

What?

Get Out Get Active: A person centred approach

Reaching the very least active disabled and non-disabled people in activity together requires an approach that puts people first. To reach this goal we asked ourselves how we could:

- Reach some of the most inactive disabled and non-disabled people.
- Make a lasting change by converting the least active to active, and sustaining this change.
- Give participants the confidence to do more.
- Revolutionise the way that inclusive activity is viewed.

The answers came from going beyond demographics and groups - and taking a person-centred approach to help us to better reach, connect and engage individuals in activity together.

Get Out
Get Active

Funded By



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In association with
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What helped us achieve this?

A unique programme design: Being bold, creative and doing things differently.

GOGA learning output links:

What is Get Out Get Active? ▶

Get Out Get Active in action ▶

A rigorous project management approach:

Get Out Get Active tactics! ▶

Get Out Get Active: Measuring our impact ▶

Focusing on the importance of people:

Responding to individuals' motivations, values and connecting to their touch points.

GOGA learning output links:

Becoming active: The participant journey so far ▶

Top tips from Get Out Get Active localities: Engaging different community groups ▶

Focusing on the importance of partnerships:

Not facing the challenge alone and collaborating with partners who have reach and insight.

GOGA learning output links:

Reaching the least active: The partner journey so far ▶

Building genuinely inclusive delivery:

Embedding and embracing inclusive delivery recognising its value to engaging the very least active disabled and non-disabled people.

GOGA learning output links:

How we built an inclusive framework for engaging the least active ▶

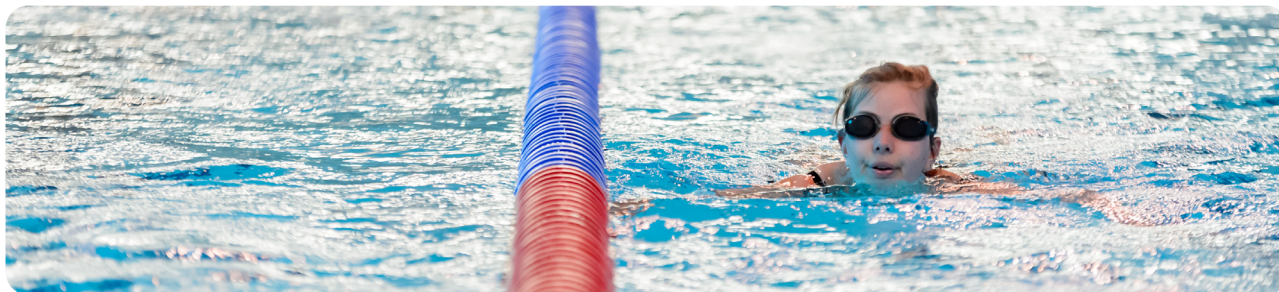
Creating activities that put people's needs first ▶

Making activity more accessible and appealing ▶



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Creating a workforce that gets me!

Encouraging diversity of people and roles to support delivery.

GOGA learning output link:

[Creating a workforce that gets me!](#)

A commitment to sustainability:

Prioritising lasting change over targets, understanding better practices and ideas and sharing with others.

GOGA learning output links:

[A tactical approach to sustainability](#)

[Driving organisation and system change](#)

[Ambitions for a lasting GOGA legacy beyond 2023](#)

[Get Out Get Active's lasting legacy - What we're asking of our stakeholders](#)



#GetOutGetActive

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 www.getoutgetactive.co.uk

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