

activity
alliance
disability
inclusion
sport



Supporting healthier, happier and more active lives

March 2025

In partnership with









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 37,443 4,490

3,510

3,973

people reached

Individual participants Volunteers

Activities and interventions

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

③



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















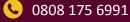






#GetOutGetActive

Get in touch to find out more about GOGA:



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www.getoutgetactive.co.uk

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