

What next?

Get Out
Get Active

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Get Out Get Active's lasting legacy - What we're asking of our stakeholders

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

Building on the success of Get Out Get Active (GOGA), we're asking policy makers and national partners, commissioners and local deliverers to play their part in ensuring activity is genuinely inclusive and truly sustainable.

We've created a set of five 'asks' for each audience: **Local Deliverers.**



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Local deliverers

What do we want? You to mobilise your delivery networks to engage the very least active disabled and non-disabled people.

We ask that you

1. Be genuinely inclusive

Why do we need this to happen?

Everyone is different, taking a person-centred approach is key!

2. Don't do it alone!

Why do we need this to happen?

We need to work differently to change the picture of inactivity. Working with others will help us to find and engage those that would not have traditionally been included.

The GOGA approach works...

“ We have seen a very significant increase in disabled and non-disabled people sharing activity environments together. We have also seen a very significant change in the attitudes of non-disabled people and their perceptions of what a disabled person can achieve. This has promoted a much more positive perception of disabled people. ”

Graham, Rochdale GOGA Lead

GOGA learning output link:

**Get Out Get Active:
A person centred
approach** 

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

“ The GOGA approach is about partnership working without a doubt - and engaging the right people has been the key. I definitely think this project has shifted peoples' perceptions of sport delivery. I think one of the lasting impacts will be that there is a lot more time and energy dedicated to partnership development rather than just delivery. ”

Claudia, Nottingham GOGA Lead

GOGA learning output link:

**Reaching the least
active: the partner
journey so far** 

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3. Listen and learn

Why do we need this to happen?

We can't make assumptions. We must listen to and understand individuals and work together to shape their activity offer.

4. Be bold and creative

Why do we need this to happen?

Trying new things out - new approaches, delivery in local places, engaging new partners and embracing new thinking - will help you to reach the very least active.

The GOGA approach works...

“ We put a hold on the roll out of delivery and sat with communities and ensured they co-designed the programmes and delivery of GOGA. GOGA's not about asking for someone's complicated medical history and trying to fit around it. It's about understanding what the barriers are that stop someone being active and finding creative ways to remove them. We focus on what someone can do, rather than what they can't - and we offer different options to respond to different motivations. ”

Karla, GOGA 2016-2019 Bradford Lead

GOGA learning output link:

[Becoming active:
the participant
journey so far](#) 

“ The biggest impact of GOGA from an organisation perspective is the number of new organisations and groups we now work in partnership with! We have connected with loads of new people and it's been such a learning curve. We know exactly what happens on the ground and how to reach new participants and volunteers. ”

Dawn, Operations Manager Bradford Disability Sport and Leisure

GOGA learning output link:

[Get Out Get Active
in action](#) 

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Local deliverers

What do we want? You to mobilise your delivery networks to engage the very least active disabled and non-disabled people.

We ask that you

5. Embrace the social side

Why do we need this to happen?

Keeping things fun, friendly, social and welcoming will help people make new friendships and feel included. That will increase confidence and improve sustainability.

The GOGA approach works...

“ We have learnt that nearly without exception a social element is vital to getting the most inactive to carry on with their wellbeing journey. The sense of friendship and camaraderie is a great motivator and enhances resilience. ”

Thanet, GOGA partner

“ Cups of teas and chats were just as important as the activity itself in breaking down barriers and keeping people involved in activities. ”

Live Active NI, GOGA partner

GOGA learning output link:

[Get Out Get Active in action](#) 



#GetOutGetActive

Get in touch to find out more about GOGA:

 01509 227750

 goga@activityalliance.org.uk

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 www.getoutgetactive.co.uk

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