

# Inclusive Urban Green & Blue Spaces

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**SPACE**

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# ADAPT my beach



How to create, manage, sustain and improve an Inclusive Beach



*Creating Change Together*

# Mae Murray Foundation – Who we are and what we do

The origins of Mae Murray Foundation are rooted in the birth of Talia McDowell, the daughter of our chairperson and founder, Alix Crawford. Born in 1999 and diagnosed with quadriplegic Cerebral Palsy, both Talia and Alix found themselves socially excluded and isolated as a result of Talia's complex needs.



# Mae Murray Foundation – Vision, Mission and Values

Mae Murray Foundation's **vision** is to create an inclusive society with true participation for ALL in leisure and social settings, regardless of age or ability.

Our **mission** is to improve quality of life, through participation of all-abilities, together.

Our core values define, guide and underpin our work.

## We will always:

### Listen

The voice of lived experience leads our work and we support the rights of everyone, including those who are non-verbal, to be heard.

### Include

We are committed to constantly learning, adapting and improving, to ensure we deliver true inclusion for all and to empower each individual's potential.

### Partner

We are committed to working in partnership with other organisations and stakeholders.

### Influence

We strive to influence others and create fundamental change together.

### Deliver

We aim to deliver sustainable solutions and best practice models for a better, inclusive, shared society.

# What is an Inclusive Beach?

The term Inclusive Beach was coined by Mae Murray Foundation to describe a beach environment which has been carefully planned so that people of all ages and abilities can take part, have fun, and be included.





Mae  
Murray  
Foundation

*Creating Change Together*

Registered Charity No - NIC100842

**The term "inclusive beach" was adopted  
by the Mae Murray Foundation**

# Why Inclusive Beaches matter

In our 2022 research,

**80%** of visitors to Inclusive Beaches said they enjoyed increased social interaction, and

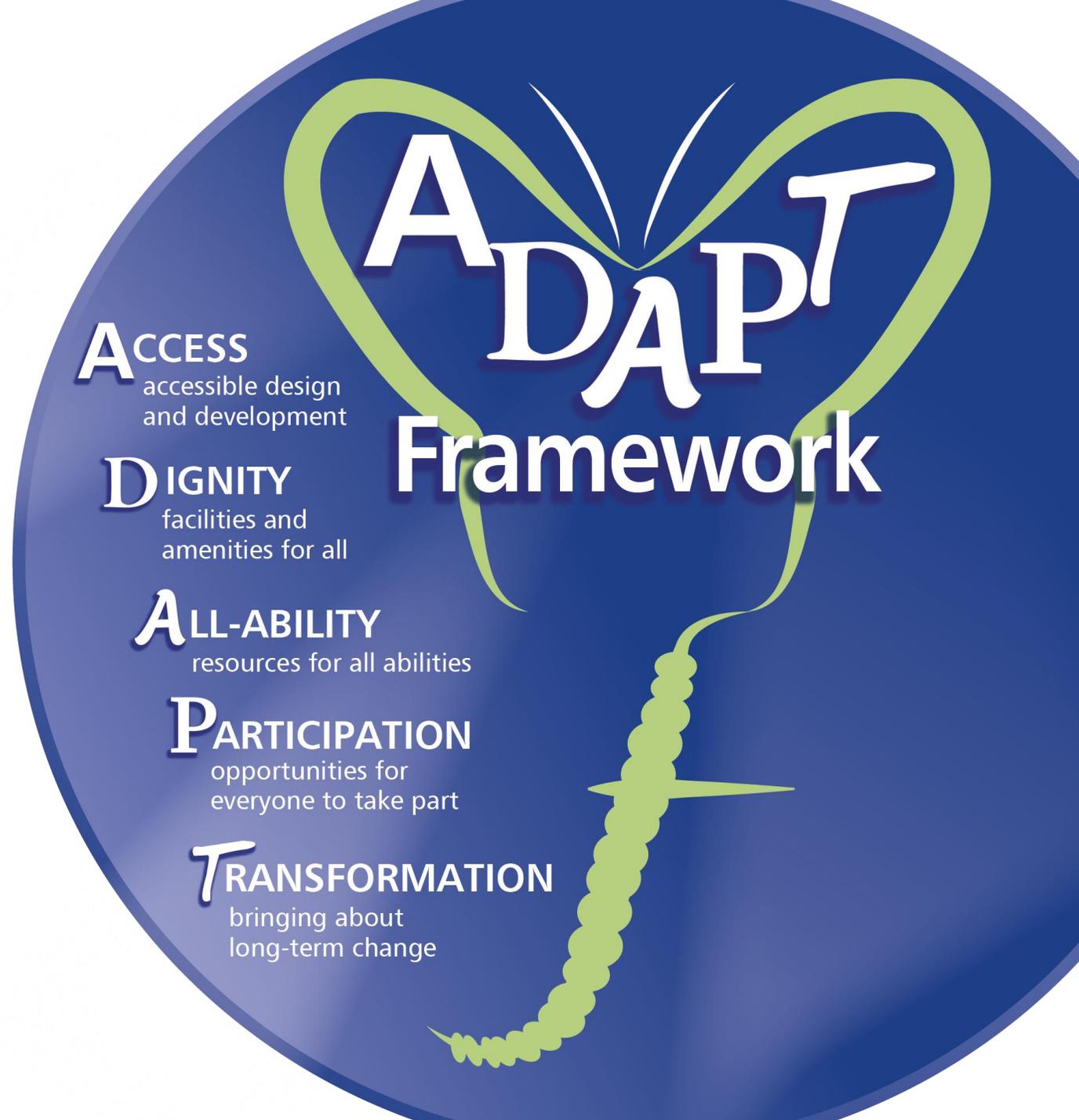
**88%** said their physical and mental health had improved due to being able to take part at Inclusive Beaches.



*“Without the beach wheelchair, the hoist, the toileting facilities, this would not have been possible. A day at the beach is not something we were ever able to enjoy. It has given us a new lease of life.”* **Parent**

Making Inclusive  
Beaches a reality

– The **ADAPT**  
framework



# Creating an inclusive Beach – a 10 step guide

There are 10 key steps. The order of these steps may vary depending on the individual circumstances and some may run concurrently:

## Step 1

Identify and evaluate beach site



## Step 2

Draw up a realistic budget



## Step 3

Create a formal collaboration or partnership



## Step 4

Consider the staffing you need



## Step 5

Develop and deliver Inclusive Beach training



## Step 6

Put in place an online pre-booking system



## Step 7

Be fully aware of risk and how to mitigate



## Step 8

Plan and implement ongoing maintenance and servicing



## Step 9

Gather feedback and review need



## Step 10

Deliver effective Inclusive Beach management, season by season



Supported by



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