

Transforming Lives: The story of Get Out Get Active

Get Out
Get  Active



Led by

**activity
alliance**

disability
inclusion
sport

What is GOGA?



- Launched in 2016.
- A place-based initiative.
- Bringing disabled and non-disabled people to be active together through fun and inclusive activities.
- Funded by Spirit of 2012, Sport England and London Marathon Foundation.
- Underpinned by Activity Alliance's Talk to Me 10 principles.

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Independence.

GOGA objectives



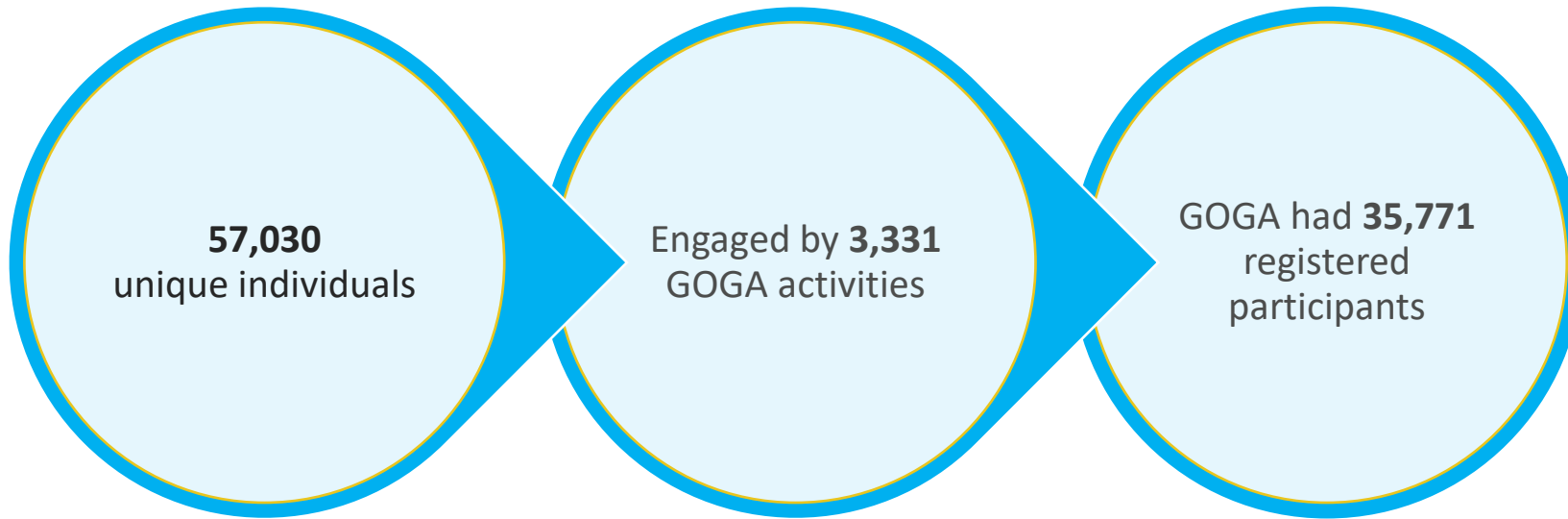
- Reach the least active and increase activity levels.
- Improve wellbeing: Physical and mental.
- Reduce isolation and improve community engagement.
- Change attitudes of individuals and organisations.
- Develop the right workforce to support truly inclusive delivery.

The impact



- GOGA has supported 8 in 10 (78%) to do more physical activity.
- 7 in 10 (74%) have continued to be active and maintained their activity levels outside of the GOGA programme.
- 8 in 10 (81%) state improvements in their mental wellbeing after taking part in GOGA activities.
- 6 in 10 (60%) are now more connected within their community.
- GOGA leads by example with a representative workforce with almost 3 in 10 (28%) volunteers have a disability.
- For every £1 invested, GOGA has delivered £4.60 in social, environmental, and economic value.

