

Get Out Get Active Impact Report

Supporting healthier, happier
and more active lives

March 2025

In partnership with

wavehill
Social and economic research



#GetOutGetActive



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Document produced by the National GOGA team and Wavehill.





The People

GOGA impact from April 2016 to March 2025



Launched in 2016, Get Out Get Active (GOGA) was created to bring disabled and non-disabled people together to be active. GOGA aims to get some of the UK's least active people moving more through fun and inclusive activities.

58,972

people reached

37,443

Individual
participants

4,490

Volunteers

3,510

Activities and
interventions

3,973

Individuals engaged
in training





The Impact



On average, **almost half of people** (47%) are physically inactive when joining GOGA.



GOGA has supported **4 in 5** (81%) to do more physical activity.



7 in 10 (74%) have continued to be active and maintained their activity levels outside of the GOGA programme.



9 in 10 (92%) state improvements in their mental wellbeing after taking part in GOGA activities.



Almost **8 in 10** (77%) reported feeling better about their life as a result of GOGA activity.



More than **three quarters** (78%) of non-disabled participants and nearly two thirds (65%) of disabled participants became more involved in their local community because of GOGA.



GOGA leads by example with a representative workforce. Almost **3 in 10** (28%) volunteers have an impairment or long term health condition.



For every £1 invested, GOGA has delivered £4.60 in social, environmental, and economic value.



GOGA was **delivering around £3.70 of wellbeing benefits for every £1 spent.**





Thank You

With thanks to funders, locality lead partners, and other associated partners.



For further information and GOGA learning visit the
Get Out Get Active website.



#GetOutGetActive

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🏠 www.getoutgetactive.co.uk

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