

Get Out Get Active (GOGA)

How does a programme reach 19,431 participants through 1,383 activities and 409 events attended by 24,171, and ensure that 65% are in the least active group (42% not active at all) before taking part?

How does a programme:

- Enable 58% of participants to do more physical activity and 28% do a lot more, with 91% of all participants saying this is down to GOGA?
- More than halve the proportion of disabled people who participate in it who were inactive at the start?
- Increase average amounts of physical activity by 15 minutes per day after 6 months, and by 16 minutes per day after 15 months?
- Give enough confidence to over half of its participants to take up additional sport and physical activity opportunities 9-12 months after taking part in it?

“The GOGA sessions have really helped me improve how I feel – I’m less achy and can breathe better and my pain is less. I have also made new friends and feel happier in myself!”



It's a programme that creates an infrastructure, a collaborative working approach, and 'fear free' attitude and philosophy of risk-taking and testing of new ideas, that allows participants an experience like this:

- I can have fun and enjoy my activity every time I attend, and it all happens in settings where I feel 'safe' and that are familiar to me;
- In the sessions I can take part in welcoming and reassuring activities, some new to me, that I have had a role in deciding upon and a choice in participating in;
- I enjoy taking part in activities where disabled and non-disabled people are active together and can take part in activities with my friends/family members;
- I'm supported to attend by volunteers and/or have access to someone like me who understands me and can act as a role model for me;
- I'm actively encouraged to return and consider other forms of activity.

A programme where partners:

- Actively consult with the least active to understand the barriers/hurdles to participation and works with them to co-produce and co-create the activity offer;
- Embed an 'Active Together' approach to delivery that support the disabled and non-disabled to participate together;
- Ensure all delivery consistently offers a friendly, welcoming approach in locations/venues that participants feel are 'safe' and familiar to them supported by volunteers and peer mentors;
- Extend partnership building into communities and specialist community groups beyond traditional physical activity routes;
- Actively seek help from specialist partners to improve delivery;
- Underpin delivery through workforce development focussed upon providing inclusivity training for all levels of staff.

