Theory of Change
2026-27

Problem

Spaces and the decisions that shape them have been determined without the safety of women, girls, and people living with health and mental health inequalities in mind, so when they seek belonging, they can be met with harm.

Pathways of Change

If... Together Active understands what exclusion actually feels like from people who don't currently use spaces
Then... we can give spaces and those who run them, the framing to see what's causing it and what needs to change.

If... the people who work in, run, and commission spaces access that understanding through training, advocacy and practical tools
Then... they can make deliberate choices to do things differently.

If... inclusion is built into how a space looks, speaks, and behaves, across environment, communication, and design
Then... people don't have to ask for adjustments or fight to feel welcome. They can focus on how they want to be active, not whether they're allowed to be.

Assumptions

People who don't currently use spaces will share their experiences honestly, we will be able to interpret them clearly, and organisations will be willing to sit with what that reveals.

Information alone can't create change; organisations and individuals need support and tools to do things differently, and to be genuinely open to change.

Inclusion can be designed in from the start, and when it is, people have the safety and belonging they need to claim real agency and dignity in how they participate.

Our Goal for 2026/27

Together Active, and the spaces and systems we work with, develop a clearer understanding of what exclusion feels like in practice, what an inclusive baseline looks like across environment, communication, and design, and what needs to change at each level of the system to make that baseline the norm instead of the exception.