

What next?



Led by
**activity
alliance**
disability
inclusion
sport



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've got a young girl that comes to the sessions. She's got four siblings, and they all come along, all jump into the chair and they play wheelchair basketball. I think it's great because her siblings get to experience sport from their sister's perspective which they don't normally get the chance to do.

For that one hour that they are playing sport, they get to see the world through their sister's eyes. "

Rob, GOGA Nottingham Deliverer

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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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

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...

" The GOGA Sunderland network has given the Foundation of Light and our partners opportunities to learn from one another and work with trusted providers, work collaboratively to do what's right for the people of Sunderland. We are now using this new of working across other projects at the Foundation of Light. "

Liz, GOGA Lead Sunderland

GOGA learning output link:

Becoming active:
the participant
journey so far ▶



" GOGA uses activity for good and we can't underestimate the impact of the programme. GOGA is ahead of its time, and you can find the answer through adopting the GOGA way. "

Adam, Activity Alliance CEO

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 friends and feel included. That will increase confidence and improve sustainability.

GOGA resources

[Nottingham deliverers network](#) ▶

[Inclusive leaders](#) ▶

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](#) ▶


“ 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



#GetOutGetActive

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 www.getoutgetactive.co.uk

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