

Who?

Get Out
Get Active

Led by
**activity
alliance**
disability
inclusion
sport



Becoming active: The participant journey so far

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

To help the least active disabled and non-disabled people become active, we needed to understand how they felt about activity before, during and after becoming involved with **Get Out Get Active (GOGA)**.

The change in peoples' thought process across these three stages is incredibly positive and helps to embed the idea that activity can become sustainable for the least active.



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1.

Before GOGA - Understanding the hurdles to taking part and what people feel about it

- Physical activity is intimidating and inaccessible.
- I don't have the time, it's not important to me.
- It's the same old coaching and activity options.
- Will I fit in? Will I be able to do what others are doing?
- I won't know, or get along with, anyone there.

3.

Going forward - Sustaining activity with new opportunities

- I'm considering new activity options, I'm active!
- I want to take on new challenges within and beyond GOGA.
- Volunteering is something I'm doing, or considering doing.

In priority order, participants were attracted to GOGA because they wanted:

- It to be fun.
- It to improve their physical health.
- To increase their physical activity levels.
- To learn something new.
- To meet new people and make new friends in their local area.

2.

During GOGA - How it feels to experience a person-centred, welcoming and friendly programme

- It's fun, social, we're Active Together and I'm inviting others along too.
- Staff really understand what I want and how I want to take part.
- I'm comfortable to take part and there's support if I need it.
- It's important to me to be active.




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Key ingredients for supporting the very least active disabled and non-disabled people, a participant perspective:

Participants shared their thoughts with us on their key priorities around becoming active and sustaining their activity.

 **I can have fun and enjoy my activity every time I attend**

“ It’s like a little community. We often refer to ourselves as a little family. Everyone really supports everyone. ”

GOGA Participant, Haringey

 **It all happens in familiar settings where I feel safe**


“ I think that’s probably the most important thing for me about this rugby club and GOGA. There is a safe place for everyone, there is a safe home for us all to be able to use as this hub within the community. ”

GOGA Participant, Wales

 **Sessions are welcoming and reassuring. I have a role in decisions and choice in what I want to do**

“ I got the participants moving by asking them to stand up at their turn or move the cards/dominoes themselves. I gradually brought a chair-based exercise class into the activities. Many people were reluctant to leave the safety and security of their homes, but word of mouth got around, and numbers increased to up to 10 attendees. ”

GOGA Participant, Blackpool

 **I enjoy taking part in activities where disabled and non-disabled people are active together**

“ I would’ve never come to an environment like this. But with my grandchildren coming too, it’s motivated me to come and try something new. It gets me out of bed in the morning, and it’s something we all look forward to. ”

GOGA Participant, Wales



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I'm supported to attend by volunteers and/or have access to someone like me who understands the hurdles and can be a role model for me

“ I find it's not only good for your body, it's good mentally because it stimulates your brain. You're out talking to people, and you become a proper little group and make new friends. And I just love doing it. ”

GOGA Participant, Wiltshire



I'd like to take part in activities with my friends and/or family members

“ Our entire family absolutely loved the surfing sessions, which is impressive considering that the six of us range in age from nine to 49! It's usually quite a challenge to find a physical activity that everyone can enjoy equally! ”

Jo, GOGA Participant, Pembrokeshire



I'm actively encouraged to return and consider other forms of activity

“ I really enjoyed these classes, and my fiancé could not help but notice the big smile on my face which also brightened up his day. It was through this opportunity that I could begin to understand how exercise and sport could help give me those things that I had longed for - to feel part [of] a group, with all the added benefits that brings, whilst improving my mental and physical health. ”

GOGA Participant, Scotland

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What does this mean for partners moving forwards?

When reaching the very least active disabled and non-disabled people in activity together, our programmes must always:

A.

Focus on FUN and making social connections

Talk to Me Principles in Action:

1. Talk to as many as my values as possible.
2. Reassure me I'm going to fit in.
3. Ensure my first experience is good.

B.

Be delivered in a 'safe' and familiar local place, not a traditional setting

Talk to Me Principles in Action:

1. See me as an individual.
2. Stay local to me.
3. Talk to as many as my values as possible.
4. Make it easy for me to tell you my needs.

C.

Offer a friendly and welcoming approach every time, encouraging people to return

Talk to Me Principles in Action:

1. Talk to as many as my values as possible.
2. Ensure my first experience is good.
3. Reassure me I'm going to fit in.

D.

Offer new or familiar activities, with reassurance

Talk to Me Principles in Action:

1. See me as an individual.
2. Talk to as many as my values as possible.
3. Continue to fulfil my values in new ways.
4. Reassure me I'm going to fit in.

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E.

**Have inclusivity at the core
- disabled and non-disabled
people active together**

Talk to Me Principles in Action:

1. Make me feel I can do it.
2. Reassure me I'm going to fit in.
3. Encourage me via existing advocates.

F.

**Offer people the chance
to participate with friends
and family**

Talk to Me Principles in Action:

1. Make me feel I can do it.
2. Make it easy for me to tell you my needs.

G.

**Have role models available to
support participants
to overcome barriers**

Talk to Me Principles in Action:

1. Talk to as many as my values as possible.
2. Make me feel I can do it.
3. Encourage me via existing advocates.

H.

**Ensure participants feel
listened to, can control
options, and engagement/
progression speed**

Talk to Me Principles in Action:

1. Make it easy for me to tell you my needs.
2. Encourage me via existing advocates.



**Get Out
Get Active**

#GetOutGetActive

Get in touch to find out more about GOGA:



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