

Stronger Together with WINS: The Role of Sports in Building Networks of Community Support

Sports can be an excellent means for creating networks between different organizations in a locality, but more in a place at risk of social exclusion. Sports are not only a fun and healthy way to stay active, but they can also foster social integration and cooperation among people.

Our project "WINS: Winning in Non-Formal Education and Sports" was a 2-year project, financed by the Erasmus+ program of the European Union, dedicated to the training and promotion of Sports and Non-Formal Education as a tool to fight social exclusion and bullying. One of our objective was to come together with different organizations and collaborate to achieve a common goal. For this reason, in our both presencial training in Badalona and Amarante we tried to come together social centers, schools and sport clubs to bring the quality to this WINS project.



The benefits of creating networks between organizations through sports are manifold. First, it promotes a sense of community and togetherness, which can help to break down social barriers. In a locality at risk of social exclusion, people can feel isolated and disconnected from the rest of society. Sports can provide a sense of belonging, which can lead to greater social integration.

Second, creating networks through sports can lead to the sharing of resources and expertise. Different organizations may have different strengths and weaknesses, and by working together, they can leverage their respective strengths and address their weaknesses. For example, we worked with “Fundació Catalana per a la Paràlisis Cerebral” to promote social inclusion among people with cerebral palsy and learn about how to promote real inclusion.



In conclusion, creating networks between organizations through sports was an effective means for promoting social integration, resource sharing, and addressing social problems. It required a collaborative and open-minded approach, but the benefits for all the organizations involved, and the wider community, were significant.