

Vanessa & Hina Join The Mission To Help Thanet Residents Live Longer...



Vanessa Vajana (47) was one of the first to answer the call-out for GOGA Activators, volunteers who will help the residents of Thanet Live Longer.



“When I saw the GOGA Activator advert I thought it would be a perfect fit for me as I have used my enjoyment for swimming to help me manage my own health condition in a positive manner and I hope to be able to inspire others to do the same”.

Sharing personal experiences, Vanessa went on to say “I have personal insight of the barriers people may have towards exercise and other activities based on my own personal experience.

On a daily basis, since 2013 I have been managing muscle skeletal, neuropathic and joint pain in addition to a bowel condition due to nerve damage (from my spine). My condition means I may get extremely tired at times and may require a toilet at very short notice.

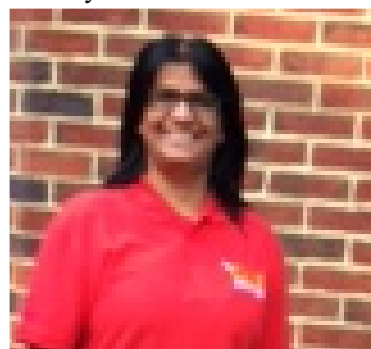
By keeping myself active via swimming and Aqua Gym I have been able to manage my condition in a positive manner and strongly believe that finding an activity that one enjoys can help one become stronger both mentally and physically.

Over the last year I have completed 2 swimming challenges and raised over £1,200 for Aspire. Read my story here: <https://www.aspire.org.uk/blog/i-was-determined-i-was-going-to-swim-again-and-regain-some-normality-in-my-life>

Dependant on my health over the next year I am hoping to challenge myself again and

hope to inspire and get others involved through the GOGA project.

Hina Olive (55) has also signed up as a GOGA Activator, she says “the Activator role totally summed me-up, as I understand the common barriers people face in undertaking physical activity.



Like most people, the barriers I face is TIME! Dividing my time for family life, work and health and want to now use my life experiences and passion to help motivate and inspire others to get active.”

Above all, I love that GOGA is local, having lived in Thanet for over 40 years, I am now

able to be in position to help my local community.

Get Out Get Active Thanet (GOGA) is the mantra and name of an exciting new programme that supports disabled and non-disabled people to take part in fun and inclusive activities together.

Being active means doing more exercise and activity which helps you stay healthy and makes you feel happier.

“Just a little bit of exercise has massive benefits, it not only improves physical health and energy levels, but also improves self-esteem and mood.” says Sarah Johnson the Project Coordinator for GOGA Thanet.

“There are lots of people who don't do any activities at all and GOGA Thanet wants to help get these people moving more through fun activities that everyone can join in.

“I'd love to see Thanet as a place where people regularly live healthy lives to 100 and beyond” says Sarah.

We can't do this alone and need an army of GOGA Activator's to help us inspire the inactive people of Thanet to become more active!

Being a GOGA Activator you will help encourage family & friends to become more active.

For further details and information on how to get involved, drop Sarah a line at goga@yourleisure.uk.com or visit gogathanet.co.uk



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Get Active

Thanet
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