

What next?

Get Out
Get Active

Led by
**activity
alliance**
disability
inclusion
sport



Ambitions for a lasting GOGA legacy

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

At the end of Get Out Get Active (through 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?

Ambitions for a lasting GOGA legacy

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. GOGA 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.



What next?

Ambitions for a lasting GOGA legacy

National partners will:

A.

Be more connected to their home country counterparts.

Through the GOGA 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.

GOGA 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 GOGA 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 GOGA 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 GOGA 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. GOGA 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.



What next?

Ambitions for a lasting GOGA legacy

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. GOGA 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 GOGA 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.

GOGA 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.

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

**activity
alliance**
disability
inclusion
sport



Get
Get  Out
Active

#GetOutGetActive

Get in touch to find out more about GOGA:



0808 175 6991



goga@activityalliance.org.uk



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



www.getoutgetactive.co.uk

Photo credits: Activity Alliance (6,7),
GOGA Nottingham (5), Live Active NI & DSNI (4),
Sport England (1,2,3).