

Get Out  
Get Active

Led by

activity  
alliance

disability  
inclusion  
sport

# About Get Out Get Active



Easy  
Read

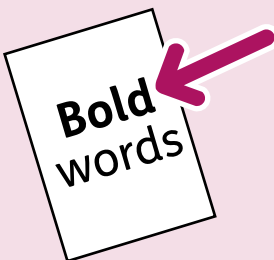
# Easy Read



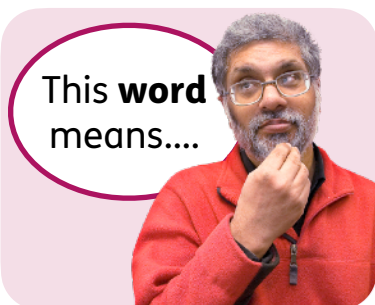
This is an Easy Read version of some information. It may not include all of the information but it will tell you about the important parts.



This Easy Read booklet uses easier words and pictures. Some people may still want help to read it.



Some words are in **bold** - this means the writing is thicker and darker. These are important words in the booklet.



Sometimes if a bold word is hard to understand, we will explain what it means.



[Blue and underlined](#) words show links to websites and email addresses. You can click on these links on a computer.

# About this booklet

**activity  
alliance**  
disability  
inclusion  
sport

This booklet is from **Activity Alliance**.



**Activity Alliance** is a charity that helps disabled people take part in sports and activities.

**Get Out  
Get Active**

This booklet is about our programme called **Get Out Get Active**.

## What is Get Out Get Active?



Get Out Get Active is our programme that helps disabled and non-disabled people be active together.



Since 2016, Get Out Get Active has helped lots of local organisations and community groups to include disabled people more in sports and activities.



Organisations across the UK have started offering more activities that disabled people can enjoy.

We are so happy to see that:



- More people are being active in their local areas.



- Non-disabled people and organisations are changing how they think about disabled people in sports and activities.

Because of Get Out Get Active there have been improvements to:



- People's health and mental wellbeing.



- The number of people who feel lonely.  
Lots of people now feel connected to the people in their local area.

## Find out more



For more information about Get Out Get Active, you can go to our website:

[www.activityalliance.org.uk/goga](http://www.activityalliance.org.uk/goga)

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