Participants 2016 - 2023



Volunteers 2016 - 2023

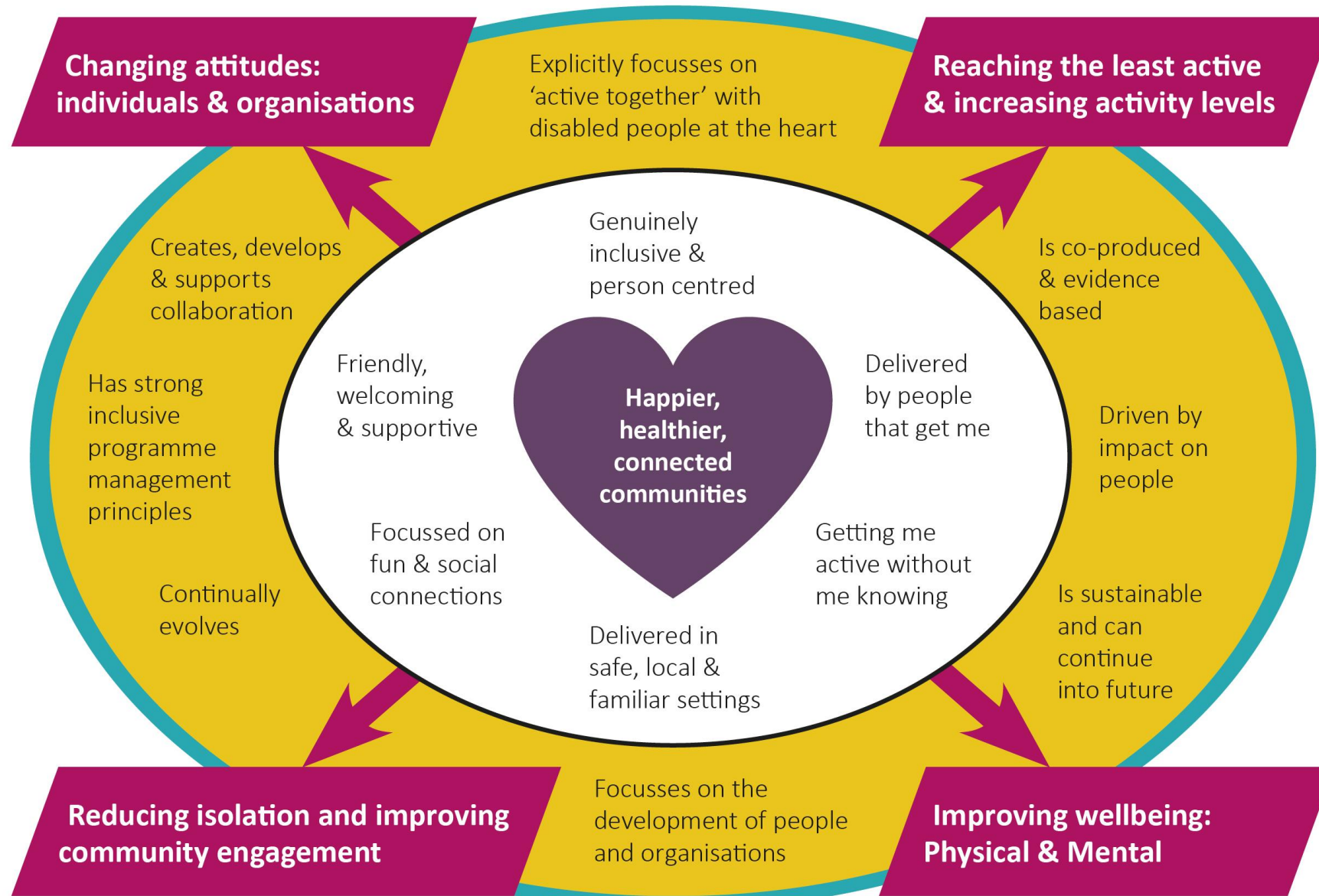


Workforce Development 2016 - 2023



3,565 staff and volunteers trained to support truly inclusive delivery.

Why GOGA works: The GOGA approach





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With Get Out Get Active

Organisational change



- Adoption of the GOGA approach across the organisation
- Inclusive practice more central to other delivery or commissioning of services
- Ability to test and learn
- Connections with relevant partners
- Connect with non-traditional partners
- Opportunity to link to wider community initiatives and health work

Sustainability



- **Building sustainability through new partnership links**
 - Partnership engagement and management
- **Building sustainability through external stakeholders and local strategies**
 - Alignment with local strategic imperatives
 - Embedding inclusive delivery across service provision
- **Building sustainability by actively involving group participants**
 - Using groups/participants to support sustainability
 - Actively supporting participants to sustain their participation

How?



- Coproduction
- Lead with a strategic approach to commissioning
- Focus on outcomes – not outputs:
- Give the time and space to deliver and focus on making the greatest difference
- Avoid preconceptions
- Meet people where they are

Resources



- The outputs: “What? Who? How? & What Next?”
- Developing inclusive leaders in Haringey.
- Volunteer Management toolkit.
- Top tips to setting up a deliverers’ network.
- Activity Alliance learning hub.

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What next?



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Visit: www.getoutgetactive.co.uk