creativity and perseverance of the "makers"! It helps those affected immediately, promotes their own activities and facilitates contact with other people. And as an entrepreneur, I'm always concerned about sustainability - the "IBI devices" are very durable and the respective partner organisations are all over a hundred years old - impressive!"

Wolfgang Schinkel, Bridges for Children

"What potential do you see in the "Inclusive movement islands" project?" Inclusion and encounters. People with mental disabilities are not only given the opportunity to mobilise their physical limitations again, but also to meet people who meet them without prejudice and do sporting activities together with them. The innovative playfit® movement islands are ideal for this.

Newsletter 10 - June 2023**Nicole Kuttner**

What do you think of the "IBI" project? "I think the "IBI" project is great, which is why we support it, especially in our core competence of qualification. The playfit® movement islands are ideal for people with disabilities.

What does the VTF want to contribute to this with its education and training programmes? As an expert in fitness and outdoor sports, the VTF works with its long-standing lecturer Carsten Peckmann to design customised training courses on this topic. Of course, the goal is to further qualify the trained individuals as trainers and exercise instructors and to expand cooperation with the clubs and "IBI".

Newsletter 11 - July 2023**Senator Andy Grote**

"Why didn't we come up with the great idea of building IBIs much earlier?" (Andy Grote - Sports and Interior Senator) Accordingly, he suggested building two more IBIs in Hamburg.

Inger Grobbel - Head of Sozialkontor Berne

"The introductory event last week really inspired the future trainers from the Hilda Heinemann Haus. They are really looking forward to their first training sessions.

Students from Hamburg's Macromedia University visit playfit GmbH

A highly motivated group of students, together with their professor Prof. Dr. Andreas Hebbel-Seeger, will analyse the use of the IBI exhibited there during the Special Olympics in Berlin on the basis of an observation sheet. In preparation, playfit GmbH gave the students a detailed insight into all the equipment and also gave them the opportunity to gain their own initial experience with the sports equipment. After the two-hour exchange, the group is now ready to travel to Berlin.

Gernot Mittler (Honorary President of Special Olympics Germany)

"I am delighted with the wide range of exercise options on the playfit@ equipment, which is very suitable for our disabled people."

Newsletter 12 - July 2023**Carsten Adden, Operations Manager North of the Elbwerkstätten**

As the range of sporting activities on offer for people with disabilities is rather limited, I see the exercise islands as an important and good building block for getting more exercise.

Wolfgang Baumann - World President of TAFISA

"I read the article in the national FAZ newspaper with great pleasure and appreciation. A great project is being developed that opens up completely new access to self-organised sport for people with disabilities who have received little attention to date. This takes place in people's everyday lives and is therefore in line with the philosophy of the global organisation TAFISA: Sport for All! And it confirms our choice of Hamburg as a Global Active City - IBIs can be created anywhere in the world!"

Renate Zeumer Managing Director playfit® GmbH

The playfit® team is particularly keen to get people who are reluctant to exercise, older people and people with mental and physical disabilities moving and socialising. The Hamburg IBI project is a stroke of luck for us and therefore a matter close to our hearts.

What is special about the playfit equipment on the IBIs?

We take the term "inclusion" literally and offer low equipment for the "IBIs" that is easy to use and highly challenging, making it attractive for almost all user groups - with or without disabilities. The signage on the IBIs is in plain language - another first for playfit®. It is coordinated with an official "easy language" test group. The design of the equipment plays a major role in its appeal, also in terms of its feel. IBI brings curiosity and fun together. This is achieved through qualified instruction in courses. This means that equipment on the IBIs is particularly suitable for exercising together with everyone in public spaces and also promotes communication between different groups - in other words, true inclusion! By the way: the range of playfit® equipment is now very large, so that different combinations can be used for every possible IBI location - depending on local requirements and conditions. Combined with the specially developed trainer system, the playfit® IBIs offer a comprehensive range that can be used in many settings.

Are there already new goals that playfit wants to achieve with the IBIs? With the experience of the IBIs in Hamburg, we want to spread this "message" elsewhere together with BfK. Especially with sports clubs and facilities for the disabled. We clearly see the need.

Newsletter 13 - August 2023

Andreas Hebbel-Seeger, Professor of Media Management at the Hamburg Campus of Macromedia University of Applied Sciences

How the equipment in an "IBI" can be used by the target group, what kind of stimulation the individual stations provide and their suitability for people with different mental and physical impairments has not yet been systematically investigated. This is precisely where a study project at the Hamburg campus of Macromedia University of Applied Sciences comes in, which I was able to carry out as a professor of media management. It was important to me that the students learn to apply the research method of supported field observation in practice and are sensitised to a topic of particular social relevance - the inclusion of people with mental and/or physical disabilities.

Julia Ebeling, 23, Macromedia student

"Being able to explore the inclusive movement islands as part of the Special Olympics in Berlin was an extraordinary experience. Seeing how people, whether with or without disabilities, come together and experience sport together touched me deeply. Thank you for giving us this opportunity! I was also positively surprised by the high level of acceptance among people without disabilities. This proves that the inclusive movement islands not only promote the active participation of people with disabilities in sport, but are also a place to meet and communicate. Inclusion is important because it connects! Inclusive exercise islands make a valuable contribution to this."



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Newsletter 17 - December 2023

Sport in the workshop is a big topic at the IBIs.

MDR broadcast a short film about this before the World Games, which vividly illustrates the importance of IBIs and other sports activities for the fitness of workshop employees. A report on the Hilde-Heinemann-Haus will appear at the end of the month. Be sure to watch it now: **Sport in**

Quedlinburg

Margit Budde-Cramer BfK

Inclusive physical activity islands (IBIs) can be a gateway to a career in physical activity for people with disabilities. The aim is health-promoting sporting activities in a club as a way to social participation. Disabled and non-disabled people train together and enjoy exercise. exercise together. The playfit@ equipment at the exercise islands has been specially designed for this purpose.
