

What next?

Get Out
Get Active

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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: **Policy Makers** and **National Partners**.



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Policy makers / National partners

What do we want? Fairness for disabled people in sport and activity.

We ask that you

1. Understand the current context and address lack of empathy for disabled people and activity

Why do we need this to happen?

The inequality gap is growing. Disabled people are part of every demographic in society. The majority of disabled people want to be more active.

2. Tackle inactivity through inclusion principles

Why do we need this to happen?

'Active Together' and 'Reaching the Least Active' go hand-in-hand. It's not one or the other and GOGA shows that they reinforce each other.

The GOGA approach works...



71% of all disabled GOGA participants came from the least active (**0-20mins per day**) group, with **46%** admitting to no physical activity prior to GOGA. **15 months** on those doing no activity has reduced to **15%**.

" I've got MS and never thought I'd be able to do GOGA, but I can and I love it. I love the feeling of accomplishment I get afterwards. It's given me more confidence to run on my own. "

GOGA Wales Participant

GOGA learning output link:

[What is Get Out Get Active?](#)



Over **20,000** unique individuals have been involved in GOGA. **65%** were from the 'least active' group, with **42%** doing no activity prior to GOGA.

GOGA participants report greater life satisfaction. They feel their life is more worthwhile, they have lower levels of anxiety and increased social connectedness.



58% of participants are now doing more physical activity and **28%** do a lot more. **91%** of all participants say that this is down to GOGA.

GOGA learning output link:

[How we built an inclusive framework for engaging the least active](#)

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Policy makers / National partners

What do we want? Fairness for disabled people in sport and activity.

We ask that you

3. Set clear objectives and outcomes to address inequalities

Why do we need this to happen?

This clear leadership will inspire a culture where partners will consider the needs of those who will benefit most from being more active.

4. Support system and organisation change

Why do we need this to happen?

The inactivity profile hasn't changed, the system is stuck. We need to do things differently to change the picture of inactivity to impact those who will benefit the most from being active.

The GOGA approach works...


" GOGA has been hugely important in installing a truly inclusive approach within the organisation. GOGA has provided a framework for developing programmes for disabled and non-disabled people to participate together which has seen some really positive benefits to individual participants and families. "

Peter, Wandsworth GOGA Lead

GOGA learning output link:

[How we built an inclusive framework for engaging the least active](#) ▶

 **65%** of participants were sustaining their activity **6 months** after programme start - above the **40%** programme target.

 **15 months** on participants are doing on average **15 minutes** more of activity per day.

" Sport will now be discussed in amongst items such as housing, health and transport. Talking about sport also enables us to bring something very positive to the table. "

Donna, Rochdale GOGA Lead

GOGA learning output link:

[Get Out Get Active in action](#) ▶

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Policy makers / National partners

What do we want? Fairness for disabled people in sport and activity.

We ask that you

5. Commit realistic resources to achieve equality outcomes

Why do we need this to happen?

Projects with the right resources, time and space make the greatest difference.

The GOGA approach works...



The original investment for GOGA from Spirit of 2012 was **£4.5 million**, reaching **18 localities** over all four home countries. This investment in turn generated in excess of **£1 million** in kind and had been the catalyst for securing additional funding within a number of the localities. At a national level the success of the programme has now seen a further **£5 million** invested.

“ This has been one of the best projects I've worked on and the chance to test and fund things that normally wouldn't receive funding has been key. We have learnt a lot and made a lot of contacts. That's led to a greater profile of physical activity and understanding of what's possible through thinking out of the box. The seeds we have sown with the volunteers, professionals and the activities will only grow. ”

Ian, Lincolnshire GOGA lead

GOGA learning output link:

[Get Out Get Active in action](#) 



#GetOutGetActive

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 www.getoutgetactive.co.uk

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