

# What next?

## Ambitions for a lasting GOGA legacy beyond 2023

Get Out  
Get Active

Funded By



LONDON MARATHON  
CHARITABLE TRUST

In association with  
**Wavehill** and **Sheffield  
Hallam University.**

At the end of Get Out Get Active (GOGA):

**We will be better at reaching  
and engaging the very least active  
disabled and non-disabled people and  
building on learning and good practice.**



## What next?

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#### Individual beneficiaries (the very least active) will:

A.

**Be more active, more often.** We'll reduce sedentary behaviours through fun, inclusive and appealing activity. Being part of this programme will provide participants with the confidence to engage in activity beyond GOGA.

B.

**Feel healthier and happier.** Interventions will be designed to improve physical health and contribute significantly to well-being.

C.

**Be more informed about and better connected to their community.** Programmes will bring different people together to challenge and improve perceptions of others, explore the local environment and enable participants to build a greater sense of value of themselves and those they connect with.



#### Practitioners will:

A.

**Reflect the participants we engage.** GOGA2 will have a diverse workforce (paid and unpaid) that have been recruited based on their people skills and their ability to relate and engage with the audience that they are delivering to.

B.

**Be more informed and better able to change their delivery style.** The implementation of tailored workforce development plans will increase confidence, competence, and capacity to meet the needs of those traditionally not engaged.

C.

**Become advocates of inclusive practice.** This will increase the frequency of professional discussion in relation to the importance and application of inclusive practice in engaging the very least active.





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#### National partners will:

A.

**Be more connected to their home country counterparts.**

Through the GOGA2 programme we will host themed learning opportunities, bringing together like-minded partners to share practice and resources.

B.

**Work with new partners with an increased sense of responsibility for advocating inclusive practice.**

GOGA2 will provide new national partners with the opportunity and support to grow their understanding of disabled people, and those with long term health conditions, within their community of interest and see the real benefits of prioritising activity.

C.

**Be better placed to engage with inactive people.**

Evidence from the GOGA2 programme will provide national partners with more effective practices in engaging the very least active disabled and non-disabled people in activity.



#### Local partners will:

A.

**Be more competent and confident to reach the least active.**

Using GOGA2 as a test bed, they will explore activities, interventions and approaches that traditionally would not have been used.

B.

**Have become passionate advocates of inclusive practice and influenced local approaches.**

Using GOGA2 learning, GOGA locality leads will be able to influence the wider work of their organisation to better include inactive disabled and non-disabled people.

C.

**Have increased reach and impact.** GOGA2 will enable them to extend provision to new members of their community, increase collaborative working with new partners - and broker further investment in the support of this work.



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#### National stakeholders will:

A.

**Be more effective at engaging the very least active.** Programme evidence will confirm the importance of an approach focused on engagement and outcomes as opposed to being driven by numbers.

B.

**Be more responsive to the needs of disabled people.** GOGA2 will provide the opportunity to gain a greater understanding of the importance of an inclusive approach being fundamental to reach the least active.

C.

**Have the evidence to shape future investment.** Our GOGA2 monitoring, evaluation and learning framework will provide credible evidence to inform future practice and investment.

#### Activity Alliance will:

A.

**Have increased reach and impact.**

The development and application of the organisation's products, tools and services will directly support locality and national partners to improve their offer in supporting disabled people to be active for life.

B.

**Be more informed about disabled people in different communities.**

GOGA2 programmes will be designed to increase our understanding of how to engage disabled and non-disabled people effectively, within communities of interest not previously targeted.

C.

**Have a more credible role in advising commissioners.**

GOGA2 will provide us with the evidence and experience to better inform the practice and investment of others.

**activity  
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Get  
Get  Out  
Active

#GetOutGetActive

#### Get in touch to find out more about GOGA:



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[@GetActiveGOGA](https://twitter.com/GetActiveGOGA)



[www.getoutgetactive.co.uk](http://www.getoutgetactive.co.uk)

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